

Lesson Plan of Session: 2025

Class: B.A 5th Semester- Science of Sport Training

Subject: Health & Physical Education

Name of Teacher: Dr. Kapil Sharma

August (Introduction)

Week-1 & 2

- Introduction to physical education and syllabus discussion

(Unit-1: Concept of Sports Training)

Week-3

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

Week-4

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

September

Week-1

- Regular Lessons & Doubt Clearing

Week-2

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

(Unit-2: Methods of Sports Training)

Week-3

- Continuous Training Method
- Interval Training Method

Week-4

- Repetition Training Method
- Circuit Training Method

October

Week-1

- Fartlek and Plyometric Methods
- Weight Training Method

Week-2

- Regular Lessons & Doubt Clearing

(Unit-3: Training Components)

Week-3

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

Week-4

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

November

Week-1

- Regular Lessons & Doubt Clearing

Week-2

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

(Unit-4: Training Process)

Week-3

- Periodization and its Types
- Planning and Principles of Planning

Week-4

- Types of Plans
- Structure of training sessions

December

Week-1

- Regular Lessons & Doubt Clearing

Week-2

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

MNS Govt. College Bhiwani

Department of Physical Education

Name of the Teacher : Dr. Mitesh Kumar

Lesson Plan Session: 2025-26

Class: B.A.I Semester 1st

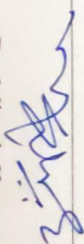
Paper: History and Foundation of Physical Education

DATE	Theory//Practical
	UNIT-1
	Introduction of Physical education
July 2025	General Introduction of the scheme of Examination and Paper Badminton Court and its dimensions
	Meaning and definition of physical education
	Relationship of physical education with health and general education
	Aim and objectives of physical education
	Aim and objectives of physical education
	Scope of Physical education
	Scope of physical education
	Need of physical education in modern society
	Misconceptions regarding physical education
	Physical education as arts or science
	Revision of important questions
August 2025	Class test Unit 1
	Discussion on Queries, problems and test
	UNIT-2
	History of Physical education in India
	Physical education during Indus valley civilization
	Physical education during Vedic Period
	Physical education during Early Hindu period
	Physical education during Later Hindu period
	Physical education during Medieval period
	Physical education during British period

	Physical education during British Period
	Physical education during After Independence
	Physical education during After Independence
	Revision of important questions
	Class test Unit -2
	Discussion on Queries, problems and test
	UNIT - 3
	Biological Basis of Physical education
	Meaning of growth and development
	Meaning of Chronological Age, Anatomical age, Physiological Age and Mental Age
	Principles of Growth and Development
	Difference between Growth and Development
	Factors affecting Growth and Development
	Growth and Development at Pre Adolescence Level
	Growth and Development at Adolescence Level
	Growth and Development at Adulthood Level
September/Oct 2025	
	Revision of important questions
	Class test Unit -3
	Discussion on Queries, problems and test
	UNIT-4
	Career opportunities in Physical education and Sports
	Qualifications and Responsibilities of Physical education and Sports Professionals at various levels of Educational Institutions
	Qualifications and Responsibilities as Coach, Fitness Trainer, Yoga Instructors and others
	Qualifications and Responsibilities as Sports Event Manager, Technical Officials, Researcher and others
	Qualifications and Responsibilities in Health Clubs and Fitness Centers, Aerobics, Dance and recreation Clubs in corporate Sectors and Others
	Qualifications and Responsibilities Sports Journalists, Commentators, Sports Photographers and Video Analysts
	Career opportunities in Various Central Govt. State Govt. Private Organizations and Others
	Career opportunities in Manufacturing and Marketing Sectors
	Entrepreneurs opportunities in Physical education and Sports

	Revision of important questions
	Class test Unit -4
	Discussion on Queries, problems and test

Dr. Mitesh Kumar
Professor of Physical education



Maharaja Neempal Singh Govt. College, Bhiwani

Lesson Plan for Session: - 2025-26 (odd Semester)

Paper- Exercise Physiology

Name of Prof.: - Dr. Wazir Singh

Subject: - Physical Education
(Major and Minor)

Class: - B.A. II

Semester: 3rd

Sr. No.	Months	Topics to be Covered	Remarks
1.	August	Theory: Introduction of Exercise Physiology • Meaning of exercise Physiology, Anabolism, Catabolism and Metabolism • Importance of Exercise Physiology in Physical Education • Types of Muscular contractions: Isometric, Isotonic and Isokinetic • Meaning of Body Composition, Component of Body Composition • Effect of Exercise on the Body Composition Practical: • Football Court Specifications, general rules and Basic skills • Demonstration and practice of Skills	
2.	September	Theory – Muscular System and Exercise • Gross structure of the Skeletal Muscle • Functions of muscular system • Properties of slow-twitch and fast –twitch muscle fibers • Meaning of Aerobic activity, Anaerobic Activity, Muscle tone, Muscle hypertrophy and Atrophy • Effect of Exercise and training on the Muscular system Practical: • Wrestling Mat Specifications, general rules and Basic skills • Demonstration and practice of Skills	

3.	October	Theory- Cardiovascular system and Exercise • Meaning and functions of Cardiovascular system • Meaning of Stroke volume, Cardiac output, Heart rate, Blood Pressure and Cardiac Hypertrophy • Conduction system of Heart • Blood circulation in the Heart • Blood supply to the Heart • Effect of Exercise and training on the Cardiovascular system Practical: • Judo Mat Specifications, general rules and Basic Skills • Demonstration and practice of Skills	
4.	November and December	Theory- Respiratory System and Exercise • Meaning of lung volumes: inspiratory reserve volume (IRV), expiratory reserve volume (ERV), tidal volume (TV), and residual volume (RV). • Meaning of lung Capacities: Total Lung capacity, Inspiratory Capacity, Vital Capacity and Functional Residual Capacity. • Mechanism of breathing • Diffusion of gases: Exchange of gases in Lungs and Exchange of gases in the Tissues. • Effect of exercise and training on the Respiratory system. Practical: • Boxing Ring Specifications, general rules and Basic Skills • Demonstration and practice of Skills	