

Lesson Plan
Name of Associate Professor: DR. ELIZA KUNDU
Class: B.A. 1st SEM. (Minor)
Subject: HEALTH AND PHYSICAL EDUCATION
Olympic Movement (Semester I)
Minor Course (MIC)
Session: 2024-25

Class: BA I Sem (Odd)

Paper: Theory

Tutor: Dr. Eliza Kundu

Unit	Month	Topic/s
I	July-August	Origin of Olympic Movement <ul style="list-style-type: none">• Philosophy of Olympic movement• The significant stages in the development of the Ancient Olympic movement• Politics and Religion of Ancient Olympics, Opening ceremony, Different Events of Ancient Olympics
II	September	<ul style="list-style-type: none">• Participants of Various events, Prizes for winners,• Decline and Termination of the ancient Olympics• Revision of Unit I• Class Test• Assignment I
III	October	Modern Olympic Games <ul style="list-style-type: none">• Revival of Olympic Games• Olympic Symbols: Motto, Rings, Flag, Medals, Flame, Torch Relay and Anthem• Opening ceremony, Closing ceremony, medal ceremony• Revision• Class Test
IV	November	<ul style="list-style-type: none">• Olympic Protocol for member countries• Indian Performance in Modern Olympics• Revision of Unit I & II• Class Test• Assignment II

(Dr. Eliza Kundu)
Associate Prof. Phy. Edu.
GCW, Hisar

Lesson Plan

Name: Associate Professor: DR. ELIZA KUNDU

Class and Session: B.A. III SEM.

Subject: HEALTH AND PHYSICAL EDUCATION

Session: 2024-25

Class: BA III Sem (Odd)

Paper: Theory and Practical

Tutor: Dr. Eliza Kundu

Unit	Month	Topic/s
I	July/ Aug, 2024	Concept of Safety Education <ul style="list-style-type: none">• 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.• Basketball, Football and Practical File• Revision
II	Sep, 2024	Common Diseases <ul style="list-style-type: none">• Concept of Communicable and non-communicable Disease, Modes of transmission of communicable Disease, Common disease: HIV/AIDS, Hepatitis, Dengue, Typhoid , Allergy related disease Asthma and Sinuses• Practical:- Ground specifications, Rules, skills: Handball
III	Oct, 2024	Concept of Balance Diet <ul style="list-style-type: none">• Balanced Diet: Meaning and Importance, Components of balanced diet, Balanced Diet components and their sources, Factors affecting balanced diet and Harmful effects of Junk Food• Measurement and techniques of Jumping, Throwing, and Ground specifications, Rules, skills: Wrestling, Judo, Boxing and Practical file.• Revision Test and Assignment I
IV	Nov, 2024	Anatomy and Physiology of Body System <ul style="list-style-type: none">• Circulatory system: Structure of Heart Functioning of Heart, Types of Circulation: systemic and Pulmonary, Effects of exercise on Circulatory system, Test and Assignment, measurement and marking of all Track Marking and field events and practical file.• Revision

(Dr. Eliza Kundu)

Associate Prof. Physical Edu.

GCW, Hisar

Lesson Plan
Name of Assistant/Associate Professor: DR. ELIZA KUNDU
Class and Session: B.A. V SEM.
Subject: HEALTH AND PHYSICAL EDUCATION
Session: 2024-25

Class: BA V Sem (Odd)

Paper: Theory and Practical

Tutor: Dr. Eliza Kundu

Unit	Month	Topic/s
I	July/Aug, 2024	Growth and Development <ul style="list-style-type: none"> • 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. • Practical: - Ground specifications general rules and skills: Wrestling and Judo and Practical file. • Measurement and marking of throwing and jumping sectors and • Revision
II	Sep, 2024	Concept of Sports Organization and administration <ul style="list-style-type: none"> • Principles of sports organization and administration., Organization and administration of Intramural and Extramural activities • Tournaments and their types {League and Knock out} • Practical: - Ground specifications general rules and skills: Boxing • Revision Test and Assignment I
III	Oct, 2024	Concept of Posture <ul style="list-style-type: none"> • Meaning of posture and importance of good posture, Causes of poor posture, Symptoms and causes of Postural Deformities: Lordosis. Causes of Postural Deformities: Lordosis, Kyphosis, Scoliosis, Flat Foot, Knock Knee and Blow Legs. Precautions and Remedies for postural deformities. • Practical: Measurement and marking of all throwing and jumping sectors. • Revision Test and Assignment II
IV	Nov, 2024	Anatomy And Physiology <ul style="list-style-type: none"> • Gross Anatomy of muscle, Types of Muscles in human body, Effects of exercise of Muscular System, Composition of Human Blood, Functions Blood • Practical: Measurement and marking of all throwing and jumping sectors. • Revision

(Dr. Eliza Kundu)

Associate Prof. Phy. Edu.

GCW, Hisar

Lesson Plan

Name of Assistant/Associate Professor: DR. ELIZA KUNDU

Class and Session: B.A. 1st SEM.

Subject: HEALTH AND PHYSICAL EDUCATION

History & Foundation of Physical Education

Session: 2024-25

Class: BA I Sem/Odd

Paper: Theory and Practical

Tutor: Dr. Eliza Kundu

Unit	Month	Topic/s
I	July-August	Introduction of Physical Education <ul style="list-style-type: none">• Meaning and definition of Physical Education• Relationship of Physical Education with Health and General Education• Aim and Objectives Physical Education• Scope of Physical Education• Need of Physical Education in modern society• Misconceptions regarding Physical Education• Physical Education as Art and Science• Court specification of Kho – Kho (Practical)• General Rules of Kho – Kho (Practical)
II	September	History of Physical Education in India <ul style="list-style-type: none">• Physical Education during Indus Valley Civilization (3250 BC – 2500 BC)• Physical Education during Vedic period (2500 BC – 600 BC)• Physical Education during Early Hindu Period (600 BC – 320 AD)• Physical Education during Later Hindu Period (320 AD – 1000 AD)• Physical Education during Medieval Period (1000 AD – 1757 AD)• Physical Education during British Period (Till 1947)• Physical Education during After Independence• Basic skills of Kho – Kho (Practical)• Internal Assessment I
Test I, September 2024 (Tentative)		
III	October	Biological Basis of Physical Education <ul style="list-style-type: none">• Meaning of Growth and Development• Meaning of Chronological Age, Anatomical age, Physiological age and Mental age• General Rules of Badminton (Practical)• Principles of Growth and Development• Difference between Growth and Development• Internal Assessment II
Test II, Oct 2024 (Tentative)		
IV	November	Biological Basis of Physical Education <ul style="list-style-type: none">• Factor affecting growth and Development• Growth and Development at various Levels of Childhood: Pre-Adolescence – Adolescence – Adulthood• Court specification of Badminton (Practical)• Basic skills of Badminton (Practical)

(Dr. Eliza Kundu)

Associate Prof. Phy. Edu.

GCW, Hisar