

Department of Physical Education and Sports

LESSON PLAN (Session 23-24)

Semester -Odd

Department: Physical Education

Class : BA 3rd sem

Name of the faculty: Dr Meenakshi Gupta

Paper code: PE 23

Nomenclature of the paper: Health And Physical Education

Month	Week	Topics to be covered
July	21.07.23-22.07.23	Introduction to safety Education. Need and importance of Safety Education, Sports injuries types and causes.
	24.07.23-29.07.23	Principles and prevention Soft tissues injuries, Introduction to athletics
August	31.07.23-05.08.23	Joint injuries and bone injuries. Practical athletics
	07.08.23-12.08.23	General treatment of common sports injuries, assignment, Practical athletics
	14.08.23-19.08.23	Concept of communicable and non-communicable diseases, Practical Games
	21.08.23-26.08.23	Modes of transmission and prevention and control, common diseases, allergy related diseases, Practical Games
	28.08.23-2.09.23	Assignment, Test, Practical Athletics and Games
September	04.09.23-09.09.23	Balance Diet meaning and importance. Practical BMI
	11.09.23-16.09.23	Components of balance diet. Practical BMI
	18.09.23-23.09.23	Factors affecting Balance diet. Practical BMI
	25.09.23-30.09.23	Harmful effect of Junk food, Doubt sessions, Discussions, assignment and Tests, practical sports. Practical Athletics
October	02.10.23-07.10.23	Circulatory system Structure and function of heart. Practical Athletics
	09.10.23-14.10.23	Types of circulation systemic. Practical Athletics
	16.10.23-21.10.23	pulmonary circulation. Practical Games
	23.10.23-28.10.23	Effect of exercise on circulatory system, Revision, Test, doubt sessions. Class Test Practical Games
November	30.10.23-04.11.23	Unit wise Revision and Group discussion, Practical
	06.11.23-10.11.23	Class test and Doubt session, Practical
Vacations	10.11.23-16.11.23	Diwali Vacations
November	17.11.23-24.11.23	Revision whole syllabus

LESSON PLAN (Session 23-24)

Semester -Odd

Department: Physical Education

Class : BA 5th Sem

Name of the faculty:Dr Meenakshi Gupta

Paper code:PE 25

Nomenclature of the paper: Health And Physical Education

Month	Week	Topics to be covered
July	21.07.23-22.07.23	Meaning and definition of Growth and Development, stages of Growth and Development. Practical
	24.07.23-29.07.23	Principles and Factors influencing Growth and development, Oral tests and group discussions. Practical Yoga
August	31.07.23-05.08.23	Age and sex differences in relation to physical Education and sports, Concept and importance of organization and administration. Practical Yoga
	07.08.23-12.08.23	Organization and administration of intramural and extramural Activities. Practical Game
	14.08.23-19.08.23	Tournament and types of tournament, Drawing the fixture of different types of tournament Knock Out. Practical Game
	21.08.23-26.08.23	Drawing the fixture of different types of tournament League. Practical Game
	28.08.23-2.09.23	Fixtures, assignment group task, Test, practical yoga and games
September	04.09.23-09.09.23	Concept and importance of a good posture, causes of poor posture, Practical First Aid.
	11.09.23-16.09.23	Symptoms and causes of postural deformities: Lordosis, kyphosis, scoliosis. Practical First Aid.
	18.09.23-23.09.23	Flat feet, Knocking knees and flat feet, bow legs. Practical First Aid.
	25.09.23-30.09.23	Assignment and tests. Practical work first aid
October	02.10.23-07.10.23	Gross anatomy of muscles, Types of muscles in human body. Practical Yoga
	09.10.23-14.10.23	Effect of exercises on human muscular system. Practical Yoga
	16.10.23-21.10.23	Composition of human blood, Assignment, Test. Practical Games
	23.10.23-28.10.23	Functions of blood, Practical of sports
November	30.10.23-04.11.23	Unit wise revision, Doubt session, Oral test

