



DOMKAL GIRLS' COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION

LESSON PLAN

2021-2022

Semester- 1/5

Teacher Name: MD SAMIM SK

Course Code: PEDG-CC-T-1A/ PEDG-GE-T-1

Course Title: Foundation and History of Physical Education / Modern Trends and Practices in Physical Education & Yoga

Total Classes: 60

Unit	Sub-Units	Class Hours	Total Lectures	Teaching Aids Used
Unit I	1.1 Meaning and Definition of Physical Education 1.2 Aim and Objectives of Physical Education 1.3 Mis-concept and Modern Concept of Physical Education 1.4 Importance of Physical Education in modern society	8	8	PowerPoint, Whiteboard, Charts
Unit II	2.1 Biological Foundation- meaning and definition of growth and development 2.2 Age- Chronological age, anatomical age, physiological age and mental age 2.3 Sociological Foundation- meaning and definition of Sociology, Society, Socialization and Physical Education 2.4 Role of games and sports in National and International Harmony	15	15	PowerPoint, Videos, Whiteboard
Unit III	3.1 Historical Development of Physical Education and Sports in India 3.2 Olympic Movement: Ancient and Modern Olympic Games 3.3 Brief historical background of Asian Games, Commonwealth Games, and SAF Games 3.4 National Sports Awards: Arjuna Award, Major Dhyan Chand Khel Ratna Award, Dronacharya Award, and Dhyanchand Award	16	16	PowerPoint, Whiteboard, Historical Maps
Unit IV	4.1 Meaning and definition of the term Yoga, types, aim, objectives, and importance of Yoga 4.2 History of Yoga 4.3 Astanga Yoga 4.4 Hatha Yoga	09	09	PowerPoint, Whiteboard, Yoga Mats
Field Practical	1. Learn and demonstrate the technique of Suryanamaskar 2. Development of physical fitness through Callisthenics, Marching, Aerobic activities (anyone)	12	12	Practical Demonstration, Music, Mats

Semester-2**Teacher Name:** MD SAMIM SK**Course Code:** PEDG-CC-T-1B**Course Title:** Management of Physical Education and Sports**Total Classes:** 60

Unit	Sub-Units	Class Hours	Total Lectures	Teaching Aids Used
Unit I	1.1 Concept and Definition of Sports Management 1.2 Importance of Sports Management 1.3 Principles of Sports Management 1.4 Sports Manager and his duties	8	8	PowerPoint, Whiteboard, Charts
Unit II	2.1 Tournaments: Meaning and definition and types of tournaments 2.2 Procedure of drawing fixture 2.3 Methods of Organising Annual Athletic Meet and Play Day 2.4 Methods of organizing Intramural and Extramural competition	15	15	PowerPoint, Whiteboard, Case Studies
Unit III	3.1 Methods of standard Athletic Track marking 3.2 Care and maintenance of playground and gymnasium 3.3 Importance, care, and maintenance of sports equipment 3.4 Time Table: meaning, importance, and factors affecting School's Physical Education Time Table	16	16	PowerPoint, Whiteboard, Practical Demonstration
Unit IV	4.1 Meaning and definition of leadership 4.2 Qualities of a Good Leader in Physical Education 4.3 Types of Leadership 4.4 Principles of Leadership Activities	09	09	PowerPoint, Whiteboard, Videos
Field Practical	1. Track and Field events (anyone) 2. Games: Football, Kabaddi, Kho-Kho, Volleyball (anyone)	12	12	Practical Demonstration, Sports Equipment

Semester 3**Teacher Name:** MD SAMIM SK**Course Code:** PEDG-CC-T-1C**Course Title:** Anatomy, Physiology, and Exercise Physiology**Total Classes:** 60

Unit	Sub-Units	Class Hours	Total Lectures	Teaching Aids Used
Unit I	1.1 Meaning and Definition of Anatomy, Physiology, and Exercise Physiology 1.2 Importance of Anatomy, Physiology, and Exercise Physiology in Physical Education 1.3 Elementary concept of cellular organelles 1.4 Tissue: types and function	8	8	PowerPoint, Whiteboard, Skeletal Models
Unit II	2.1 Skeletal System- the structure of Skeletal System 2.2 Muscular System- types of muscles 2.3 Types of muscular contraction 2.4 Effect of exercise and training on the muscular system	15	15	PowerPoint, Whiteboard, Muscle Charts
Unit III	3.1 Blood- composition and function 3.2 Heart- structure and functions 3.3 Blood Pressure, Athletic Heart, and Bradycardia 3.4 Effect of exercise and training on the circulatory system	16	16	PowerPoint, Whiteboard, Heart Models
Unit IV	4.1 Structure and function of Respiratory organs 4.2 Mechanism of Respiration 4.3 Vital Capacity, O ₂ Debt and Second Wind 4.4 Effect of exercise and training on the respiratory system	09	09	PowerPoint, Whiteboard, Lung Models
Field Practical	1. Measurement of BMI and WHR 2. Measurement of Heart rate, Blood Pressure, Respiratory Rate, and Peak Flow Expiratory Rate in resting and post-exercise	12	12	Practical Demonstration, Medical Equipment

