

Lesson plan of B.A. 1st year

Subject:-Health & Physical Education

Semester-1 (Odd) – Theory

Month	Unit	Remarks
August	Unit-1: Introduction to Physical Education 1. Meaning, Definition and scope of Physical Education. 2. Relation of Physical Education with General Education. 3. Aim, Objectives and importance of Physical Education in Modern Society. 4. Misconceptions regarding Physical Education.	
September	Unit-2: Health & Hygiene 1. Meaning, Definition and Importance of Health. 2. Factors influencing Health. 3. Meaning and Importance of Personal Hygiene. 4. Hygiene of various body parts and Factors influencing Personal Hygiene.	
October	Unit-3: Introduction of Yoga 1. Yoga- Meaning, Concept and Historical Development. 2. Types of Yoga. 3. Importance of Yoga in healthy living. 4. Pranayama- meaning, types and their benefits.	
November	Unit-4: Introduction to Human Anatomy and Physiology. 1. Meaning and definition of Human Anatomy and Physiology. 2. Importance of Human Anatomy and Physiology in Physical Education. 3. Definition of Cell, Tissue, Organ and System. 4. Structure and Properties of cell.	

Lesson plan of B.A. 2nd year

Subject:-Health & Physical Education

Semester-3 (Odd) – Theory

Month	Unit	Remarks
August	Unit-1: Concept of Safety Education. <ol style="list-style-type: none">1. Meaning, Need and importance of Safety Education.2. Sports Injuries : Types and causes3. Principles of prevention of sports injuries.4. General treatment for common sports injuries i.e. Abrasion, Contusion, Sprain, Strain, Fracture and Dislocation of joints.	
September	Unit-2: Common Diseases <ol style="list-style-type: none">1. Meaning of Communicable and Non-Communicable disease.2. Modes of transmission, prevention and control of communicable diseases.3. Common Diseases: HIV/AIDS, Hepatitis, Dengue, Typhoid, Malaria and influenza.4. Allergy related diseases: Asthma and Sinuses.	
October	Unit-3: Concept of Balance Diet <ol style="list-style-type: none">1. Balanced Diet: Meaning and importance.2. Components of Balanced diet and their sources.3. Factor affecting balanced diet.4. Harmful effects of junk food.	
November	Unit-4: Anatomy and Physiology of Body System. <ol style="list-style-type: none">1. Circulator System: Structure of Heart.2. Functioning of Heart.3. Types of Circulation: Systemic and Pulmonary.4. Effects of exercise on circulatory System.	

Lesson plan of B.A.3rd year

Subject:-Health & Physical Education

Semester-5 (Odd) – Theory

Month	Unit	Remarks
August	Unit-1: Growth & Development <ol style="list-style-type: none">1. Meaning and Definitions of Growth & Development.2. Stages of Growth & Development.3. Principles and Factors influencing Growth & Development.4. Age and sex difference in relation to physical activities and sports.	
September	Unit-2: Concept of Sports Organization and Administration <ol style="list-style-type: none">1. Meaning and importance of organization and administration in Physical Education and Sports.2. Principles of sports organization and administration.3. Organization and administration of Intramural and Extramural activities.4. Tournaments and their types (League and Knock out).	
October	Unit-3: Concept of Posture <ol style="list-style-type: none">1. Meaning of posture and importance of good posture.2. Causes of poor posture.3. Symptoms and causes of postural Deformities: Lordosis, Kyphosis, Scoliosis, Flat feet, Knock Knee and Bow legs.4. Precautions and Remedies for postural deformities.	
November	Unit-4: Anatomy and Physiology <ol style="list-style-type: none">1. Gross Anatomy of muscle, types of muscles in Human body.2. Effects exercise on muscular system.3. Composition of Human body.4. Functions of Blood.	

Lesson plan of B.A.1st year

Subject:-Health & Physical Education

Semester-2 (Even) – Theory

Month	Unit	Remarks
January	Unit-1: Introduction to Health Education <ol style="list-style-type: none">1. Definition, Aim, Objectives and Scope of Health Education.2. Importance of Health Education in modern society.3. First Aid: Meaning, Aim, Objectives and general principles of First Aid.4. First aid for Common injuries- Bleeding, Burns, Electric Shock, Drowning and Snake Bite	
February	Unit-2: Historical Prospects of Physical Education <ol style="list-style-type: none">1. Pre independence & post independence historical development of Physical Education and sports in India.2. Role of IOA, SAI, NSNIS and YMCA in the development of Physical education and sports in India.3. Sports policy of Haryana State.4. National sports policy.	
March	Unit-3: Introduction to Physical Fitness <ol style="list-style-type: none">1. Meaning, definition and importance of Physical Fitness.2. Components and Principles of Physical Fitness.3. Factors influencing Physical Education.4. Meaning of Isometric Isotonic and Isokinetic Exercises.	
April	Unit-4: Introduction to Human Anatomy and Physiology <ol style="list-style-type: none">1. Anatomy of Human Bones.2. Types and Functions of bones in Human Body.3. Meaning and Types of joints in Human Body.4. Types of synovial joints in Human Body.	

Lesson plan of B.A.2nd year

Subject:-Health & Physical Education

Semester-4 (Even) – Theory

Month	Unit	Remarks
January	Unit-1: Warming up Cooling Down 1. Meaning, types and significance of warming up. 2. Meaning, types and significance of cooling down. 3. Methods of warming up and cooling down. 4. Physiological aspects of warming up and cooling down.	
February	Unit-2: Psychological Aspects of Physical Education 1. Meaning of Psychology & Sports Psychology. 2. Need and importance of sports psychology. 3. Learning: meaning and Laws. 4. Learning Curve.	
March	Unit-3: Major Sports Events 1. Ancient Olympic Games. 2. Modern Olympic Games. 3. Asian Games. 4. Common wealth Games.	
April	Unit-4: Anatomy and Physiology of Human Body system. 1. Structure of Respiratory Organs. 2. Physiology of Respiratory System. 3. Effect of exercise on Respiratory system. 4. Terminology of respiratory: Tidal Volume, Residual Volume and Total Lung Capacity.	

Lesson plan of B.A.3rd year

Subject:-Health & Physical Education

Semester-6 (Even) – Theory

Month	Unit	Remarks
January	Unit-1: Concept of Motivation and Socialization 1. Meaning and definition of motivation. 2. Types of motivation and importance of motivation in sports. 3. Meaning of Socialization and Socialization through sports. 4. Effects of social behavior on performance of sports person.	
February	Unit-2: Concept of Sports Training & doping 1. Meaning and definition of sports training. 2. Factors affecting sports training. 3. Types of sports training: Circuit, Interval and Continuous training. 4. Doping: Meaning, types and its effects on health.	
March	Unit-3: Concept of Sports Biomechanics 1. Meaning and definition of sports biomechanics. 2. Importance of Biomechanics in sports. 3. Newton`s Laws of motion and their application in sports. 4. Levers: Meaning, types and their application in sports.	
April	Unit-4: Anatomy and Physiology. 1. Organs of Digestive System. 2. Structure of Digestive System. 3. Mechanism of food digestion. 4. Effects of exercise on Digestive System.	

