

## Lesson Plan

Name of the Assistant/ Associate Professor..... Vipin Kumar.....

Class and Section: B.A - I (2<sup>nd</sup> Sem).....

Subject: Health & Physical Education.....

Week	Date	Topics
1	1-Jan-18	Definition and aim of Health Education
	2-Jan-18	Aim of Health Education
	3-Jan-18	Objective of Health Education
	4-Jan-18	Objective of Health Education
	5-Jan-18	Scope of Health Education
	6-Jan-18	Scope of Health Education
	7-Jan-18	Sunday
2	8-Jan-18	Importance of Health Edu. in modern Society.
	9-Jan-18	— DO —
	10-Jan-18	First aid - Meaning and aim.
	11-Jan-18	Objective of first aid
	12-Jan-18	General principles of first aid
	13-Jan-18	— DO —
	14-Jan-18	Sunday
3	15-Jan-18	Practical of Athletic events.
	16-Jan-18	First aid for Bleeding, Burns.
	17-Jan-18	First Aid for Electric Shocks.
	18-Jan-18	Revision of Health Education
	19-Jan-18	Class test of Health Education
	20-Jan-18	Assignment of First aid
	21-Jan-18	Sunday
4	22-Jan-18	Vasant Panchami
	23-Jan-18	First aid for Drowning
	24-Jan-18	Sir Chhotu Ram Jayanti
	25-Jan-18	First aid for Chawing B/A oral
	26-Jan-18	Republic Day
	27-Jan-18	First aid for Snake bite
	28-Jan-18	Sunday
5	29-Jan-18	Practical revision of First aid
	30-Jan-18	class test of First aid
	31-Jan-18	Recreational activities.

## Lesson Plan

Name of the Assistant/ Associate Professor... Vijay Kumar.....

Class and Section: B.A - I (2<sup>nd</sup> Sem).....

Subject: HEALTH AND PHYSICAL EDUCATION.....

Week	Date	Topics
1	1-Feb-18	Intro. of historical prospects of Phy. edu.
	2-Feb-18	Pre- Independence development of Phy. edu.
	3-Feb-18	Post Independence development of Phy. edu.
	4-Feb-18	Sunday
2	5-Feb-18	— DO —
	6-Feb-18	— DO —
	7-Feb-18	Role of IOA in the develop. of Phy. edu. in India
	8-Feb-18	— DO —
	9-Feb-18	Role of SAT in the devel. of Phy. edu. in India
	10-Feb-18	Maharshi Dayanand Saraswati Jayanti
	11-Feb-18	Sunday
3	12-Feb-18	— DO —
	13-Feb-18	Maha Shivratri
	14-Feb-18	NSNIS Role in develop. of Phy. edu. in India
	15-Feb-18	— DO —
	16-Feb-18	Role of YMCA in develop. of Phy. edu. in India
	17-Feb-18	— DO —
	18-Feb-18	Sunday
	4	19-Feb-18
20-Feb-18		— DO —
21-Feb-18		Practical of KHO - KHO
22-Feb-18		National Sports policy
23-Feb-18		— DO —
24-Feb-18		Assignment of Role of NSNIS in Phy. edu.
25-Feb-18		Sunday
5		26-Feb-18
	27-Feb-18	class test of unit - 2
	28-Feb-18	Recreational activities

## Lesson Plan

Name of the Assistant/ Associate Professor..... Vijay Kumar.....

Class and Section: B.A-I (2-Sem).....

Subject: Health & Physical Education.....

Week	Date	Topics
1	1-Mar-18	Guru Ravidas Birthday
	2-Mar-18	Holi
	3-Mar-18	what is yoga
	4-Mar-18	Sunday
2	5-Mar-18	Meaning and definition of Physical fitness
	6-Mar-18	Importance of Physical fitness.
	7-Mar-18	— DO —
	8-Mar-18	Components of Physical fitness
	9-Mar-18	— DO —
	10-Mar-18	— DO —
	11-Mar-18	Sunday
3	12-Mar-18	— DO —
	13-Mar-18	Principles of Physical fitness
	14-Mar-18	— DO —
	15-Mar-18	Anatomical of human body bones
	16-Mar-18	Factors influencing of Physical fitness.
	17-Mar-18	— DO —
	18-Mar-18	Sunday
4	19-Mar-18	Meaning of Isometric Exercise
	20-Mar-18	— DO —
	21-Mar-18	what is Isotonic exercise
	22-Mar-18	— DO —
	23-Mar-18	Shaheedi Diwas of Bhagat Singh, Rajguru & Sukhdev
	24-Mar-18	Assignment of Physical fitness components.
	25-Mar-18	Sunday/ Ram Navami
	26-Mar-18	what is Isokinetic exercises.
5	27-Mar-18	— DO —
	28-Mar-18	revision of unit
	29-Mar-18	Mahavir Jayanti
	30-Mar-18	Class test of unit -3
	31-Mar-18	recreational activities.

## Lesson Plan

Name of the Assistant/ Associate Professor..... Vijay Kumar.....  
 Class and Section: B.A - I (2<sup>nd</sup> - Sem)  
 Subject: Health & Physical Education

Week	Date	Topics
1	1-Apr-18	Sunday
	2-Apr-18	Introduction of human Anatomy
	3-Apr-18	Introduction of human Physiology
	4-Apr-18	Anatomy of human bones.
	5-Apr-18	— do —
	6-Apr-18	Importance of Anatomy & Physiology.
	7-Apr-18	Practical of Athletic events
	8-Apr-18	Sunday
2	9-Apr-18	Types of Bones in Human Body
	10-Apr-18	Types of Bones in Human Body
	11-Apr-18	Function of bones
	12-Apr-18	Practical of Games
	13-Apr-18	Meaning of joints
	14-Apr-18	Dr Ambedkar Jayanti / Vaisakhi
	15-Apr-18	Sunday
	3	16-Apr-18
17-Apr-18		Types of joints
18-Apr-18		Parashurama Jayanti
19-Apr-18		Assignment of Bones of Human body
20-Apr-18		Types of joints
21-Apr-18		Types of freely moveable joints
22-Apr-18		Sunday
4		23-Apr-18
	24-Apr-18	Class test of unit-7
	25-Apr-18	Revision of games - KHO-KHO
	26-Apr-18	Practical of KHO-KHO
	27-Apr-18	Recreational activities
	28-Apr-18	