Semester- 3**Teacher Name:** MD SAMIM SK**Course Code:** PEDG-SEC-P-1**Course Title:** Track and Field**Total Classes:** 08

Unit	Sub-Units	Class Hours	Total Lectures	Teaching Aids Used
Unit I	1.1. Starting Techniques: Standing start and Crouch start (its variations) use of Starting Block 1.2. Acceleration with proper running techniques 1.3. Finishing technique: Run Through, Forward Lunging and Shoulder Shrug 1.4. Relay Race: Starting, Baton Holding/Carrying, Baton Exchange in-between zones, and Finishing	4	4	Ground
Unit II	2.1. Long Jump: Approach Run, Take-off, Flight in the air (Hang Style/Hitch Kick) and Landing 2.2 High Jump: Approach Run, Take-off, Bar Clearance (Straddle) and Landing 2.3. Shot Put: Holding the Shot, Placement, Initial Stance, Glide, Delivery Stance and Recovery (Parry O'Brien Technique) 2.4. Discus Throw: Holding the Discus, Initial Stance, Primary Swing, Turn, Release, and Recovery (Rotation in the circle) 2.5. Javelin Throw: Grip, Carry, Release, and Recovery (3/5 Impulse stride)	4	4	Ground

Semester- 4/6

Teacher Name: MD SAMIM SK

Course Code: PEDG-CC-T-1D/ PEDG-GE-T-4

Course Title: Health Education, Physical Fitness, and Wellness

Total Classes: 60

Unit	Sub-Units	Class Hours	Total Lectures	Teaching Aids Used
Unit I	1.1 Concept, definition, and dimension of Health 1.2 Definition, aim, objectives, and principles of Health Education 1.3 Activities of Health Agencies 1.4 School Health Program	8	8	PowerPoint, Whiteboard, Charts
Unit II	2.1 Communicable Diseases 2.2 Non-communicable Diseases 2.3 Nutrition- nutritional requirements for daily living 2.4 Concept of personal and environmental hygiene	15	15	PowerPoint, Whiteboard, Case Studies
Unit III	3.1 Physical Fitness- meaning, definition, and Importance of Physical Fitness 3.2 Components of Physical Fitness 3.3 Concept of Wellness 3.4 Ageing- physical activities and their importance	16	16	PowerPoint, Whiteboard, Videos
Unit IV	4.1 First aid- meaning, definition, importance, and golden rules of First-aid 4.2 Concept of Sports Injuries 4.3 Management of sports injuries through Hydro-therapy 4.4 Management of sports injuries through Thermo-therapy	09	09	PowerPoint, Whiteboard, First Aid Kits
Field Practical	1. First-aid Practical 2. Practical knowledge of application of Hydro-therapy and Thermo-therapy	12	12	Practical Demonstration, First Aid Kits, Therapy Equipment

Semester- 4

Teacher Name: MD SAMIM SK

Course Code: PEDG-SEC-P-2

Course Title: Gymnastics and Yoga

Total Classes: 08

Unit	Sub-Units	Class Hours	Total Lectures	Teaching Aids Used
Unit I	1.1. Forward Roll 1.2.T-Balance 1.3. Forward Roll with Split leg 1.4. Backward Roll 1.5. Cart-Wheel 2.1. Dive and Forward Roll 2.2. Hand Spring	4	4	Ground
Unit II	3.1 Ardhashandrasana, Brikshasana, Padahasthasana 3.2 Ardhakurmasana, Paschimottanasana, Gomukhasana 3.3 Setubandhasana, Halasana, Matsyasana 3.4 Bhujangasana, Salvasana, Dhanurasana 3.5 Sarbangasana, Shirsasana, Bhagrasana 4. Kapalbhati, Bhamri, Anulom Vilom	4	4	Ground

Semester 5**Teacher Name:** MD SAMIM SK**Course Code:** PEDG-DSE-T-1**Course Title:** Test, Measurement, and Evaluation in Physical Education**Total Classes:** 60

