



DOMKAL GIRLS' COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION

LESSON PLAN

2024-2025

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 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	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 line 2. Skills of holding the raider: various formations, catching from particular position, different catches, catching formation and technique 3. Additional skills in raiding: escaping from various holds, techniques of escaping from chain formation, offense and defense 4. Game practice with the application of Rules and Regulations	4	4	Ground
Unit II	5. Basic Knowledge: various parts of the Racket and Grip 6. Service: Short service, long service, Long-high service 7. Shots: Overhead shot, Defensive clear shot, Attacking clear shot, Drop shot, Net shot, Smash 8. 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

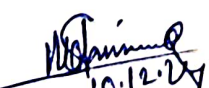
Teacher Name: MD SAMIM SK


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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