

**GOVT. COLLEGE NALWA (HISAR)**

**LESSON PLAN (w.e.f. Jan 01, 2026)**

Name: Dr. Neha Rani  
Class: B.A. I (2<sup>nd</sup> Sem.)  
Course Code: C24HPE201T

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

Month/Week	Contents
<b>January</b>	
Week 1	Meaning and Need of Sports Environment.
Week 2	Explain the essential elements of Positive Sports Environment. <b>(Discussion)</b>
Week 3	Describe the role of individual in the improvement of Sports Environment.
Week 4	Describe the role of spectators and media for creating Positive Environment.
<b>February</b>	
Week 1	Briefing the participation of women as Discourse and Ideology. <b>(Assignment 1).</b>
Week 2	Meaning and objective of Adventure Sports.
Week 3	Explain the types of activities: Camping, Rock Climbing, Trekking, River Rafting and Mountaineering.
Week 4	Explain the material required and safety measures during the activities .
<b>March</b>	
Week 1	Holi Break (01-03-2026 to 08-03-2026).
Week 2	Describe the Identification and use of natural resources.
Week 3	Creating leaders through Physical Education. <b>(Assignment 2)</b>
Week 4	Strength: definition, types and methods of improving strength – Isometric, Isotonic and Isokinetic.
<b>April</b>	
Week 1	Endurance: definition, types and methods of improving endurance – Continuous, Interval and Fartlek. <b>(Quiz)</b>
Week 2	Speed: definition, types and methods of improving speed – Acceleration Race and Pace Run.
Week 3	Flexibility: definition, types and methods of improving Flexibility. Coordinative Abilities: definition and types. <b>(Test)</b>
Week 4	Revisions

**H.O.D**

**Physical Education Department**

**GOVT. COLLEGE NALWA (HISAR)**

**LESSON PLAN (w.e.f. Jan 01, 2026)**

Name: **Dr. Neha Rani**  
Class: **B.A. II (4<sup>th</sup> Sem.)**  
Course Code: **C24HPE401T**

Subject: **Health & Physical Education (DSC)**  
Paper: **Sports Nutrition**

Month/Week	Contents
<b>January</b>	
Week 1	Meaning and Definition of Nutrition and Sports Nutrition.
Week 2	Meaning of Calories, Macro Nutrients and Micro nutrients. <b>(Discussion)</b>
Week 3	Meaning of Basal Metabolic Rate and its role in Body.
Week 4	Meaning of Balanced Diet, Components of Balanced Diet. Factor affecting Balanced Diet <b>(Assignment 1)</b> .
<b>February</b>	
Week 1	Carbohydrates: Meaning, Sources and Function in body.
Week 2	Fat: Meaning, Sources and Function in body.
Week 3	Protein: Meaning, Sources and Function in body.
Week 4	Ratio of Carbohydrates, Fat and Protein required in Balanced Diet for Normal Adult.
<b>March</b>	
Week 1	Holi Break (01-03-2026 to 08-03-2026).
Week 2	Ratio of Carbohydrates, Fat and Protein required in Balanced Diet for Sportsperson of different categories.
Week 3	Meaning of Vitamins, Types of Vitamins: Fat Soluble and Fat Soluble.
Week 4	Sources, Functions in Body and Daily Requirements: Fat Soluble Vitamins A, D, E & K. <b>(Quiz)</b>
<b>April</b>	
Week 1	Sources, Functions in Body and Daily Requirements: Water Soluble Vitamins C & B (B1, B2, B3, B5, B6, B7, B9 & B12). Disorders in body due to the deficiencies of different vitamins.
Week 2	Sources, Functions in Body and Daily Requirements of Calcium, Phosphorus, Potassium, Sodium, Chloride, Magnesium, Iron, Zinc and Iodine. <b>(Test)</b>
Week 3	Disorders in body due to the deficiencies of Minerals. Dietary Requirements before and after exercise.
Week 4	Revisions

**H.O.D**

**Physical Education Department**

**GOVT. COLLEGE NALWA (HISAR)**

**LESSON PLAN (w.e.f. Jan 01, 2026)**

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

**Class: B.A. III (6<sup>th</sup> Sem.)**

**Course Code: HPEL-303**

**Subject: Health & Physical**

**Paper: Health & Physical Education**

<b>Month/Week</b>	<b>Contents</b>
<b>January</b>	
Week 1	Meaning and definition of motivation.
Week 2	Types of motivation and importance of motivation in sports.
Week 3	Meaning of socialization and socialization through sports
Week 4	Effect of social behavior on performance of sports person. <b>(Discussion)</b>
<b>February</b>	
Week 1	Meaning and definition of sports training.
Week 2	Factors effecting sports training. <b>Quiz</b>
Week 3	Types of sports training: Circuit training, Interval training and Continuous training.
Week4	Doping: meaning, types and its effect on health. <b>Assignment 1</b>
<b>March</b>	
Week 1	Holi Break (01-03-2026 to 08-03-2026).
Week 2	Meaning and Definition of Sports Biomechanics.
Week 3	Importance of biomechanics in sports. <b>Test</b>
Week 4	Newton's laws of motion and their application in sports. Levers: Meaning, types and their application in sports. <b>Assignment 2</b>
<b>April</b>	
Week 1	Organs of Digestive System and structure of digestive system
Week 2	Mechanism of food digestion. <b>Presentation</b>
Week 3	Effects of exercises on Digestive System
Week 4	Revision

**H.O.D**

**Physical Education Department**

