

Lesson Plan
Department of Physical Education
Name of the Associate Professor: Dr. Mitesh Kumar
Class: B.A. I Semester 2nd
Paper: Health, Hygiene & Nutrition

DATE	Theory/Practical
06-02-2024	General Introduction of the paper, examination pattern & the syllabus.
07-02-2024	About Concept, meaning & definition of Health
08-02-2024	Various Dimensions of Health
09-02-2024	Importance of health in modern Society
10-02-2024	Factors Affecting Health
12-02-2024	Characteristics of a Healthy Individual
13-02-2024	Concept and meaning of Hygiene & personnel hygiene
14-02-2024	Importance of personnel hygiene
15-02-2024	Personnel hygiene of teeth & Ears
16-02-2024	Personnel hygiene of Eyes
17-02-2024	Personnel Hygiene of skin, Nails and fingers
19-02-2024	Introduction & Meaning of First-aid
20-02-2024	Aim and objectives of First-aid
21-02-2024	Guiding Principles of First- aid
22-02-2024	First-aid in case of Drowning and Fainting
23-02-2024	First-aid in case of Fracture and Heat stroke
24-02-2024	Concept of Nutrition and Balanced Diet
26-02-2024	Components of Balanced Diet
27-02-2024	Factors Affecting Diet
28-02-2024	Importance of Balanced Diet
29-02-2024	Meaning of communicable and Non Communicable diseases
01-03-2024	Various Modes of transmission of Communicable diseases

02-03-2024	Instructions for prevention and control of Communicable diseases
04-03-2024	Introduction about HIV and AIDS
05-03-2024	Symptoms and Prevention of AIDS
06-03-2024	How to control AIDS
07-03-2024	Symptoms and Prevention of Hepatitis
08-03-2024	Precautionary measures for Control of Hepatitis
09-03-2024	Discussion on important questions
11-03-2024	Symptoms, Prevention and control of Tuberculosis
12-03-2024	Symptoms, Prevention and control of Malaria
13-03-2024	Feedback and Problems of students
14-03-2024	Class test of unit 1
15-03-2024	History and development of Badminton
16-03-2024	Rules and regulations of Badminton
18-03-2024	General techniques of Badminton
19-03-2024	Demonstration and Explanation of the different skills of Badminton
20-03-2024	Brief History and Development of Athletics
21-03-2024	Rules and regulations of High Jump
22-03-2024	Introduction about basic techniques of High Jump
23-03-2024	Historical development of Relay race
25-03-2024	Introduction about records and players of Relay races in Athletics
26-03-2024	Start and finish techniques in Relay races
27-03-2024	Baton exchange in relay races
28-03-2024	How to use baton exchange zone in relay races
29-03-2024	Practice of baton exchange in relay race
30-03-2024	2 nd class test
01-04-2024	Preparation of Practical file for Badminton
02-04-2024	Revision of Unit 1
03-04-2024	Students problems of Badminton
04-04-2024	Discussion on important questions of Unit -1

05-04-2024	History and development of Football
06-04-2024	Rules and regulations of Football
08-04-2024	Marking of Football Play Ground
09-04-2024	Information about Important Tournaments and Players of Football
10-04-2024	General techniques of Football
11-04-2024	General officiating rules of Football
12-04-2024	Demonstration and explanation of different skills of Football
13-04-2024	Self Practice by the students
15-04-2024	Assignment of Unit 1
16-04-2024	Preparation of practical file for Football
17-04-2024	Revision of unit 2
18-04-2024	Assignment of unit 2
19-04-2024	Revision of important questions of Unit 3
20-04-2024	Assignment of unit 3
22-04-2024	Assignment of unit 4
23-04-2024	Revision of important questions of Unit 4
24-04-2024	Self Study and Problems of Students
25-04-2024	Self Study and Problems of Students
26-04-2024	Self Study and Problems of Students
27-04-2024	Self Study and Problems of Students
29-04-2024	Revision of important questions for Viva –Voce of practical examination
30-04-2024	Problems of students

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LESSON PLAN

Session: - 2023-24 (Even Semester)

Paper- Basics of Sports Training

Name of Asso. Prof.: - Dr. Wazir Singh

Subject: - Physical Education

Class: - B.A.

