

# Lesson Plan

Name of Assistant / Associate Professor: DR. ELIZA KUNDU

Class and Section: B.A. VI SEM.

Subject: HEALTH AND PHYSICAL EDUCATION

Session 2021-22

APRIL , 2022	Meaning and definition of motivation, (Practical, Pranayam, Bhramari),Types of motivation and importance of motivation in sports,(Practical, Anulom Vilom),Meaning and Socialization and Socialization through sports,(Practical, Kapal Bhati),Effect of social behavior on performance of sports person,(Practical, Ground specifications, Volleyball),
MAY, 2022	Meaning and definition of sports training, ,(Practical, Ground specifications, general rules),Types of sports training: Circuit training, Interval Training and Continuous Training ,(Practical, Ground specifications, general skills),Doping : Meaning, types and its effects on health, Test-I,Meaning and definition of sports biomechanics,(Practical, Typing of different types of Bandages),Importance of Biomechanics in sports, Assignments Practical, Typing of different types of Bandages)
JUNE , 2022	Newton's Laws of motion and their application in sports,(Practical, Typing of different types of Arm Slings),Levers: Meaning, types and their application in sports, Test-II,Organs of Digestive System,(Practical, Typing of different types of Arm Slings),Structure of Digestive System,(Practical, First Aid for different injuries and circumstances),Mechanism of food digestion ,(Practical, First Aid for different injuries and circumstances),Effects of exercise on Digestive System,(Practical, Itmes of First Aid box and their uses),Practice of Digestive Structure(Practical, Itmes of First Aid box and their uses),Revision of Theory and Practical

*Eliza Kundu*  
22.4.22

# Lesson Plan


Name of Assistant / Associate Professor: DR. ELIZA KUNDU

Class and Section: B.A. IV SEM.

Subject: HEALTH AND PHYSICAL EDUCATION

Session 2021-22

APRIL , 2022	Meaning ,types and significance of warming up Practical- Ground specifications, general rules and general skills of wrestling,Meaning, types and significance of cooling down Practical- Ground specifications, general rules and general skills of wrestling,Methods of warming up and down Practical- Ground specifications, general rules and general skills of JUDO,Physiological aspects of warming up and cool down Practical- Ground specifications, general rules and general skills of JUDO
MAY, 2022	Meaning of Psychology and sports Psychology Practical- Ground specifications, general rules and general skills of BOXING,Need and important of sports psychology Practical- Ground specifications, general rules and general skills of BOXING Learning meaning and laws, Test-1, Learning curve,Measurements and marking of athletic track,Ancient Olympic Games,Assignments,Modern Olympic Games
JUNE , 2022	Measurements and marking of athletic track,Asian Games . Test -2 Measurements and marking of long jump,Common Wealth Game Measurements and marking of long jump,Structure of Respiratory Organs Measurements and marking of High jump,Physiology of Respiratory System Measurements and marking of High jump,Effects of exercise on Respiratory system Measurements and marking of triple jump, Terminology of respiration Tidal Volume, Residual Volume and Total Lung Capacity Practice of practical events,Revision ,Practice of practical events

  
22-4-22

# Lesson Plan

Name of Assistant / Associate Professor: DR. ELIZA KUNDU

Class and Section: B.A. II SEM.

Subject: HEALTH AND PHYSICAL EDUCATION

Session 2021-22

APRIL, 2022	Definition, Aim, Objectives and Scope of Health Education,(Practical Name of Bones in Human Body),Importance of Health Education in modern society(Practical Name of Bones in Human Body),First Aid : Meaning, Aim, Objectives and General Principles of First Aid.(Practical Identification of Bones in Human Body)First Aid for Common injuries- Bleeding, Burns, Electric Shock, Drowning and Snake Bite(Practical Identification of Bones in Human Body)
MAY, 2022	Pre-independence and Post- Independence historical development of Physical Education in India(Practical, marking of Athletic Track),Role of IOA, SAI, (Practical, marking of Athletic Track),NSNIS and YMCA in the development of Physical Education and Sports in India Test-I,Sports Policy of Haryana State(Practical, Basic Techniques of all types of starts),National Sports Policy, Assignments,Meaning, definition and importance Physical Fitness(Practical, Basic Techniques of all types of starts)
JUNE, 2022	Components and Principles of Physical Fitness, Test-II,Factors influencing Physical Fitness(Practical,Measurements and & Basic Techniques of shot-put),Meaning of Isometric, Isotonic and Isokinetic Exercises(Practical,Measurements and & Basic Techniques of javelin throw),Anatomy of Human Bone(Practical,Measurements and & Basic Techniques of Discus throw),Types and Functions of bones in Human Body(Practical,Measurements and & Basic Techniques of Hammer throw),Meaning and Types of joints in Human Body, Types of synovial joints in Human Body, (Practice of Practical Events),Revision(Practice of Practical Events)

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22.4.22