

Lesson Plan Format

Name of the Assistant Professor: Dr. Kuldeep Singh

Class and Section: B.A. II Sem. (Health and Physical Education) NEP

Paper: Basic Anatomy and Physiology

Subject Lesson Plan: 15 Week from (1-1-24 to 30-4-2024) Offline Mode

Sr.No	Subject	Class	Topic /Chapter to be covered			Other activity
1	Health and Physical Education	B.A.-I	Week 1	Month	Topic to be Covered	
			Week (1)	Jan.	Introduction of Anatomy and Physiology	
			1		Meaning and Definition of Anatomy and Physiology.	
			1		Importance of Anatomy and Physiology in Physical Education and sports	
			1			
			1	-	Cell: Structure, Properties and functions	
			Week (2)		Meaning of Cell, Tissues, Organs and System.	
			2			
			2		Practical Work	
			2		Practical Work	
			2	-	Bone: Meaning and types	
			Week (3)	-	----do---	
			3		Skeletal System: Structure and functions of Skeletal System.	
			3		----do---	
			3		Practical Work	
			3		Axial and Appendicular Skelton	
			Week (4)	-	----do---	
			4	-	Unit- Joints and Muscular System	
			4		----do---	
			4		Practical Work	
			4		Practical Work	
			March Week (1)	Feb	Meaning of Joints, Types of Joints	
			5		----do---	Assignment 1 to be received
			5		Types of Synovial Joints present in human body	
			5		----do---	
			Week (2)		Practical Work	
			6			
			6		Meaning of Muscle, Types of muscles present in human body	
			6		----do---	
			6		Gross Structure of Skeletal Muscle, Structural	

					Classification of Skeletal muscles.	
			6		----do---	
			Week (3) 7		----do---	
			7		Circulatory System and Digestive System	
			7		Constituents of blood and Function of blood	
			7		----do---	
			7	-	Practical Work	
			Week (4) 8		Constituents of blood and Function of blood	
			8		Structure of the heart	
			8		----do---	Test to be Conducted
			8		Types of Blood Circulation: Systemic, Pulmonary and Coronary	
			8	-	----do---	
			April Week (1) 9	March	Organs of Digestive System	
			9		Structure and functions of the digestive system	
			9		----do---	
			9		Process of Food absorption, Name and functions of various digestive juices and enzymes	
			Week (2) 10		----do---	
			10	-	Respiratory System and Excretory System	
			10		Organs of Respiratory system and their functions.	
			10		Practical Work	
			Week (3) 11		Organs of Respiratory system and their functions.	Test to be conducted
			11		Structure of Respiratory system	Assignment 2 to be received
			11		----do---	
			11		Exchange of gases in the lungs and tissues	
			Week (1) 12	April	----do---	
			12		Practical Work	
			12		Practical Work	
			12		----do---	
			May Week (2) 13		Organs of Excretory System kidneys and skin	
			13	-	----do---	
			13	-	Practical Work	

			13		Practical Work	
			May Week (3) 14		Parts and Functions of the urinary system	
			14		----do---	
			14		Structure and functions of Skin.	
			14	-		
			19May,22 Week (4) 15	-	Tutorial	
			15		Practical Work	
			15		Practical Work	

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Lesson Plan Format

Name of the Assistant Professor: Dr. Kuldeep Singh

Class and Section: B.A.-IV Sem. (Health and Physical Education)

Subject Lesson Plan: 15 Week from (1-1-24 to 30-4-2024) Offline Mode

Sr.No	Subject	Class	Topic /Chapter to be covered			Other activity
2	Health and Physical Education	B.A.-IV	Week 1	Month	Topic to be Covered	
			Week (1)	Jan.	Unit-1 Warming Up and Cooling Down: Meaning, Types and significance of warming up	
			1		Meaning of cooling down.	
			1		Types of cooling down.	
			1		Methods of warming up.	
			1	-	Practical- Introduce BMI	
			Week (2)		Practical-Measurement of Body Mass Index (Normal Range of B.M.I for Children)	
			2		Practical- Measurement of Body Mass Index (Normal Range of B.M.I for Women and Men)	
			2		Methods of cooling down.	
			2		Tutorial Class	
			2	-	Unit test	
			Week (3)	-	Unit - IV Anatomy and Physiology of Human Body System	
			3		Introduction of Respiratory System.	
			3		Types of Respiration	
			3		Practical- Basketball game introduction	
			3		Practical- Basketball game ground specifications	
			Week (4)	-	Introduction of Respiratory System.	
			4	-	Structure of Respiratory Organs- <i>to be continue.</i>	
			4		Structure of Respiratory Organs.	
			4		Practical- Basketball game general rules.	
			4		Practical- Basketball game general rules.	
			March	Feb	Physiology of respiratory System- <i>to be</i>	

