

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>(iii) 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 & Haryana 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>

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Class. BA III Year BA 6th sem

Paper. Health & Physical Edu.

S. No.	Month	Topic Covered
1	April 2022	<ul style="list-style-type: none"> - Concept of motivation and socialization. types, importance, effect of social behaviour on sports performance - Concept of Sports Training and Doping - meaning, definitions, types and effect of doping on health
2	May 2022	<p>Sports Bio-mechanics meaning and definitions. Newton's law of motion meaning & types</p> <p>Anatomy & Physiology Digestive system organ mechanism and effect</p>
3	June 2022	<p>Practical work - Prampay games - volleyball, hockey, Judo, first aid and track & field events activities</p>

Yashraj

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

Paper Health & Physical Edu.

Class B.A. (BA 4th Sem)

S. No.	Month	Topic Covered
	April 2022	→ Warming up and cooling down, meaning, types & significance. → Laws of Learning Learning curve
	May 2022	Major Sports events Ancient Olympic games Modern Olympic games Asian games Commonwealth games Anatomy & Physiology Respiratory System
	June 2022	Practical work Track and field events games kabaddi Jumping event etc.

[Signature]
 (Name of Teacher)