

LESSON PLAN
Session: 2024-25

Name of teacher- Dr. Rajesh Kumar

Class- B.A. 1 sem

Subject- Foundation of Physical Education

CLASS	WEEKS	SYLLABUS
	Week 1	Concept of Physical Education : Meaning, Definition and Scope
	Week 2	Aims and objectives of Physical Education
	Week 3	Importance of Physical Education and Misconception about Physical Education
	Week 4	Revision and Test
	Week 5	History of Physical Education in ancient greek, History of Physical Education in India (pre independence and post independence)
	Week 6	History of Physical Education in Germany ,Sweden and Denmark, Comparative study of spartan and Athenian Education
	Week 7	Revision and test
	Week 8	Origin and development of Olympic and Commonwealth Games
	Week 9	Origin and development of Asian Games and National Games
	Week 10	Revision and Test
	Week 11	National Award : Major Dhyan Chand Khel Ratna Award, Arjun Award
	Week 12	Dronacharya Award and Dhyan Chand Award
	Week 13	National programme and schemes
	Week 14	Revision and test
	Week 15	Revision and test
	Week 16	Revision test

Summary of Lesson Plan of College Faculty

Name of College: Pt. N.R.S. Government College, Rohtak

Academic Session: 2024-25

Semester: 1st

Name of Asstt./Ass. Prof: Dr. Dharmender Singh

Class: B.A 1st Semester (Physical Education)

Name of Subject: Physical Education	
22 nd -27 th July2024	Meaning definition & importance of recreation
28 th July 2024	SUNDAY
29 th -03 rd August2024	Recreation Activities –Outdoor and Indoor, Water Sports Activity
04 th August2024	SUNDAY
5 th -10 th August2024	Planning criteria of Recreation Activity
11 th August2024	SUNDAY
12 th -17 th August2024	Communicable diseases – transmission and methods of prevention
18 th August2024	SUNDAY
19 th -24 th August2024	Effect of Tobacco, Alcohol and Drugs on Health
25 th August2024	SUNDAY
26 th -31 st August2024	Postural deformities, types and treatment
1 st September 2024	SUNDAY
2 nd -7 th September 2024	Meaning aims and objectives of play, various theory of play
08 th September2024	SUNDAY
9 th -14 th September2024	Importance of tournament, types of tournaments
15 th September2024	SUNDAY
16 th -21 st September2024	Intramural and Extramural Tournament
22 nd September2024	SUNDAY
23 th -28 th September 2024	Meaning of Physical Culture, Physical Training, Athletes and Aquatics
29 th September2024	SUNDAY
30 th Sep-5 th October2024	History of Ancient Olympics Games
06 th October2024	SUNDAY
07 th -12 th October2024	History of Ancient and Modern Olympics Games
13 th October2024	SUNDAY
14 th -19 th October2024	History of Asian Games
20 th October2024	SUNDAY
21 st -26 th October2024	National Sports Day
27 th October2024	SUNDAY
4 th -9 th November2024	National Sports Award
10 th November2024	SUNDAY
11 th -16 th November2024	Revision of Unit 1 & 2,Assignment, Test
17 th November2024	SUNDAY
18 th November2024 onwardstillExams.	Revision of Unit 3 & 4,Assignment, Test

Summary of Lesson Plan of College Faculty

Name of College: Pt. N.R.S. Government College, Rohtak

AcademicSession:2024-25

Semester: Odd

Name of Asstt./Ass. Prof: Dr. Parveen Dhayal

Class: B. A 3rd Semester (Physical Education)

