

Lesson Plan

Mr Vikas Mehta

Health & Physical Education

Semester Ist Sem

UNIT-I: INTRODUCTION TO PHYSICAL EDUCATION (July & August)

- 1.1 Meaning, definition and scope of Physical Education.
- 1.2 Relationship of Physical Education with General Education
- 1.3 Aim, Objectives and Importance of Physical Education in Modern Society.
- 1.4 Misconceptions regarding Physical Education.

UNIT -II: HEALTH & HYGIENE (September)

- 2.1 Meaning, definition and importance of Health.
- 2.2 Factors influencing Health.
- 2.3 Meaning and Importance of Personal Hygiene.
- 2.4 Hygiene of various body parts and Factors influencing Personal Hygiene.

UNIT- III: INTRODUCTION TO Yoga (October)

- 3.1 Yoga - Meaning, Concept and Historical Development.
- 3.2 Types of Yoga.
- 3.3 Importance of yoga in healthy living.
- 3.4 Pranayama-meaning, types and their benefits.

UNIT - IV: INTRODUCTION TO HUMAN ANATOMY AND PHYSIOLOGY (November)

- 4.1 Meaning and definition of Human Anatomy and Physiology.
- 4.2 Importance of Human Anatomy and Physiology in Physical Education.
- 4.3 Definition of Cell, Tissue, Organ and System.
- 4.4 Structure and Properties of Cell.

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Semester 2nd Sem

UNIT-I: INTRODUCTION TO HEALTH EDUCATION *January*

- 1.1 Definition, Aim, Objectives and Scope of Health Education.
- 1.2 Importance of Health Education in modern society.
- 1.3 First Aid : Meaning, Aim, Objectives and General Principles of First Aid.
- 1.4 First Aid for Common injuries - Bleeding, Burns, Electric Shock, Drowning and Snake Bite.

UNIT -II: HISTORICAL PROSPECTS OF PHYSICAL EDUCATION *February*

- 2.1 Pre-independence and Post - Independence historical development of Physical Education in India.
- 2.2 Education in India.
- Role of IOA, SAI, NSNIS and YMCA in the development of Physical Education and Sports in India.
- 2.3 Sports Policy of Haryana State.
- 2.4 National Sports Policy.

UNIT -III: INTRODUCTION TO PHYSICAL FITNESS *March*

- 3.1 Meaning, definition and importance Physical Fitness.
- 3.2 Components and Principles of Physical Fitness.
- 3.3 Factors influencing of Physical Fitness.
- 3.4 Meaning of Isometric, Isotonic and Isokinetic exercises.

UNIT - IV: INTRODUCTION TO HUMAN ANATOMY AND PHYSIOLOGY *April*

- 4.1 Anatomy of Human Bone.
- 4.2 Types and Functions of bones in Human Body.
- 4.3 Meaning and Types of joints in Human Body.
- 4.4 Types of synovial joints in Human Body.

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Semester 3rd Sem

UNIT-I: CONCEPT OF SAFETY EDUCATION *July & August*

- 1.1 Meaning, need and importance of Safety Education
- 1.2 Sports Injuries : Types and causes
- 1.3. Principles of prevention of sports Injuries.
- 1.4 General treatment for common sports injuries i.e. Abrasion, Contusion, Sprain, Strain, Fracture and Dislocation of Joints.

UNIT-II: COMMON DISEASES *September*

- 2.1 Meaning of Communicable and Non-Communicable diseases.
- 2.2 Modes of transmission, prevention and control of communicable diseases.
- 2.3 Common diseases: HIV/AIDS, Hepatitis, Dengue, Typhoid, Malaria and Influenza.
- 2.4 Allergy related diseases: Asthma and Sinuses

UNIT- III: CONCEPT OF BALANCE DIET *October*

- 3.1 Balanced Diet: Meaning and importance
- 3.2 Components of balanced diet and their sources
- 3.3 Factors affecting balanced diet
- 3.4 Harmful effects of Junk Food

UNIT-IV: ANATOMY AND PHYSIOLOGY OF BODY SYSTEM *November*

- 4.1 Circulatory System: Structure of Heart
- 4.2 Functioning of Heart
- 4.3 Types of Circulation Systemic and Pulmonary
- 4.4 Effects of exercise on Circulatory System.

