

## Lesson Plan

### Deptt. of Physical Education

Pt. N.R.S. Govt. College, Rohtak

Paper: Organization and Management of Physical Education

Class:- BA-3<sup>rd</sup> Year (6<sup>th</sup> Sem)

Session: Jan 2024 to May 2024

Name:- Dr. Mastram

<b>Week:1</b> <b>(Jan)</b>	<b>Unit -1</b> <ul style="list-style-type: none"><li>➤ Introduction of Track</li><li>➤ Need of Track</li><li>➤ Characteristics of Track</li></ul>
<b>Week:2</b> <b>(Jan)</b>	<b>Unit - 1</b> <ul style="list-style-type: none"><li>➤ Importance of Track</li><li>➤ Care of Track</li></ul>
<b>Week:3</b> <b>(Jan)</b>	<b>Unit - 1</b> <ul style="list-style-type: none"><li>➤ Care of Track</li><li>➤ Maintenance of Track</li><li>➤ Conduct of Annual Athletic meet</li></ul>
<b>Week:4</b> <b>(Jan)</b>	<b>Unit – 1</b> <ul style="list-style-type: none"><li>➤ Organization of Tournament</li><li>➤ Conduct of tournament</li><li>➤ Test of Unit - 1</li></ul>
<b>Week: 5</b> <b>(Jan)</b>	<b>Unit – 11</b> <ul style="list-style-type: none"><li>➤ Introduction of Sports Management</li><li>➤ Meaning of Sports Management</li><li>➤ Importance of Sports Management</li></ul>

<b>Week:1 (Feb)</b>	<b>Unit – 11</b> <ul style="list-style-type: none"> <li>➤ Scope of sports management</li> <li>➤ Factor influencing sports management</li> </ul>
<b>Week:2 (Feb)</b>	<b>Unit – 11</b> <ul style="list-style-type: none"> <li>➤ Qualification of Physical Education Teachers</li> <li>➤ Qualities of Physical Education teachers</li> <li>➤ Duties of an official (Pre-Game)</li> </ul>
<b>Week:3 (Feb)</b>	<b>Unit – 11</b> <ul style="list-style-type: none"> <li>➤ Duties of an official (During-Game)</li> <li>➤ Duties of an official (Post-Game)</li> <li>➤ Test of Unit - II</li> </ul>
<b>Week:4 (Feb)</b>	<b>Unit – 111</b> <ul style="list-style-type: none"> <li>➤ Introduction of Sports Injuries</li> <li>➤ Prevention of sports injury</li> </ul>
<b>Week:5 (Feb)</b>	<b>Unit – 111</b> <ul style="list-style-type: none"> <li>➤ Prevention of sports injury</li> <li>➤ Rehabilitation of sports injury</li> <li>➤ Various factors causing injury</li> </ul>
<b>Week:1 (March)</b>	<b>Unit – 111</b> <ul style="list-style-type: none"> <li>➤ Principles of prevention of sports injury</li> <li>➤ Meaning and Scope of Rehabilitation</li> <li>➤ Facilities available for rehabilitation</li> </ul>
<b>Week:2 (March)</b>	<b>Unit – 111</b> <ul style="list-style-type: none"> <li>➤ Facilities available for rehabilitation</li> <li>➤ Role of Physical Education teacher in rehabilitation.</li> <li>➤ Test of unit- 111</li> </ul>

<b>Week:3 (March)</b>	<b>Unit – 1V</b> <ul style="list-style-type: none"> <li>➤ Introduction of Professional Preparation</li> <li>➤ Meaning of Professional Preparation</li> </ul>
<b>Week:4 (March)</b>	<b>Unit – IV</b> <ul style="list-style-type: none"> <li>➤ Meaning of Professional Preparation</li> <li>➤ Definition of profession preparation in Phy. Edu.</li> <li>➤ Significance of profession preparation in Phy. Edu.</li> </ul>
<b>Week:1 (April)</b>	<b>Unit – IV</b> <ul style="list-style-type: none"> <li>➤ Significance of profession preparation in Phy. Edu.</li> <li>➤ Test of unit - IV</li> </ul>
<b>Week:2 (April)</b>	<b>Unit – IV</b> <ul style="list-style-type: none"> <li>➤ Short question &amp; answer of Unit -I</li> <li>➤ Short question &amp; answer of Unit -II</li> </ul>
<b>Week:3 (April)</b>	<b>Unit – IV</b> <ul style="list-style-type: none"> <li>➤ Short question &amp; answer of Unit -III</li> <li>➤ Short question &amp; answer of Unit -IV</li> </ul>
<b>Week:4 (April)</b>	<b>Unit – I</b> <ul style="list-style-type: none"> <li>➤ Discussion and Revision</li> </ul>
<b>Week:5 (April)</b>	<b>Unit - II</b> <ul style="list-style-type: none"> <li>➤ Discussion and Revision</li> </ul>
<b>Week:1 (May)</b>	<b>Unit – III, Unit - IV</b>  Discussion and Revision