Name of Subject: Physical Education	
22nd-27th July 2024	Concept of Health, Meaning and definitions of Health and Health Education
28th July 2024	SUNDAY
29th-03rd August 2024	Aim and Objectives of Health Education, Health and Physical Fitness.
04th August 2024	SUNDAY
5th-10th August 2024	WHO, UNICEF
11th August 2024	SUNDAY
12th-17th August 2024	Role of Physical Activity towards different dimension of health
18th August 2024	SUNDAY
19th-24th August 2024	Balance diet, Factors affecting diet
25th August 2024	SUNDAY
26th-31st August 2024	Elements and functions of the balanced diet
1st September 2024	SUNDAY
2nd -7th September 2024	Nutritional tips, Vegetarian verses non vegetarian diet
08th September 2024	SUNDAY
9th-14th September 2024	Posture: Concept of posture, value of posture
15th September 2024	SUNDAY
16th-21st September 2024	Causes of poor posture, types of postural deformities
22nd September 2024	SUNDAY
23th-28th September 2024	Causes and precautions of postural deformities
29th September 2024	SUNDAY
30th Sep - 5th October 2024	General Principles of first aid, Common first-aid measures for: a) Snake biting (b) Choking
06th October 2024	SUNDAY
07th-12th October 2024	General Principles of first aid, Common first-aid measures for: (c) Drawing (d) Fainting
13th October 2024	SUNDAY
14th-19th October 2024	General Principles of first aid, Common first-aid measures for: (e) Fracture (f) Burns
20th October 2024	SUNDAY
21st-26th October 2024	General Principles of first aid, Common first-aid measures for: (g) Poison and Unconsciousness (h) Heat Stroke
27th October 2024	SUNDAY
4th – 9th November 2024	Exercise and life style disease Exercise and obesity
10th November 2024	SUNDAY
11th -16th November 2024	Exercise & Heart disease Exercise & diabetes Exercise & Stress Management
17th November 2024	SUNDAY
18th November 2024 onwards till Exams.	Revision, Assignment, Test

Summary of Lesson Plan of College Faculty

Name of College: Pt. N.R.S. Government College, Rohtak

AcademicSession:2024-25

Semester: Odd

Name of Asstt./Ass. Prof: Dr. Mastram

Class: B. A 5th Semester (Physical Education)

Name of Subject: Socio-Psychological Foundation of Physical Education	
22 nd -27 th July 2024	Learning of sports activity, Psycho-Physical Unity of human being
28 th July 2024	SUNDAY
29 th -03 rd August 2024	Law of learning, their application to situations on playground.
04 th August 2024	SUNDAY
5 th -10 th August 2024	Theories of play, Individual differences
11 th August 2024	SUNDAY
12 th -17 th August 2024	Adjustment, Motivation
18 th August 2024	SUNDAY
19 th -24 th August 2024	Sports as medium of socialization
25 th August 2024	SUNDAY
26 th -31 st August 2024	Effects of socio-economic status on sports
1 st September 2024	SUNDAY
2 nd -7 th September 2024	Spectators and crowd behaviour (Positive, Negative and Neutral) Sports and Economy
08 th September 2024	SUNDAY
9 th -14 th September 2024	Traditions and their influence on behaviour patterns
15 th September 2024	SUNDAY
16 th -21 st September 2024	Need and Importance of conditioning
22 nd September 2024	SUNDAY
23 th -28 th September 2024	Circuit Training
29 th September 2024	SUNDAY
30 th Sep - 5 th October 2024	Interval training
06 th October 2024	SUNDAY
07 th -12 th October 2024	Fartlek Training
13 th October 2024	SUNDAY
14 th -19 th October 2024	Weight Training
20 th October 2024	SUNDAY
21 st -26 th October 2024	Types of doping, prevention of doping
27 th October 2024	SUNDAY
4 th - 9 th November 2024	Hazard of smoking and drinking, prevention of smoking and drinking
10 th November 2024	SUNDAY
11 th -16 th November 2024	Quitting techniques of smoking and drinking habits
17 th November 2024	SUNDAY
18 th November 2024 onwards till Exams.	Revision, Assignment, Test

<p style="text-align: center;">LESSON PLAN Session: 2024-25 Name of teacher- Dr. Dharmender Singh Class- B.A. 1 Sem (DSC) Subject- Foundation of Physical Education</p>	
WEEKS	SYLLABUS
Week 1	Concept of Physical Education: Meaning, Definition and Scope
Week 2	Aims and objectives of Physical Education
Week 3	Importance of Physical Education
Week 4	Misconception about Physical Education
Week 5	History of Physical Education in ancient Greek, History of Physical Education in India (pre independence and post-independence)
Week 6	History of Physical Education in Germany, Sweden and Denmark, Comparative study of spartan and Athenian Education
Week 7	Revision and Test of Unit 1 & 2
Week 8	Origin and development of Olympic and Commonwealth Games
Week 9	Origin and development of Asian Games and National Games
Week 10	National Award: Major Dhyan Chand Khel Ratna Award
Week 11	National Award: Arjun Award
Week 12	Dronacharya Award
Week 13	Dhyan Chand Award
Week 14	National programme and schemes
Week 15	Revision and test
Week 16	Revision test