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Semester 4th Sem

UNIT 1: WARMING UP AND COOLING DOWN *January*

- 1.1 Meaning, types and significance of warming up
- 1.2 Meaning, types and significance of cooling down
- 1.3 Methods of warming up and cooling down.
- 1.4 Physiological aspects of warming up and cooling down..

UNIT-II: PSYCHOLOGICAL ASPECTS OF PHYSICAL EDUCATION

February

- 2.1 Meaning of Psychology and sports Psychology
- 2.2 Need and importance of sports psychology
- 2.3 Learning: meaning and laws
- 2.4 Learning curve

UNIT-III: MAJOR SPORTS EVENTS *March*

- 3.1 Ancient Olympic Games
- 3.2 Modern Olympic Games
- 3.3 Asian Games
- 3.4 Common Wealth Games

UNIT-IV: ANATOMY AND PHYSIOLOGY OF HUMAN BODY SYSTEM

April

- 4.1 Structure of Respiratory Organs
- 4.2 Physiology of Respiratory System
- 4.3 Effect of exercise on Respiratory system
- 4.4 Terminology of respiration : Tidal Volume, Residual Volume and Total Lung Capacity

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Semester 5th Sem

UNIT-I: GROWTH AND DEVELOPMENT *July & August*

- 1.1 Meaning and definition of Growth and Development
- 1.2 Stages of Growth and Development
- 1.3 Principles and factors influencing growth and development
- 1.4 Age and sex difference in relation to physical activities and sports

UNIT -II: CONCEPT OF SPORTS ORGANIZATION AND ADMINISTRATION *September*

- 2.1 Meaning and importance of organization and administration in Physical Education and Sports

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- 2.2 Principles of sports organization and administration
- 2.3 Organization and administration of Intramural and Extramural activities
- 2.4 Tournaments and their types (League and Knock out)

UNIT- III: CONCEPT OF POSTURE *October*

- 3.1 Meaning of posture and importance of good posture
- 3.2. Causes of poor posture
- 3.3 Symptoms and causes of Postural Deformities: Lordosis, Kyphosis, Scoliosis, Flat Feet, Knock Knee and Blow Legs
- 3.4

Precautions and Remedies for postural deformities

UNIT-IV: ANATOMY AND PHYSIOLOGY *November*

- 4.1 Gross Anatomy of muscle, Types of Muscles in human body
- 4.2 Effects of exercise of Muscular System
- 4.3 Composition of Human Blood
- 4.4 Functions of Blood



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Semester 6th Sem

UNIT-I: CONCEPT OF MOTIVATION AND SOCIALIZATION

January

1.1 Meaning and definition of motivation

1.2 Types of motivation and importance of motivation in sports

1.3 Meaning and Socialization and Socialization through sports

1.4 Effect of social behaviour on performance of sports person

UNIT -II: CONCEPT OF SPORTS TRAINING AND DOPING

February

2.1 Meaning and definition of sports training

2.2

2.3

Factors affecting sports training

2.4

Types of sports training: Circuit training, Interval Training and Continuous Training

2.4 Doping: Meaning, types and its effects on health

UNIT- III: CONCEPT OF SPORTS BIOMECHANICS

March

3.1 Meaning and definition of sports biomechanics

3.2 Importance of Biomechanics in sports

3.3 Newton's Laws of motion and their application in sports

3.4 Levers: Meaning, types and their application in sports

UNIT-IV: ANATOMY AND PHYSIOLOGY

April

4.1 Organs of Digestive System

4.2

Structure of Digestive System

4.3 Mechanism of food digestion

4.4 Effects of exercise on Digestive System