

Lesson Plan - 2023-24.

Physical Education, Health Education and Sports.

B.A-I (1st Sem)

24/7/2023 to 23/8/2023

Unit:- I Introduction of Physical Education.

1. Meaning and definition of Physical Education.
2. Relationship of Physical Education with Health and General Education
3. Aim and objectives Physical Education.
4. Scope of Physical Education
5. Misconceptions Regarding Physical Education.
6. Physical Education as Art or Science.

24/8/2023 to 23/9/2023.

Unit:- II . History of Physical Education in India.

1. Phy-Edu. during Indus Valley civilization
(3250 BC - 2500 BC)
2. Phy-edu. during Vedic Period. (2500 BC - 600 BC)
3. Phy-edu. during Early Hindu Period (600 BC - 320 AD)
4. Phy-edu. during Later Hindu Period (320 AD - 1000 AD)
5. Phy-edu. during Medieval Period (1000 AD - 1757 AD)
6. Phy-edu. during British Period (Till 1947)
7. Phy-edu. during After Independence.

24/9/2023 to 23/10/2023.

Unit: - III. Biological Basis of Physical Education.

1. Meaning of Growth and Development.
2. Meaning of Chronological Age Anatomical age Physiological age and mental age.
3. Principles of Growth and development
4. Difference between Growth and development.
5. Factor affecting Growth and development.
6. Growth and Development at Various Levels of childhood: Pre-Adolescence - Adolescence - Adulthood.

Unit: - IV. 24/10/2023 to 23/11/2023.

Unit: - IV. Career opportunities in Phy-Edu. and Sports.

1. Qualification and Responsibilities of Phy. Edu. and - Sports Professionals at Various Levels of Educational Institutions.
2. Qualification and Responsibilities as coach, Fitness Trainers, yoga Instructors and others.
3. Qualifications and Responsibilities as sports Event managers Technical officials, Researchers and others.
4. Qualification and Responsibilities in Health club and Fitness centers, Aerobics dance & Recreation clubs in corporate sectors and others.

5. Qualifications and Responsibilities sports Journalists commentators, sports Photographers and Video Analysts.
6. Career opportunities in various central Govt. State Govt. Private organizations and others.
7. Career opportunities in manufacturing and marketing sectors.
8. Entrepreneurs opportunities in Phy-ed, and sports.

Pradeep

Lesson Plan - 2023-24.

SYLLABUS (HEALTH AND PHYSICAL EDUCATION)

B.A.-II(SEMESTER-III)

Unit-I: Concept of safety Education 24/07/2023 to 23/08/2023.

1. Meaning, need and importance of Safety Education
2. Sports Injuries : Types and causes
3. Principles of prevention of sports Injuries.
4. General treatment for common sports injuries i.e. Abrasion, Contusion, Sprain, Strain, Fracture and Dislocation of Joints.

Unit-II: COMMON DISEASES 24/08/2023 to 23/09/2023.

1. Meaning of Communicable and Non-Communicable diseases
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

Unit-III: CONCEPT OF. BALANCE DIET 24/09/2023 to 23/10/2023

1. Balanced Diet : Meaning and importance
2. Components of balanced diet and their sources
3. Factors affecting balanced diet
4. Harmful effects of Junk Food

Unit-IV: ANATOMY AND PHYSIOLOGY OF BODY SYSTEM 24/10/2023 to 23/11/2023.

1. Circulatory System : Structure of Heart
2. Functioning of Heart
3. Types of Circulation : Systemic and Pulmonary
4. Effects of exercise on Circulatory System.



Lesson Plan - 2023-24.

SYLLABUS (HEALTH AND PHYSICAL EDUCATION)

B.A.-III(SEMESTER-V)

Unit-I: GROWTH AND DEVELOPMENT 24/07/2023 to 23/08/2023.

1. Meaning and definition of Growth and Development
2. Stages of Growth and Development
3. Principles and factors influencing growth and development
4. Age and sex difference in relation to Physical activities and sports

Unit-II: CONCEPT OF SPORTS ORGANIZATION AND ADMINISTRATION 24/08/2023 to 23/9/2023.

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)

Unit-III: CONCEPT OF POSTURE 24/09/2023 to 23/10/2023.

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 Blow Legs
4. Precautions and Remedies for postural deformities

Unit-IV: ANATOMY AND PHYSIOLOGY 24/10/2023 to 23/11/2023.

1. Gross Anatomy of muscle, Types of Muscles in human body
2. Effects of exercise of Muscular System
3. Composition of Human Blood
4. Functions of Blood