Unit	Sub-Units	Class Hours	Total Lectures	Teaching Aids Used
Unit I	1.1 Concept of test, measurement & Evaluation 1.2 Criteria of good test 1.3 Principles of Evaluation 1.4 Importance of Test, Measurement, and Evaluation in Physical Education and Sports	8	8	PowerPoint, Whiteboard, Charts
Unit II	2.1 Body Mass Index (BMI) 2.2 Body Fat 2.3 Lean Body Mass (LBM) 2.4 Somatotype	15	15	PowerPoint, Whiteboard, Measurement Tools
Unit III	3.1 Measurement of strength using Dynamometer 3.2 AAHPER Health-Related Fitness Test 3.3 Queens College Step Test 3.4 J.C.R. Test	16	16	PowerPoint, Whiteboard, Fitness Testing Equipment
Unit IV	4.1 Lockhart and McPherson Badminton Skill Test 4.2 Johnson Basketball Test Battery 4.3 McDonald's Soccer Test 4.4 Brady Volleyball Test	09	09	PowerPoint, Whiteboard, Sports Equipment
Field Practical	1. Assessment of somatotype and % body fat 2. Assessment of AAHPER Youth Fitness Test and Queens College Step Test	12	12	Practical Demonstration, Fitness Testing Equipment

Semester- 5**Teacher Name:** MD SAMIM SK**Course Code:** PEDG-SEC-P-3**Course Title:** Indian Games and Racket Sports**Total Classes:** 08

Unit	Sub-Units	Class Hours	Total Lectures	Teaching Aids Used
Unit I	<ol style="list-style-type: none">1. Skills in Raiding: touching with hands, using leg-toe touch, squat leg thrust, side kick, mule kick, arrow fly kick, crossing of baulk line. Crossing of Bonus line2. Skills of holding the raider: various formations, catching from particular position, different catches, catching formation and technique3. Additional skills in raiding: escaping from various holds, techniques of escaping from chain formation, offense and defense4. Game practice with the application of Rules and Regulations	4	4	Ground
Unit II	<ol style="list-style-type: none">5. Basic Knowledge: various parts of the Racket and Grip6. Service: Short service, long service, Long-high service7. Shots: Overhead shot, Defensive clear shot, Attacking clear shot, Drop shot, Net shot, Smash8. Game practice with the application of Rules and Regulations	4	4	Ground

Semester 6**Teacher Name:** MD SAMIM SK**Course Code:** PEDG-DSE-T-4**Course Title:** Psychology in Physical Education and Sports**Total Classes:** 60

Unit	Sub-Units	Class Hours	Total Lectures	Teaching Aids Used
Unit I	1.1 Meaning and Definition Psychology 1.2 Importance and Scope of Psychology 1.3 Meaning and Definition of Sports Psychology 1.4 Need for Knowledge of Sports Psychology in the Field of Physical Education	8	8	PowerPoint, Whiteboard, Charts
Unit II	2.1 Meaning and definition of learning 2.2 Theories and Laws of Learning 2.3 Learning curve: meaning and types 2.4 Transfer of Learning	15	15	PowerPoint, Whiteboard, Case Studies
Unit III	3.1 Motivation- meaning, definition, types and importance 3.2 Emotion- meaning, definition, types, and importance 3.3 Personality- meaning, definition and types 3.4 Role of physical activities in the development of personality	16	16	PowerPoint, Whiteboard, Videos
Unit IV	4.1 Stress- meaning, definition and types 4.2 Causes of Stress 4.3 Anxiety- meaning, definition and types 4.4 Management of Stress and Anxiety through physical activity and sports	09	09	PowerPoint, Whiteboard, Case Studies
Field Practical	1. Assessment of Personality, Stress and Anxiety 2. Measurement of Reaction Time, Depth Perception and Mirror Drawing	12	12	Practical Demonstration, Psychological Testing Tools

Semester- 6

Teacher Name: MD SAMIM SK

Course Code: PEDG-SEC-P-4

Course Title: Ball Games

Total Classes: 08

Unit	Sub-Units	Class Hours	Total Lectures	Teaching Aids Used
Unit I	<p>Football</p> <ol style="list-style-type: none"> 1. Kicking: kicking with the inside of the foot, kicking with the full instep of the foot, kicking with the inner instep of the football with the outer instep of the foot, and lofted kick 2. Trapping: Trapping- the rolling ball, and the bouncing ball with the sole 3. Dribbling: dribbling the ball with the instep of the foot, dribbling the ball with the inner and outer instep of the foot 4. Heading: in standing, running and jumping condition 5. Throw-in: standing throw-in and running throw-in 6. Feinting: with the lower limb and upper part of the body 7. Tackling: simple tackling, slide tackling 8. Goal Keeping: a collection of the ball, ball clearance-kicking, throwing, and deflecting 9. Game practice with application of Rules and Regulations <ol style="list-style-type: none"> 1. Service: Underarm service, Sidearm service, Tennis service, Floating service 2. Pass: Underarm pass, Overhead pass 3. Spiking and Blocking 4. Game practice with the application of Rules and Regulations 	4	4	Ground
Unit II	<p>Volleyball</p> <p>A. Fundamental skills</p> <ol style="list-style-type: none"> 1. Service: Underarm service, Sidearm service, Tennis service, Floating service 2. Pass: Underarm pass, Overhead pass 3. Spiking and Blocking 4. Game practice with the application of Rules and Regulations <p>B. Rules and their interpretations and duties of the officials</p>	4	4	Ground



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