



RAJIV GANDHI GOVT. COLLEGE FOR WOMEN BHIWANI

HANSI ROAD, BHIWANI-127021 (HARYANA)

AISHE Code: - C-28016
Website:- www.gcwbhiwani.ac.in

Phone No 01664-255118
Email:-gcwbhiwani@gmail.com

Ref. No.

Dated

LESSON PLAN SESSION 2023-24 (EVEN SEM)

DEPARTMENT : Physical Education
 NAME OF FACULTY : Dr. Rajesh Kumar
 SUBJECT : Physical Education (B. A. 2nd Sem.)

JANURAY 2024

WEEK 3

WEEK 4

FEBRUARY 2024

WEEK 1

- Introduction, meaning and definition of health.
- Dimensions of health.

WEEK 2

- Importance of health and factors affecting health.
- Characteristics of a healthy individual.
- Test and assignment of Unit-I

WEEK 3

- Meaning and importance of personal hygiene.
- Personal hygiene of : a) Teeth b) Ears c) Eyes d) Skin
- e) Nails and Fingers f) Clothes

WEEK 4

- Meaning, aim, objectives and guiding principles of First-Aid.
- First -Aid in case of : a) Drowning b) Fracture c) Fainting d) Heat Stroke

MARCH 2024

WEEK 1

- Test and assignment of Unit-II
- Concept of Nutrition and Balanced Diet.

WEEK 2

- Components of Balanced diet.
- Factors affecting Diet.

- WEEK 3
- Importance of Balanced Diet.
 - Test and assignment of Unit-III
- WEEK 4
- Meaning of Communicable and non-communicable diseases.

WEEK 1

- Various modes of transmission of Communicable Diseases.

WEEK 2

- Prevention and Control of Communicable diseases.


WEEK 3

- Symptoms, prevention and control of:

a) A.I.D.S b) Hepatitis c) Tuberculosis d) Malaria

WEEK 4

- Test and assignment of Unit-IV


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DEPARTMENT : Physical Education
NAME OF FACULTY : Dr. Rajesh Kumar
SUBJECT : Physical Education (B.A. 6th Sem.)

JANURAY 2024

WEEK 3

WEEK 4

FEBRUARY 2024

WEEK 1

- Meaning of organization and administration in physical education.
- Need of organization and administration in physical education.

WEEK 2

- Importance of organization and administration in physical education.
- Objectives and guiding principles of organization and administration.

WEEK 3

- Test and assignment of Unit-I
- Purchase of equipment's.

WEEK 4

- Care and maintenance of sports equipment's.
- Care and maintenance of play fields.

MARCH 2024

WEEK 1

- Facilities of gymnasium hall and swimming pool.
- Test and assignment of Unit-II

WEEK 2

- Meaning and purpose of budget.
- Meaning of record and registers and their importance.

WEEK 3

- Types of records and registers.

WEEK 4

- Qualities of a good administrator.
- Test and assignment of Unit-III

APRIL 2024

WEEK 1

- Meaning and types of tournaments.
- Merits and demerits of knockout and league tournaments.

WEEK 2

- Preparation of fixtures for knockout tournaments.
- Preparation of fixtures for league tournaments.

WEEK 3

- Test and assignment of Unit-IV

WEEK 4

- Doubt clear from all Units.


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LESSON PLAN SESSION 2023-24 (EVEN SEM)

DEPARTMENT : Physical Education
NAME OF FACULTY : Dr. Rajesh Kumar
SUBJECT : Physical Education (B.A. 4th Sem.)

JANURAY 2024

WEEK 3

WEEK 4

FEBRUARY 2024

WEEK 1

- Introduction meaning and definition of sports training.
- Aim and objectives of sports training.

WEEK 2

- Basic methods of sports training: a) Continuous Method b) Interval method
c) Repetition method

WEEK 3

- Test and assignment of Unit-I
- Introduction of warming up and cooling down.

WEEK 4

- Methods and types of warming up.
- Guiding principles of warming up, importance of warming up and cooling down.

MARCH 2024

WEEK 1

- Exercise, types of exercise and importance of exercise in daily life.
- Test and assignment of Unit-II

WEEK 2

- Meaning and definition of Physical fitness.
- Importance of Physical fitness.

WEEK 3

- Components of Physical fitness.

WEEK 4

- Factors influencing physical fitness.
- Test and assignment of Unit-III

APRIL 2024

WEEK 1

- Meaning, definition and types of Fatigue.
- Symptoms of Fatigue.

WEEK 2

- Causes and Remedies of fatigue.
- Massage, Types and benefits of Massage.

WEEK 3

- Test and assignment of Unit-IV

WEEK 4

- Doubt clear from all Units.


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