	06.11.23-10.11.23	Revision of the whole syllabus, doubt sessions
Vacations	10.11.23-16.11.23	Diwali Vacations
November	17.11.23-24.11.23	Revision full syllabus

LESSON PLAN (Session 23-24)

Semester -Odd

Department: Physical Education and Sports

Class : BA 1st Year

Name of the faculty: Dr Meenakshi Gupta

Paper code: B23-PED-101

Nomenclature of the paper: History and Foundation of Physical Education

Month	Week	Topics to be covered
July	21.07.23-22.07.23	Introduction to Physical Education
	24.07.23-29.07.23	Meaning and Definition of Physical Education, relationship of Physical Education with General Education, Practical
August	31.07.23-05.08.23	Aim and objectives Physical Education I, scope of Physical, Practical
	07.08.23-12.08.23	Need of Physical Education in modern society, misconceptions regarding Physical Education, Practical
	14.08.23-19.08.23	Physical Education as art or as Science, Physical Education during Indus valley Civilisation, Physical Education during Vedic period, Practical
	21.08.23-26.08.23	Physical Education during Early Hindu period, Physical Education during later Hindu period, Practical , test
	28.08.23-2.09.23	Physical Education during Medieval period, physical Education during British period, Practical
September	04.09.23-09.09.23	Physical education during after Independence, Meaning of growth and development, Practical, Assignment
	11.09.23-16.09.23	Meaning of Chronological age, Physiological age, anatomical age and mental age, Principals of growth and development, Class Test, Practical
	18.09.23-23.09.23	Difference between Growth and Development and Factors affecting growth and development, Practical
	25.09.23-30.09.23	Growth and development at various levels of childhood:- Pre-Adolescence- Adolescence – Adulthood, Practical
October	02.10.23-07-10.23	Qualifications and responsibilities of Physical Education and Sports Professionals at various levels of educational institutions, Practical
	09.10.23-14.10.23	Qualifications and responsibilities as Coach,

		fitness Trainers, Yoga Instructors and others, Practical, Seminar
	16.10.23-21.10.23	Qualifications and responsibilities as Sports Event Managers, Technical Officials, Researchers and others, Test, Practical
	23.10.23-28.10.23	Qualifications and responsibilities in Health Clubs and fitness centres, Aerobics, Dance and Recreational clubs in Corporate Sectors and others, Practical
	30.10.23-04.11.23	Qualifications and responsibilities, Sports Journalists, Commentators, sports photographers and video analysts, Practical
	06.11.23-10.11.23	Career opportunities in various central Govt. State Govt. Private organizations and others, Group discussion, seminar, Practical preparation
Vacations	10.11.23-16.11.23	Diwali Vacations
November	17.11.23-24.11.23	Practical preparation, File Evaluation, mock viva-voce Revision unit wise Doubt sessions, Oral Test and entire Syllabus revision

LESSON PLAN (Session 23-24)