			Week (1) 5		<i>continue</i>	
			5		Physiology of respiratory System	
			5		Effect of exercise on respiratory System- <i>to be continue</i>	
			5		Effect of exercise on respiratory System	Assignment 1 to be received
			Week (2) 6		Practical- Basketball game general skills	
			6		Practical- Basketball game general skills Practice	
			6		Terminology of respiration: Tidal Volume etc.	
			6		Terminology of respiration: Residual Volume etc. Terminology of respiration: Total Lung Capacity etc.	
			6		Tutorial Class	
			Week (3) 7		Unit test	
			7		Unit –II Psychological aspects of Physical Education:	
			7		Introduction of Psychology, Sports Psychology and its aspects.	
			7		Meaning of Psychology and sports Psychology	
			7	-	Tutorial Class	
			Week (4) 8		Recreational Activities	
			8		Need and importance of sports psychology	
			8		Learning: meaning and Laws	Test to be Conducted
			8		Learning curve	
			8	-	Tutorial Class	
			April Week (1) 9	March	Unit test	
			9		Unit –III Major Sports Events	
			9		Introduction of Major Sports events	
			9		Ancient Olympic Games- <i>to be continue</i>	
			Week (2) 10		Ancient Olympic Games- <i>to be continue</i>	
			10	-	Ancient Olympic Games- <i>to be continue</i>	
			10		Ancient Olympic Games.	
			10		Practical- Basketball game Practice	
			Week (3) 11		Practical- Basketball game Practice	Test to be conducted
			11		Modern Olympic Games- <i>to be continue</i>	
			11		Modern Olympic Games- <i>to be continue</i>	Assignment 2 to be received
			11		Modern Olympic Games- <i>to be continue</i>	
			Week (1) 12	April	Asian Games- <i>to be continue</i>	

			12		Asian Games.	
			12		Common Wealth Games- <i>to be continue</i>	
			12		Tutorial Class	
			May Week (2) 13		Common Wealth Games.	
			13	-	Practical- Kabaddi Introduction	
			13	-	Practical- Kabaddi game ground specifications	
			13		Tutorial Class	
			May Week (3) 14		Tutorial Class	
			14		Practical- Kabaddi game general rules.	
			14		Practical- Kabaddi game general skills	
			14	-	Unit test	
			Week (4) 15	-	Practical- Kabaddi game general skills Practice	
			15		Practical- Organise Kabaddi Match among Students	
			15		Practical- Kabaddi game general skills Practice	

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Lesson Plan Format

Name of the Assistant Professor: Dr. Kuldeep Singh

Class and Section: B.A. VI Sem. (Health and Physical Education)

Subject Lesson Plan: 15 Week from (1-1-24 to 30-4-2024) Offline Mode

Sr.No	Subject	Class	Topic /Chapter to be covered			Other activity
3	Health and Physical Education	B.A.- VI	Week 1	Month	Topic to be Covered	
			Week (1)	Jan.	Unit-1 Concept of Motivation and Socialization Introduction of Socialization	
			1		Meaning and definition of motivation.	
			1		Practical- Introduce Pranayam	
			1		Practical- Bhramari	
			1	-	Types of motivation.	
			Week (2)		Importance of motivation in sports.	
			2		Practical- Anulom Vilom	
			2		Practical- Kapal Bhati	
			Week (1)	Jan.	Meaning of Socialization.	
			1		Socialization through sports.	
			1		Effect of social behavior on performance of sports person.	
			1		Practical- Volleyball Ground Specifications	
			1	-	Practical- Introduce Volleyball Game	

			Week (2)		Effect of social behavior on performance of sports person -to be continue	
			2		Tutorial Class	
			2		<i>Unit Test</i>	
			Week (1)	Jan.	Unit – IV Anatomy and Physiology	
			1		Practical- Volleyball game General rules	
			1		Introduction of Digestive system	
			1		Organs of Digestive System	
			1	-	Practical- Volleyball game General Skill	
			Week (2)		Structure of Digestive System	Assignment 1 to be received
			2		Structure of Digestive System.	
			2		Mechanism of food digestion.	
			Week (1)	Jan.	Mechanism of food digestion.	
			1		Effects of exercise on Digestive System.- <i>to be continue</i>	
			1		Effects of exercise on Digestive System.- <i>to be continue</i>	
			1		Practical- Volleyball game General Skill Practice	
			1	-	Practical- Volleyball game General Skill Practice	
			Week (2)		Effects of exercise on Digestive System.	
			2		Unit – III Concept of Sports Biomechanics	
			2		Introduction of Biomechanics and sports Biomechanics	
			Week (1)	Jan.	Meaning and definition of sports biomechanics	
			1		Tutorial Class	
			1		Unit Test	
			1		Importance of Biomechanics in Sports –to be continue	
			1	-	Importance of Biomechanics in Sports	Test to be Conducted
			Week (2)		Newton’s Laws of motion and their application in sports.	
			2		Practical- Introduce Self-defense tactics	
			2		Practical- Self-defense tactics Practice	
			Week (1)	Jan.	Meaning Lever	
			1		Types of Lever and their application in Sports	
			1		Types of Lever and their application in Sports	
			1		Tutorial Class	
			1	-	Unit Test	
			Week (2)		Unit- II Concept of Sports Training and Doping	
			2		Introduction of sports training	
			2		Meaning and definition of sports training	Test to be conducted
			Week (1)	Jan.	<i>Recreational Activities</i>	Assignment 2 to be received

			1			
			1			Factors affecting sports training.
			1			Types of sports training
			1	-		Circuit training.
			Week (2)			Practical- Self-defense tactics Practice
			2			Practical- Self-defense tactics Practice
			2			Interval Training
			Week (1)	Jan.		Doping: it's Meaning
			1			Doping types- <i>to be continue</i>
			1			Doping types
			1			Tutorial class
			1	-		Doping effects on health- <i>to be continue</i>
			Week (2)			Doping effects on health
			2			Tutorial class
			2			Practical- Self-defense tactics Practice
			Week (1)	Jan.		Practical- Self-defense tactics Practice
			1			<i>Unit test</i>
			1			Introduce First aid for different injuries and circumstances
			1			First aid for different injuries and circumstances
			1	-		Practical- Practical use of Bandages
			Week (2)			Practical- Practical use of Bandages
			2			First aid for different injuries and items of First aid box and their uses
			2			Practical use of Bandages
			Week (1)	Jan.		Examination Preparation
			1			Examination Preparation

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Deptt. of Physical Education