Semester: 4th

Sr. No.	Months	Topics to be Covered	Remarks
1.	Feb.	Theory - Introduction to the Syllabus, Meaning, Definition of sports training. Aim and objective of sports training Basic Methods of Sports Training Continuous method, Repetition method, Interval Method. P - Shuttle Run, Push-ups and Sit- ups	
2.	March	Theory – Introduction of Warming up and Cooling down Methods and type of Warming up Guiding principles of warming up Importance of warming up and cooling down Exercise, type of Exercise and importance of exercise in daily life. P - Boxing, 800 mt Race	
3.	April	Theory - Meaning and definition of Physical Fitness Importance of Physical fitness Components of Physical Fitness Factors influencing Physical fitness Class Test and Assignment P – General Command, Class Formation and general P.T. Exercise, Basketball	
4.	May	Theory - Meaning, Definition and Type of fatigue Symptoms of fatigue Causes and Remedies of fatigue Massage, Type and Benefits of massage P - Archery Revision of Syllabus	

M.N.S. Govt. College, Bhiwani

LESSON PLAN

Session: - 2023-24 (odd Semester)

Paper- Psycho-Physiological Basis of Physical Education

Name of Asso. Prof.: - Dr. Wazir Singh

Subject: - Physical Education

Class: - B.A.

Semester: 3rd

Sr. No.	Months	Topics to be Covered	Remarks
1.	September	Theory -Psychology, Meaning, Definition and importance of sports Psychology. Learning, Meaning, Laws and Transfer of Learning. Motivation, Meaning, Definition ,type and Methods of Motivation Individual Differences, Types and Causes. P - 800 mtr Race, Shuttle Run, Push-ups and Sit- ups	
2.	October	Theory – Meaning Definition and Importance of Anatomy and Physiology Circulatory system and Effect of Exercise on Circulatory System Respiratory system and Effect of Exercise on Respiratory System Bones, Types and Function of Bones. P Hurdle Race, Cricket	
3.	November	Theory - Meaning and Types of Good Posture Causes of poor posture Common Postural Deformities, Prevention and Remedial Measures Importance of Good Posture Class Test and Assignment P – Triple Jump, Handball	
4.	December	Theory - Meaning, and Types of Tournaments Procedure to draw fixture for single knock out tournament Procedure to draw fixture for League out tournament Merits and de Merits of League and knock out tournaments P - Javelin Throw, Judo Revision of Syllabus	

Lesson plan
Session-2023-24

PAPER

Class: B.A 6th SEMESTER (ORGANIZATION AND ADMINISTRATION OF PHYSICAL EDUCATION)
Subject: HEALTH & PHYSICAL EDUCATION
Name of the Teacher: DR. KAVIL SHARMA

February	Topic
Week-1 UNIT-I	MEANING OF ORGANIZATION AND ADMINISTRATION IN PHYSICAL EDUCATION, NEED OF ORGANIZATION
Week-2 12.02.2024	AND ADMINISTRATION, IMPORTANCE OF ORG. & ADMINISTRATION AND OBJECTIVES AND GUIDING PRINCIPLES. GROUP DISCUSSION OF WHOLE UNIT.
Week-3	ASSIGNMENT WORK
Week-4 UNIT-II	PURCHASE OF EQUIPMENTS CARE AND MAINTENANCE OF SPORTS EQUIPMENTS
March	Topic
Week-1	CARE AND MAINTENANCE OF PLAY FIELDS FACILITIES OF GYMNASIUM HALL AND SWIMMING POOL.
Week-2	GROUP DISCUSSION OF WHOLE UNIT ASSIGNMENT WORK.
Week-3 UNIT-III	MEANING AND PURPOSE OF BUDGET, MEANING OF RECORD AND REGISTERS AND THEIR IMPORTANCE.
Week-4	TYPES OF RECORDS AND REGISTERS, QUALITIES OF A GOOD ADMINISTRATOR.
April	Topic
Week-1	GROUP DISCUSSION, ASSIGNMENT WORK & CLASS TEST, PROBLEM SOLVES
Week-2 UNIT-IV	MEANING AND TYPES OF TOURNAMENT, MERITS OF DEMERITS OF KNOCKOUT AND LEAGUE TOURNAMENT.
Week-3	PREPARATION OF FIXTURES FOR KNOCKOUT TOURNAMENTS, FIXTURES FOR LEAGUE TOURNAMENTS.
Week-4	GROUP DISCUSSION OF WHOLE UNIT ASSIGNMENT WORK, CLASS TEST, SOLVE THE PROBLEMS
May	Topic
Week-1	REVISION OF ALL FOUR UNIT AND DISCUSSION AND SOLVE THE PROBLEMS OF STUDENTS DISCUSSION ABOUT IMPORTANT TOPICS