## Lesson Plan

### Deptt. of Physical Education

Pt. N.R.S. Govt. College, Rohtak

Paper: Physical Fitness & Yoga

Class:- BA-2<sup>nd</sup> Year (4<sup>th</sup> Sem)

Session: Jan 2024 to May 2024

Name:- Dr. Parveen Dhayal

<b>Week:1 (Jan)</b>	<b>Unit -1</b> <ul style="list-style-type: none"><li>➤ Meaning of Physical Education</li><li>➤ Importance of Physical Education</li><li>➤ Aims of Physical Education</li><li>➤ Objectives of Physical Education</li></ul>
<b>Week:2 (Jan)</b>	<b>Unit - 1</b> <ul style="list-style-type: none"><li>➤ Objectives of Physical Education</li><li>➤ Relationship of Physical Education with General Education</li></ul>
<b>Week:3 (Jan)</b>	<b>Unit - 11</b> <ul style="list-style-type: none"><li>➤ Need of physical Education in Modern Society</li><li>➤ Test of unit- 1</li></ul>
<b>Week:4 (Jan)</b>	<b>Unit – 11</b> <ul style="list-style-type: none"><li>➤ Meaning of Physical Fitness</li><li>➤ Components of physical Fitness</li><li>➤ Speed</li></ul>
<b>Week: 5 (Jan)</b>	<b>Unit – 11</b> <ul style="list-style-type: none"><li>➤ Strength</li><li>➤ Endurance</li><li>➤ Flexibility</li><li>➤ Agility</li><li>➤ Factors influencing Physical Fitness</li></ul>

<b>Week:1 (Feb)</b>	<b>Unit – 11</b> <ul style="list-style-type: none"> <li>➤ Factors influencing Physical Fitness</li> <li>➤ Types of warming up</li> <li>➤ Guiding principal of warming up</li> </ul>
<b>Week:2 (Feb)</b>	<b>Unit – 11</b> <ul style="list-style-type: none"> <li>➤ Guiding principal of warming up</li> <li>➤ Importance of warming up</li> <li>➤ Importance of cooling down</li> <li>➤ Test of Unit - 11</li> </ul>
<b>Week:3 (Feb)</b>	<b>Unit – 111</b> <ul style="list-style-type: none"> <li>➤ Meaning of Communicable diseases</li> <li>➤ Mode of transmission of HIV/ AIDS</li> </ul>
<b>Week:4 (Feb)</b>	<b>Unit – 111</b> <ul style="list-style-type: none"> <li>➤ Prevention of HIV/ AIDS</li> <li>➤ Mode of transmission of HEPATITIS – B</li> </ul>
<b>Week:5 (Feb)</b>	<b>Unit – 111</b> <ul style="list-style-type: none"> <li>➤ Meaning of Sudhi Kirya</li> <li>➤ Importance of Sudhi Kirya</li> <li>➤ Types of Sudhi Kirya</li> </ul>
<b>Week:1 (March)</b>	<b>Unit – 111</b> <ul style="list-style-type: none"> <li>➤ Types of Sudhi Kirya</li> <li>➤ Neti</li> <li>➤ Dhauti</li> </ul>
<b>Week:2 (March)</b>	<b>Unit – 111</b> <ul style="list-style-type: none"> <li>➤ Nauli</li> <li>➤ Basti</li> <li>➤ Kapalbhathi</li> <li>➤ Trataka</li> </ul>

<b>Week:3 (March)</b>	<b>Unit – 111</b> <ul style="list-style-type: none"> <li>➤ Physiological value of Sudhi Kirya</li> <li>➤ Test of unit- 111</li> </ul>
<b>Week: 4 (March)</b>	<b>Unit – IV</b> <ul style="list-style-type: none"> <li>➤ Meaning of Camping</li> <li>➤ Types of Camping</li> <li>➤ Educational value of Camping</li> </ul>
<b>Week:1 (April)</b>	<b>Unit – IV</b> <ul style="list-style-type: none"> <li>➤ Educational value of Camping</li> <li>➤ Role of All India Council of Sports (AICS) in promotion of games and sports</li> </ul>
<b>Week:2 (April)</b>	<b>Unit – IV</b> <ul style="list-style-type: none"> <li>➤ Role of international Olympic Committee (IOC) in promotion of games and sports</li> <li>➤ Role of Young Women Christian Association (YMCA) in promotion of games and sports</li> </ul>
<b>Week:3 (April)</b>	<b>Unit – IV</b> <ul style="list-style-type: none"> <li>➤ Role of Sports Physical Aptitude Test (SPAT) in promotion of games and sports</li> <li>➤ Test of unit - IV</li> </ul>
<b>Week:4 (April)</b>	<b>Unit – I</b> <ul style="list-style-type: none"> <li>➤ Discussion and Revision</li> </ul>
<b>Week:5 (April)</b>	<b>Unit – II</b> Discussion and Revision
<b>Week:1 (May)</b>	<b>Unit – III, Unit - IV</b> Discussion and Revision