

Lesson Plan for B.Sc./B.A. session 2021-22 (Even Semester)

Class. B.A.: I.....

Paper. Health & Physical Education

S. No.	Month	Topic Covered
1.	April 2022	<p>(i) <u>Health Education</u> : Definition, Aims & objectives & Scope.</p> <p>(ii) Health Education & Modern Society</p> <p>(iii) <u>First Aid</u> :- Meaning, Aim, Objectives & general Principles.</p> <p>(iv) First Aid of Common Injuries, Bleeding, Burn, Electroshock, drowning & Snake bite.</p> <p>(v) <u>Physical Fitness</u> :- Meaning, Definition and importance; Components of Physical Fitness factors influencing Physical Fitness & Type of Exercise.</p> <p><u>Practical</u> :- Shot Put & Starts in Races; Badminton</p>
2.	May 2022	<p><u>Human Anatomy</u> :- Bones & Types of bones</p> <p>(i) Anatomy of bones & Function of bones.</p> <p>(ii) Meaning & Types of Joints in human body.</p> <p>(iv) Type & Function of Synovial Joints</p> <p><u>History of Physical Edu</u> :- Pre-Independence & Post Independence period of Development of Phy. Edu.</p> <p>(i) IOR, SAT, NSNIS, YMCA in Development of Physical Edu in India, National & H.aryana Sports Policy.</p>
3.	Jun 2022.	<p><u>Practical</u> :- Identification of human bones Cricket</p> <p><u>Theory</u> :- Revision</p> <p><u>Practical</u> :- Kho Kho & Quiz of Related questions of Practical.</p>

