

# LESSON PLAN

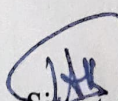
CLASS -BA

SEMESTER - 1

Name of Assistant / Associate - **Dr Arun Kumar**

Subject / Paper - **Physical Education**

| Unit | Month        | Subject Matter / Syllabus  |
|------|--------------|--|
| 1    | Jul-Aug 2025 | Concept of Physical Education: Meaning, Definition & Scope<br>Aims & Objectives of Physical Education<br>Importance of physical education in modern era<br>Misconception about Physical Education  |
| 2    | Sept 2025    | History of Physical Education in Ancient Greek, Comparative Study of Spartan and Athenian Education<br>History of Physical Education in Germany, Sweden & Denmark<br>History of Physical Education in India (Pre- Independence & Post Independence Era |
| 3    | Oct 2025     | Origin and Development of Olympic Games (Ancient & Modern)<br>Origin and Development of Commonwealth Games Origin and Development of Asian Games<br>Origin and Development of National Games   |
| 4    | Nov 2025     | National awards: Major Dhyan Chand Khel Ratna Award, Arjuna Award, Dronacharya Award, Dhyan Chand Award<br>National Programmes / Schemes: Sports Authority of India, Fit India Movement, Khelo India, Target Olympic Podium Scheme                     |

  
Signature 20/8/25



# LESSON PLAN


CLASS – B.A.

SEMESTER – 3<sup>rd</sup>

Name of Assistant / Associate – Dr Arun Kumar

Subject / Paper – Physical Education

| Unit | Month        | Subject Matter / Syllabus  |
|------|--------------|--|
| 1    | Jul-Aug 2025 | Fundamentals of Sports Management<br><input type="checkbox"/> Meaning and definition of sports management<br><input type="checkbox"/> Principles and scopes of sports management<br><input type="checkbox"/> Role of sports manager in event management                              |
| 2    | Sept 2025    | Leadership in Sports Management<br><input type="checkbox"/> Meaning and definition of leadership<br><input type="checkbox"/> Different leadership styles<br><input type="checkbox"/> Qualities of an effective sports leader   |
| 3    | Oct 2025     | Sports Planning and Management at Institutional Level<br><input type="checkbox"/> Sports management in schools, colleges, and universities<br><input type="checkbox"/> Factors affecting sports planning<br><input type="checkbox"/> Skills required for effective sports management |
| 4    | Nov 2025     | Financial Management in Sports<br><input type="checkbox"/> Basics of financial management in sports<br><input type="checkbox"/> Purchase and audit procedures<br><input type="checkbox"/> Funding sources and budget allocation  |

  
Signature 20/8/25



# LESSON PLAN


CLASS – B.A.

SEMESTER – 5 th

Name of Assistant / Associate – Dr Arun Kumar

Subject / Paper – Physical Education

| Unit | Month     | Subject Matter / Syllabus  |
|------|-----------|--|
| 1    | Aug 2025  | Learning of Sports Activities<br>Psycho-Physical unity of human being<br>Theory of play<br>Law of learning and their application to situation on play-ground<br>Individual differences<br>Adjustment<br>Motivation |
| 2    | Sept 2025 | Sports as medium of socialization<br>Sports and economy<br>Effect of socio-economic status on sports<br>Spectators and crowd behavior<br>Tradition and their influence on behavior patterns                        |
| 3    | Oct 2025  | Need and importance of conditioning<br>Methods of conditioning<br>Circuit training<br>Interval training<br>Fartlek training<br>Weight training   |
| 4    | Nov 2025  | Types of doping<br>Prevention of doping<br>Hazards of smoking and drinking<br>Prevention of smoking and drinking<br>Quitting techniques of smoking and drinking habits   |

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