

LESSON PLAN

CLASS – B.A.

SEMESTER – 1st

Name of Assistant Professor – **Sh. Rahul**

Subject / Paper – **Physical Education**

Unit	Month	Subject Matter / Syllabus
1	Aug 2026	• Concept of Physical Education: Meaning, Definition & Scope • Aims & Objectives of Physical Education • Importance of physical education in modern era • Misconception about Physical Education
2	Sept 2026	• History of Physical Education in Ancient Greek, Comparative Study of Spartan and Athenian Education • History of Physical Education in Germany, Sweden & Denmark • History of Physical Education in India (Pre- Independence & Post Independence Era)
3	Oct 2026	• Origin and Development of Olympic Games (Ancient & Modern) • Origin and Development of Commonwealth Games • Origin and Development of Asian Games • Origin and Development of National Games
4	Nov2026	• National awards: Major Dhyan Chand Khel Ratna Award, Arjuna Award, Dronacharya Award, Dhyan Chand Award • National Programmes / Schemes: Sports Authority of India, Fit India Movement, Khelo India, Target Olympic Podium Scheme
5	Dec 2026	• Revision

HOD

LESSON PLAN

CLASS – B.A.

SEMESTER – 3rd

Name of Assistant Professor – **Sh. Rahul**

Subject / Paper – **Physical Education**

Unit	Month	Subject Matter / Syllabus
1	Aug 2026	• Meaning and definition of sports management • Principles and scopes of sports management • Role of sports manager in event management
2	Sept 2026	• Meaning and definition of leadership • Different leadership styles • Qualities of an effective sports leader
3	Oct 2026	• Sports management in schools, colleges, and universities • Factors affecting sports planning • Skills required for effective sports management
4	Nov2026	• Basics of financial management in sports • Purchase and audit procedures • Funding sources and budget allocation
5	Dec 2026	• Revision

HOD

LESSON PLAN

CLASS – B.A.

SEMESTER – 5th

Name of Assistant Professor – **Sh. Rahul**

Subject / Paper – **Physical Education**

Unit	Month	Subject Matter / Syllabus
1	Aug 2026	• Meaning and definition of Anatomy • Importance of Anatomy in Physical Education and sports • Relationship between anatomy, movement, and physical activity
2	Sept 2026	• Classification of bones • Structure and functions of bones • Role of skeletal system in posture and movement • Types of muscles: skeletal, smooth, and cardiac • Structure and functions of skeletal muscles
3	Oct 2026	• Meaning and definition of Physiology • Importance of Physiology in Physical Education and sports • Relationship between anatomy and physiology
4	Nov2026	• Composition and functions of blood • Structure and functions of the heart • Blood circulation and blood vessels • Structure and functions of respiratory system • Lung volumes and capacities
5	Dec 2026	• Revision

HOD

LESSON PLAN

CLASS – B.A.

SEMESTER – 3rd

Name of Assistant Professor – **Dr. Arun Kumar**

Subject / Paper – **Physical Education**

Unit	Month	Subject Matter / Syllabus
1	Aug 2026	• Meaning and definition of sports management • Principles and scopes of sports management • Role of sports manager in event management
2	Sept 2026	• Meaning and definition of leadership • Different leadership styles • Qualities of an effective sports leader
3	Oct 2026	• Sports management in schools, colleges, and universities • Factors affecting sports planning • Skills required for effective sports management
4	Nov2026	• Basics of financial management in sports • Purchase and audit procedures • Funding sources and budget allocation
5	Dec 2026	• Revision

HOD