**Govt. College Nalwa (Hisar)**

**LESSON PLAN (w.e.f. july 22, 2024)**

**Name: Dr. Neha Rani Subject: Physical Education(DSC)**

**Class: B.A. I(1stSem.) Paper: History and Foundation of Phy. Edu.**

**Course Code: C24HPE101T**

|  |  |
| --- | --- |
| **Month/Week** | **Contents** |
| Week 1 | Meaning and Definition of Physical Education. |
| Week 2 | Relationship of Physical Education with health and General Education.**(Discussion)** |
| **August** |  |
| Week 1 | Aim and Objective Physical Education. |
| Week 2 | . Scope of Physical Education. |
| Week 3 | Need of Physical Education in modern society. |
| Week 4 | Misconceptions regarding Physical Education.  Physical Education as Arts of Science**. (Assignment 1).** |
| **September** |  |
| Week1 | Physical Education during Indus Valley Civilization (3250 BC – 2500 BC). |
| Week 2 | Physical Education during Vedic Period (2500 BC – 600 BC). |
| Week 3 | Physical Education during Early Hindu Period (600 BC – 320 AD). |
| Week 4 | Physical Education during Later Hindu Period (320 AD – 1000 AD). **(Assignment 2)** |
| **October** |  |
| Week 1 | Physical Education during Medieval Period (1000 AD – 1757 AD). |
| Week 2 | Physical Education during British Period (till 1947). |
| Week 3 | Physical Education during After Independance**.** |
| Week 4 | Meaning of Growth and Development.**(Test)** |
| **November** |  |
| Week 1 | Meaning of Chronological Age, Anatomical age, Physiological age and Mental age.  Principles of Growth and Development. |
| Week 2 | Difference between Growth and Development.  Factor Affecting Growth and Development. |
| Week 3 | Growth and Development at various levels of Childhood: Pre-Adolescence-Adolescence-Adulthood. (**Revision)** |

**Incharge**

**Physical Education Department**

**Govt. College Nalwa (Hisar)**

**LESSON PLAN (w.e.f. july 22, 2024)**

**Name: Dr. Neha Rani Subject: Physical Education**

**Class: B.A. 2(3rd Sem.) Paper: Health & Physical Education**

**Course Code: HPEL 201**

|  |  |
| --- | --- |
| **Month/Week** | **Contents** |
| **July** |  |
| Week 1 | Meaning, Need and Importance of Safety Education. |
| Week 2 | Sports Injuries: Types and Causes. |
| **August** |  |
| Week 1 | Principles of Prevention of Sports Injuries. |
| Week 2 | General Treatment for Common Sports Injuries I.e. Abrasion, Contusion, Sprain, Strain, Fracture and Dislocation of Joints. **Discussion** |
| Week 3 | Meaning of Communicable and Non-Communicable Diseases. |
| Week 4 | Modes of Transmission, prevention and control of communicable diseases. |
| **September** |  |
| Week1 | Common Diseases: HIV/AIDS, Hepatitis, Dengue, Typhoid, Malaria and Influenza. **Quiz** |
| Week 2 | Allergy related diseases: Asthma and Sinuses. **Assignment 1** |
| Week 3 | Balance Diet: Meaning and Importance. |
| Week 4 | Components of balance diet and their sources. |
| **October** |  |
| Week 1 | Factors effecting balance diet. **Test** |
| Week 2 | Harmful effects of Junk food |
| Week 3 | Circulatory System: Structure of Heart.**Presentation** |
| Week 4 | Functioning of Heart. |
| **November** |  |
| Week 1 | Types of Circulation: Systematic and Pulmonary. |
| Week 2 | Effects of exercises on Circulatory System.**Assignment 2** |
| Week 3 | Revision |

**Incharge**

**Physical Education Department**

**Govt. College Nalwa (Hisar)**

**LESSON PLAN (w.e.f. july 22, 2024)**

**Name: Dr. Neha Rani Subject: Physical Education**

**Class: B.A. 3(5th Sem.) Paper: Health & Physical Education**

**Course Code: HPEL 301**

|  |  |
| --- | --- |
| **Month/Week** | **Contents** |
| **July** |  |
| **Week 1** | Meaning and Definitions of Growth and Development. |
| **Week 2** | Stages of Growth and Development |
| **August** |  |
| Week 1 | Principles and Factors Influencing Growth and Development. **Discussion** |
| Week 2 | Age and Sex differences in relation to physical activities and sports. |
| Week 3 | Meaning and Importance of Organization and Administration in Physical Education and sports. |
| Week 4 | Principles of Sports Organization and administration. **Assignment 1** |
| **September** |  |
| Week1 | Organization and Administration of Intramural and Extramural activities. |
| Week 2 | Tournaments and their types (Knock out and League). |
| Week 3 | Meaning of Posture and Importance of good Posture. |
| Week 4 | Causes of Good Posture. |
| **October** |  |
| Week 1 | Symptoms and causes of Postural Deformities: Lordosis, Kyphosis, Scoliosis, Flat Feet, Knock Knee and Blow Legs. **Test** |
| Week 2 | Precautions and Remedies for Postural Deformities. |
| Week 3 | Gross Anatomy of Muscles, Types of Muscles in human body. **Presentation** |
| Week 4 | Effects of exercise on Muscular System. |
| **November** |  |
| Week 1 | Composition of human blood. |
| Week 2 | Functions of blood. **Assignment 2** |
| Week 3 | Revision |

**Incharge**

**Physical Education Department**