Semester -Odd

Department: Physical Education and Sports

Class : BA 1st Year

Name of the faculty: Ms Kiran Sharma

Paper code: B23-YOG-101

Nomenclature of the paper: Fundamentals of Yoga

Month	Week	Topics to be covered
July	24.07.23-29.07.23	Introduction of Surya Namaskar and Suksham vyayama (Practical) Meaning and Definitions of Yoga
August	31.07.23-05.08.23	Aims and Objectives of Yoga, Practices of Different Asanas standing and Sitting
	07.08.23-12.08.23	Introduction of Yoga Sutra Need and Importance of Yoga in Modern Society, practice of surya namaskar with mantras
	14.08.23-19.08.23	Misconceptions about Yoga, yoga in vedas and geeta, practices of asans and pranayam
	21.08.23-26.08.23	Career Opportunities in Yoga, assignment on introduction of Yogic Science , yogic practice of surya namaskar
	28.08.23-2.09.23	Yoga in Upnishads, Different types of Yog- Hath Yog, Jnana Yog, Bhakti Yog, Monthly Test
September	04.09.23-09.09.23	Karm Yog, Mantra Yog, Raj Yog, Revision and Practices of Hath Yog
	11.09.23-16.09.23	Revision and Tests, Practical of asan and pranayam
	18.09.23-23.09.23	Ashtanga Yog- Yam, Niyam, Asan, Pranayam, Pratyahar, Dharna, Dhyan & samadhi
	25.09.23-30.09.23	Elements of Yoga in Jainism and Buddhism, practice of Surya Namaskar with Mantras
October	02.10.23-07-10.23	Introduction and Yogic contribution of Maharishi Dayananda Saraswati and Swami Vivekananda
	09.10.23-14.10.23	Introduction and Yogic contribution of Sri Aurobindo, Maharishi Raman and Swami Kuvalyananda
	16.10.23-21.10.23	Introduction and Yogic contribution of Shri Shayamacharan Lahiri, Sri T. Krishnamacharya, Swami Shivanand a Saraswati and Maharishi Mahesh Yogi, Sessional Exam
	23.10.23-28.10.23	Meaning, Definition and Various Dimensions of Health, Relationship of Yoga & Health
November	30.10.23-04.11.23	International Day of Yoga, Common Yoga Protocol for International Day of Yoga

	06.11.23-09.11.23	Significance of International Day of Yoga at National and International level, Revision of Syllabus
Vacations	10.11.23-16.11.23	Diwali vacations
November	17.11.23-24.11.23	Revision

LESSON PLAN (Session 23-24)

Semester -Odd

Department: Physical Education and Sports

Class : BA 2nd Year

Name of the faculty: Ms Kiran Sharma

Paper code: 301

Nomenclature of the paper: Introduction of Hatha Yoga

Month	Week	Topics to be covered
	24.07.23-29.07.23	Introduction of Hatha yoga, Meaning of Hatha Yoga & Different Texts of Hatha yoga, Suksham vyayam Practical
August	31.07.23-05.08.23	Aim & Objectives of Hatha Yoga, yogic practice of hatha yoga
	07.08.23-12.08.23	Concept of Nadies- Ida, Pingla & Sushmana, Assignment, practical of meditation
	14.08.23-19.08.23	Steps of Hatha Yoga- Asan, Pranayam, Mudra, Bandha & Nadanusandhan, practice of mudras and bandha
	21.08.23-26.08.23	Principles of Practicing Hatha Yoga, test, practical
	28.08.23-2.09.23	Time, Season, Diet & Place for Practicing Hatha Yoga, practical
September	04.09.23-09.09.23	Sadhak Tatva in Hatha Yoga & Gheranda samhita, Test, practical of Naturopathy
	11.09.23-16.09.23	Badhak Tatva in Hatha yoga & Gheranda Samhita, Practical of pranayam
	18.09.23-23.09.23	Cultural & Corrective Asan, Meaning, Types, Precautions and Benefits, practice of Surya Namaskar
	25.09.23-30.09.23	Meditative & Relaxative Asan, Meaning, Types, Precautions and Benefits, practice of different asans
October	02.10.23-07.10.23	Pranayama, Meaning, Types, Precautions and Benefits and practice of various pranayams
	09.10.23-14.10.23	Shatkarma, Meaning, Types, Precautions and Benefits, PPT, practical shatkarma, Sessional exam
	16.10.23-21.10.23	Chakras, Meaning, Types & Locations in Human body, assignment on Chakras, Meditation techniques
	23.10.23-28.10.23	Kundalini, Meaning and Spiritual Aspects, methods of awakening Kundali, practical of Asans
November	30.10.23-04.11.23	Concept of Pran, Meaning & Types, Practical of Shatkarma and Naturopathy
	06.11.23-10.11.23	Test and Revision
November	17.11.23-24.11.23	Revision

LESSON PLAN (Session 23-24)

