

Lesson Plan
(Session 2020-21) odd sem

Name of Teacher: DR. ELIZA KUNDU

Class: B.A. 1st SEM

Paper: HEALTH AND PHYSICAL EDUCATION

Month	Topics
August 2020	Meaning, Definition and scope of Phy. Edu. Relationship of Physical Edu. With General Edu. Aims of Phy. Edu, objects of Phy. Edu.
September 2020	Meaning and Importance of Personal Hygiene. Hygiene of various Body Parts. Factors Influencing Personal Hygiene.
October 2020	Yoga – Meaning. Concept & Historical Development. Types of Yoga, Ground specification.
November 2020	Importance of Yoga in Healthy Living. Pranayam – Meaning, Importance of Pranayam. General rules of different games. Types and their Benefits. General skills of different games.
December 2020	Meaning and Definition of Human Anatomy and Physiology. Importance of Human Anatomy and Physiology in Physical Education. Definition of Cell, Tissue. Benefits of Asanas.
January 2021	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.
February 2021	Ground specifications and general rules, general skills of games.
March 2021	Track Marking & Different Athletic Events. Revision.

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Name of Teacher: DR. ELIZA KUNDU

Class: B.A. 3rd SEM

Paper: HEALTH AND PHYSICAL EDUCATION

Month	Topics
August 2020	Meaning of Safety Education need of safety education importance of safety education ,Sports injuries :Type and causes Principle of prevention of sports injuries.
September 2020	General treatment for common sports injuries- Abrasion Contusion, Sprain, Strain. Fracture and Dislocation of joints
October 2020	Concept of Communicable and non-communicable Disease. Modes of transmission of communicable Disease. Common disease:HIV/AIDS,Hepatitis,Dengue.
November 2020	Typhoid, Alergy related disease Asthma ,Sinuses. Balanced Diet: Meaning and Importance. Components of balanced diet
December 2020	Balanced Diet components and their sources Factors affecting balanced diet. Harmful effects of Junk Food
January 2021	Circulatory system: Structure of Heart Functioning of Heart. Types of Circulation: systemic and Pulmonary. Effects of exercise on Circulatory system
February 2021	Test and Assignment Ground Specifications General rules and General skills Measurement & Basic Techniques of all jumping
March 2021	Basic Techniques of all throwing events and Basic of Track Marking Revision

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Name of Teacher: DR. ELIZA KUNDU

Class: B.A. 5th SEM

Paper: HEALTH AND PHYSICAL EDUCATION

Month	Topics
August 2020	Meaning and definition of Growth and Development. Stages of Growth and Development Principles and factors influencing growth and development
September 2020	Age and sex difference in relation to physical activities and sports. Meaning and importance of organization and administration in Phy.,Edu.
October 2020	Principles of sports organization and administration. Organization and administration of Intramural and Extramural activities. Tournaments and their types {League and Knock out}
November 2020	Meaning of posture and importance of good posture. Causes of poor posture. Symptoms and causes of Postural Deformities: Lordosis.
December 2020	Kyphosis, Scoliosis. Flat Feet Knock Knee and Blow Legs.
January 2021	Precautions and Remedies for postural deformities. Gross Anatomy of muscle, Types of Muscles in human body.
February 2021	Effects of exercise of Muscular System. Composition of Human Blood, Functions Blood.
March 2021	Test and Assignments Revision