

GOVT. COLLEGE NALWA (HISAR)

LESSON PLAN (w.e.f. july 14, 2025)

Name: Dr. Neha Rani

Subject: Health & Physical Education (DSC)

Class: B.A. I(1st Sem.)

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.
Week 4	Revision

H.O.D

Physical Education Department

GOVT. COLLEGE NALWA (HISAR)

LESSON PLAN (w.e.f. july 14, 2025)

Name: Dr. Neha Rani
Class: B.A. 2(3rd Sem.)
Course Code: C24HPE301T

Subject: Health & Physical Education
Paper: Sports Psychology (DSC)

Month/Week	Contents
July	
Week 3	Meaning and Definitions of Psychology and Sport Psychology.
Week 4	Brief History of Sports Psychology.
August	
Week 1	Branches of Sports Psychology. Discussion
Week 2	Importance of Sports Psychology in Physical Education and Sports.
Week 3	Psychological Factors affecting Sports Performance. Assignment 1
Week 4	Meaning and Definition of Learning.
September	
Week1	Laws of Learning and its implications in Sports.
Week 2	Meaning of Motor Skills Learning, Principles of motor skill learning.
Week 3	Meaning of Learning Curve, Types of Learning Curve.
Week 4	Characteristics of Learning Curve.
October	
Week 1	Implications of learning curve and Physical Education and Sports. Test
Week 2	Meaning and Definition of Motivation.
Week 3	Importance of motivation in Physical Education and Sports. Types of Motivations: Intrinsic and Extrinsic
Week 4	Diwali Vacations (19-10-2025 to 26-10-2025).
November	
Week 1	Methods of Motivation applicable in Physical Education and Sports.
Week 2	Meaning and Definition of Personality, Characteristics of Personality.
Week 3	Dimensions of Personality, Meaning of Personality Traits and its effects on Sports Performance, Factor affecting Development of Personality. Assignment 2
Week 4	Revision

H.O.D
Physical Education

GOVT. COLLEGE NALWA (HISAR)

LESSON PLAN (w.e.f. july 14, 2025)

Name: Dr. Neha Rani
Class: B.A. 3(5th Sem.)
Course Code: HPEL 301

Subject: Physical Education
Paper: Health & Physical Education

Month/Week	Contents
July	
Week 3	Meaning and Definitions of Growth and Development.
Week 4	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.
Week 4	Diwali Vacations (19-10-2025 to 26-10-2025).
November	
Week 1	Effects of exercise on Muscular System. Presentation
Week 2	Composition of human blood.
Week 3	Functions of blood. Assignment 2
Week 4	Revision

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Physical Education

