

Lesson Plan

Name of Assistant / Associate Professor: DR. ELIZA KUNDU

Class and Section: B (1st SEM)

Subject: HEALTH AND PHYSICAL EDUCATION

Session: 2022-23

SEPTEMBER, 2022	Meaning, Definition and scope of Phy. Edu, Relationship of Physical Edu, With General Edu, Aims of Phy Edu, objects of Phy Edu, Meaning and Importance of Personal Hygiene Hygiene of various Body Parts, Factors Influencing Personal Hygiene, Yoga – Meaning, Concept & Historical Development, Types of Yoga, Ground specification, Importance of Yoga in Healthy Living.
OCTOBER, 2022	Pranayam – Meaning, Importance of Pranayam, General rules of different games, Types and their Benefits, General skills of different games, Meaning and Definition of Human Anatomy and Physiology, Importance of Human Anatomy and Physiology in Physical Education.
NOVEMBER, 2022	Definition of Cell, Tissue, Benefits of Asanas, Organ and System, Structure and Properties of Cell, Test and Assignment, Structure of Cell and function of Cell Nerve Cells, Muscular Cells, Epithelial Cell, Connective Cells, Blood Cells, Bone Cells, Ground specifications and general rules, general skills of games, Revision.

Eliza Kundu 10.10.22
(Dr. Eliza Kundu)

Lesson Plan

Name of Assistant Associate Professor: DR. ELIZA KUNDU

Class and Section: B.A. (H SEM)

Subject: HEALTH AND PHYSICAL EDUCATION

Session 2022-23

AUGUST/SEPTEMBER , 2022	Meaning of Safety Education, need of safety education, importance of safety education, Sports injuries, Type and causes, Principle of prevention of sports injuries, General treatment for common sports injuries: Abrasion, Contusion, sprain, Strain, Fracture and Dislocation of joints, test and assignment.
OCTOBER, 2022	Concept of Communicable and non-communicable Disease, Modes of transmission of communicable Disease, Common disease: HIV/AIDS, Hepatitis, Dengue, Typhoid, Allergy related disease: Asthma, Sinuses, Balanced Diet: Meaning and Importance, Components of balanced diet, Balanced Diet components and their sources, Factors affecting balanced diet, Revision.
NOVEMBER, 2022	Harmful effects of Junk Food, Circulatory system: Structure of Heart, Functioning of Heart, Types of Circulation: systemic and Pulmonary, Effects of exercise on Circulatory system, Test and Assignment, Ground Specifications: General rules and General skills: Measurement & Basic Techniques of all jumping, Basic Techniques of all throwing events and Basic of Track Marking, Revision.

(Dr. Eliza Kundu) 10.10.22

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Name of Assistant / Associate Professor: DR. ELIZA KUNDU

Class and Section: B.A. (V SEM.)

Subject: HEALTH AND PHYSICAL EDUCATION

Session: 2022-23

AUGUST/SEPTEMBER, 2022	Meaning and definition of Growth and Development, Stages of Growth and Development, Principles and factors influencing growth and development, Age and sex difference in relation to physical activities and sports, Meaning and importance of organization and administration in Phy. Edu.
OCTOBER, 2022	Principles of sports organization and administration, Organization and administration of Intramural and Extramural activities, Tournaments and their types (League and Knock out), Meaning of posture and importance of good posture, Causes of poor posture, Symptoms and causes of Postural Deformities: Lordosis.
NOVEMBER, 2022	Kyphosis, Scoliosis, Flat feet, Knock Knee and Blow Legs. Precautions and Remedies for postural deformities. Gross Anatomy of muscle, Types of Muscles in human body, Effects of exercise of Muscular System, Composition of Human Blood, Functions Blood, Test and Assignments, Revision.

Eliza Kundu 10.10.22
(Dr. Eliza Kundu)