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Lesson plan
Session-2023-24

Class: B.COM 6TH SEMESTER

Subject: SWACHH BHARAT

Name of the Teacher: DR. KADIL SHARMA

Month	Topic
February	
Week-1	EXPLAIN SWACCHHATA, WAYS OF AWARENESS
UNIT-I	FOR SWACCHHATA
Week-2	PERSONAL HYGIENE
Week-3	GROUP DISCUSSION OF WHOLE UNIT ASSIGNMENT WORK, CLASS TEST
Week-4	HEALTH AND HEALTH EDUCATION.
UNIT-II	BALANCE DIET AND SANITATION PRACTICES.
March	
Week-1	GROUP DISCUSSION OF WHOLE UNIT ASSIGNMENT WORK, PROBLEM SOLVING.
Week-2	SOLID WASTE MANAGEMENT, SEGREGATION, DISPOSAL
UNIT-III	NON-BIODEGRADABLE AND BIODEGRADABLE
Week-3	WASTE
Week-4	GROUP DISCUSSION, ASSIGNMENT WORK
April	
Week-1	COMPOST PITS, BIOGAS PLANTS
UNIT-IV	WAYS OF CAMPAIGNING
Week-2	ROLE OF GRAM PANCHAYAT IN SWACCHHATA
Week-3	GROUP DISCUSSION, ASSIGNMENT WORK CLASS TEST.
Week-4	REVISION OF ALL FOUR UNITS
May	
Week-1	GROUP DISCUSSION, SOLVE THE PROBLEMS
	DISCUSSION ABOUT IMPORTANT TOPICS

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Lesson plan
Session-2023-24

Class: B.A 6th SEMESTER

Subject: HEALTH AND EXERCISE

Name of the Teacher: DR. KAVI SHARMA

February	Topic
Week-1	CONCEPT OF HEALTH, FITNESS & WELLNESS
UNIT-I	NEED AND IMPORTANCE OF FITNESS & WELLNESS
Week-2 12.02.2024	BASIC PHYSICAL FITNESS COMPONENTS, FACTOR INFLUENCING FITNESS (AGE, SEX, CLIMATE, DIET, ETC.)
Week-3	GROUP DISCUSSION OF WHOLE UNIT - ASSIGNMENT WORK
Week-4	MAJOR HEALTH PROBLEM IN INDIA MEASUREMENT OF HEALTH RELATED PHYSICAL FITNESS
UNIT-II	

March	Topic
Week-1	BODY MASS INDEX (BMI) OR QUETELET INDEX FORMULA & CALCULATION, HEALTH ORGANIZATIONS
Week-2	WHO, RED CROSS, GOVT. HEALTH AGENCIES GROUP DISCUSSION & ASSIGNMENT WORK.
Week-3	MEANING, DEFINITION & IMPORTANCE OF EXERCISE THERAPY, ROLE OF EXERCISE / PHYSICAL ACTIVITIES
UNIT-III	IN MAINTAINING HEALTH, TYPES OF EXERCISE.
Week-4	AEROBIC EX., ANAEROBIC EX., STRETCHING EX., STRENGTH TRAINING.

April	Topic
Week-1	GROUP DISCUSSION, ASSIGNMENT WORK, CLASS TEST, PROBLEM SOLVING.
Week-2	BASICS OF EXERCISE REGIME, FITT FORMULA
UNIT-IV	FREQUENCY, INTENSITY, TIME & TYPE OF EXERCISES FOR FITNESS, WARM UP EX. & COOLING EX.
Week-3	
Week-4	GROUP DISCUSSION OF WHOLE UNIT, ASSIGNMENT WORK, CLASS TEST, PROBLEM SOLVING.

May	Topic
Week-1	REVISION OF ALL FOUR UNIT & DISCUSSION AND SOLVE THE PROBLEMS OF STUDENTS
	DISCUSSION ABOUT IMPORTANT TOPICS

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