

M.N.S. Govt. College, Bhiwani

LESSON PLAN

Session: - 2024-25 (Even Semester)

Paper- Basics of Sports Training

Name of Prof.:- Dr. Wazir Singh

Subject: - Physical Education

Class: - B.A.

Semester: 4th

Sr. No.	Months	Topics to be Covered	Remarks
1.	January	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.	February	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.	March	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.	April	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: - 2024-25 (odd Semester)

Paper- Psycho-Physiological Basis of Physical Education

Name of Prof.:- Dr. Wazir Singh

Subject: - Physical Education

Class: - B.A.

Semester: 3rd

Sr. No.	Months	Topics to be Covered	Remarks
1.	July and August	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.	September	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.	October	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.	November and 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: 2024-25

Class: B.A 5th Semester (Science of Sports Training)

Subject: Health & Physical Education

Name of the Teacher: Dr. Kapil Sharma

September (Unit-1: Concept of Sports Training)

Week-1

- Meaning, Definition, and Concept of Sports Training
- Aim and Objective of Sports Training

Week-2

- Principles of Sports Training
- Load, Adaptation, and Recovery

Week-3

- Regular Lessons & Doubt Clearing

Week-4

- Group Discussion & Assignment Work
- Class Test & Problem Solving

October (Unit-2: Methods of Sports Training)

Week-1

- Continuous Training Method
- Interval Training Method

Week-2

- Repetition Training Method
- Circuit Training Method

Week-3

- Fartlek and Plyometric Methods
- Weight Training Method

Week-4

- Regular Lessons & Doubt Clearing

November (Unit-3: Training Components)

Week-1

- Strength: Meaning, Types, and Methods of Improving
- Endurance: Meaning, Types, and Methods of Improving

Week-2

- Speed: Meaning, Types, and Methods of Improving Flexibility
- Coordinative Abilities: Meaning, Types, and Methods of Improving

Week-3

- Regular Lessons & Doubt Clearing

Week-4

- Group Discussion & Assignment Work
- Class Test & Problem Solving

December (Unit-4: Training Process)

Week-1

- Periodization and its Types
- Planning and Principles of Planning

Week-2

- Types of Plans
- Structure of training sessions

Week-3

- Regular Lessons & Doubt Clearing

Week-4

- Group Discussion & Assignment Work
- Class Test & Problem Solving

Lesson Plan

Session: 2024-25

Class: B.A 6th Semester (Organization and Administration of Physical Education)

Subject: Health & Physical Education

Name of the Teacher: Dr. Kapil Sharma

January

Week-1

- Meaning of Organization and Administration in physical education and need of organization and administration

Week-2

- Importance of organization and administration and its objectives and guiding principles

Week-3

- Group discussion of unit and assignment work

Week-4

- Purchase of Sports equipments
- Maintenance and care of Sports equipments
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February

Week-1

- Care and Maintenance of Play Fields
- Facilities of gymnasium hall and Swimming Pools

Week-2

- Group Discussion of whole unit Assignment Work

Week-3

- Meaning and purpose of budget and meaning of Record and Registers and their Importance

Week-4

- Types of Records and Registers, Qualities of a Good Administrator

March

Week-1

- Group Discussion, Assignment Work, class test and problem solving

Week-2

- Meaning and Types of Tournaments
- Merits and demerits of knockout and league tournament

Week-3

- Preparation of Tournament Rules and Regulations
- Tournaments: Fixtures for League Tournament

Week-4

- Group Discussion of above Unit Assignment Work, Class Test & Solve the Problems

April**Week-1**

- Revision of All Four Units and Discussion
- How to Solve the Problems of Students
- Discussion about Important Topics