

LESSON PLAN

CLASS - B.A III

SEMESTER - 6th


Name of Assistant / Associate - ms. Reena

Subject / Paper

- Physical Education (Org. and management of Phy. Edu)

Unit	Month	Subject Matter / Syllabus
1	January	Need, importance and characteristics of Track. care and maintenance of Track. Conduct of Annual Athletic meet. Organisation and conduct of Tournament.
2	February	Meaning, importance and Scope of sports management. Factors influencing Sports management. Qualification and qualities of Physical Education Teacher. Duties of an official (Pre-game, During-game- Post-game).
3	March	Prevention of Sports injury and Rehabilitation. Sports injury and various Factors causing injury. Principles of Prevention of Sports injury. Meaning and Scope of Rehabilitation. Facilities available for Rehabilitation. Role of Physical Education teacher in Rehabilitation.
4	April	Meaning of Professional Preparation. Definition and Significance of Professional Preparation- in Physical Education. Curriculum Design in Physical Education.


Signature


HOD

LESSON PLAN

CLASS - B.A II


SEMESTER - 4th

Name of Assistant / Associate - ms. Reena

Subject / Paper - Physical Education (Physical Fitness & Yoga)

Unit	Month	Subject Matter / Syllabus
1	January	Meaning and importance of Physical Education. Aim and objectives of Physical Education Relationship of Physical Education with General Education. Need of Physical Education in the modern Society.
2	February	Meaning and components of Physical Fitness (Speed, Strength, endurance, Flexibility, Agility). Factors influencing Physical Fitness. Types of Warming up Guiding principles of Warming up. Importance of Warming up and cooling down.
3	March	Meaning and importance of Sudhi Kriza. Types of Sudhi Kriza (Neti, Dhauti, Nauli, Basti, Kapalbhata, Trataka). Physiological values of Sudhi Krizas.
4	April	Meaning of Camping Types of Camping Educational values of Camping.


Signature


HOD