Semester -Odd

Department: Physical Education and sports

Class : BA Final Year

Name of the faculty: Ms Kiran Sharma

Paper code: 501

Nomenclature of the paper: Anatomical and Physiological aspects of Yoga

Month	Week	Topics to be covered
July	24.07.23-29.07.23	Introduction of anatomy and physiology of human body
August	31.07.23-05.08.23	Types of Muscles and Structure of Muscles, practice of Suksham vyayama
	07.08.23-12.08.23	Effects of asan & pranayam on Muscular System, practice of asans, test
	14.08.23-19.08.23	Effects of shatkarma on Muscular System, PPT & Assignment
	21.08.23-26.08.23	Organs of Respiratory System & Structure & Functions of Respiratory System
	28.08.23-2.09.23	Effects of asan & Pranayam on respiratory System, PPT
September	04.09.23-09.09.23	Effects of shatkarma on respiratory System, Test
	11.09.23-16.09.23	Organs of circulatory system and Structure & Functions of circulatory system
	18.09.23-23.09.23	Effects of asans on Circulatory System, PPT
	25.09.23-30.09.23	Effects of shatkarma on Circulatory System, Test
October	02.10.23-07-10.23	Organs of Nervous System & Classification of Nervous System
	09.10.23-14.10.23	Effects of asans on Nervous system test and revision
	16.10.23-21.10.23	Effects of Shatkarma on Nervous System test and Revision
	23.10.23-28.10.23	Understanding of various systems, Muscular system, respiratory system, blood circulatory system and nervous system
	30.10.23-04.11.23	Practical of shatkarma and Naturopathy, revision
	06.11.23-10.11.23	Practical of asans and pranayam, revision
Vacations	10.11.23-16.11.2	Diwali Vacations
November		Revision

LESSON PLAN (Session 23-24)

Semester -Odd

Department: Physical Education and Sports

Class : BCom/BBA/BCA 1st Year

Name of the faculty: Ms Kiran Sharma

Subject – Health and Physical Education

Paper code: B23-PED-104

Nomenclature of the paper: Fundamentals of Physical Education

Month	Week	Topics to be covered
July	24.07.23-29.07.23	Introduction to Physical Education
August	31.07.23-05.08.23	Meaning and definition of Physical Education and relationship of Physical Education with Health and General Education
	07.08.23-12.08.23	Aim and objectives of Physical Education and Professional courses in physical education and sports
	14.08.23-19.08.23	Need of Physical Education in modern society and scope of Physical Education
	21.08.23-26.08.23	Misconceptions regarding Physical Education
	28.08.23-2.09.23	Physical Education as an Art or as a Science
September	04.09.23-09.09.23	Test and revision, Practical of kho- kho, Badminton
	11.09.23-16.09.23	Meaning of Growth and Development, meaning of chronological age, Physiological age, physical age and mental age
	18.09.23-23.09.23	Principals of Growth and Development and difference between Growth and Development
	25.09.23-30.09.23	Factors affecting Growth and Development, Growth and Development on various levels of Life
October	02.10.23-07-10.23	Qualifications and responsibilities of Physical Education and Sports Professionals on various levels of educational institutions
	09.10.23-14.10.23	Qualifications and responsibilities as Coach, fitness trainers, Yoga Instructors and others, Entrepreneur opportunities in physical education and sports
	16.10.23-21.10.23	Qualifications and responsibilities in Health Clubs and fitness centres, Aerobics, Dance and Recreational clubs in Corporate Sectors and others

	23.10.23-28.10.23	Qualifications and responsibilities of sports Journalists, Commentators, sports photographers and video Analyst
	30.10.23-04.11.23	Career opportunities in various central Govt. state Govt. private organizations and others, career opportunities in manufacturing and marketing sectors
	06.11.23-10.11.23	Revision and tests
Vacations	10-11-23-16-11-23	Diwali vacations
November	17.11.23-24.11.23	Revision