



DOMKAL GIRLS' COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION

LESSON PLAN

2023-2024

Semester-I**Teacher Name:** MD SAMIM SK**Course Code:** PED-M-T-1**Course Title:** Introduction and History of Physical Education & Sport**Total Classes:** 90 (60 Theory + 60 Practical)

| 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 Nature of Physical Education 1.4 Misconception and Modern Concept of Physical Education 1.5 Relation of Physical Education with General Education 1.6 Importance of Physical Education in modern society | 12 | 12 | PowerPoint, Board, Charts |
| Unit II | 2.1 Homeric Sports of the Heroic Age 2.2 The City States 2.3 Sparta – Women at Sparta, Education in Sparta, Physical Education in Sparta 2.4 Athens – Education, The Palaestra, Higher Education, The Ephebos, Gymnasium, The Greek Teachers 2.5 Greek National Games and Festivals: Pythian Games, Isthmian Games, Nemean Games, Ancient Olympic Games, Modern Olympic Games | 20 | 20 | PowerPoint, Videos, Board |
| Unit III | 3.1 Education in Rome 3.2 The Field of Mars, The Public Games, The Circus Maximus, The Colosseum, Gladiatorial Combats, The Thermae 3.3 The Roman Contribution | 12 | 12 | PowerPoint, Board, Historical Maps |
| Unit IV | 4.1 Historical Development of Physical Education and Sports in India- Ancient Period, Medieval Period, Pre-Independence and Post-Independence Period 4.2 Brief historical background of Asian Games, Commonwealth Games, and SAF Games 4.3 National Sports Awards- Arjuna Award, Major Dhyan Chand Khel Ratna Award, Dronacharya Award, and Dhyanchand Award | 16 | 16 | PowerPoint, Videos, Board |
| Unit V | 5.1 Development of physical fitness through Calisthenics, Marching, and Dumbbell activities | 60 | 60 | Practical Demonstration, Music, Dumbbells, Mats |

Semester II**Teacher Name:** MD SAMIM SK**Course Code:** PED-M-T-2**Course Title:** Biological Basis of Physical Education and Sport**Total Classes:** 90 (60 Theory + 60 Practical)

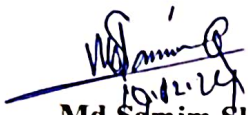
| Unit | Sub-Units | Class Hours | Total Lectures | Teaching Aids Used |
|----------|--|-------------|----------------|------------------------------------|
| Unit I | 1.1 Evolution of Locomotion from Quadruped to Biped 1.2 Advantages and Disadvantages 1.3 Biological Basis of Life 1.4 Biological Basis of Physical Education 1.5 Exercise and its Types | 12 | 12 | PowerPoint, Board, Skeletal Models |
| Unit II | 2.1 Meaning and Definition of Growth and Development 2.2 Differences between Growth and Development 2.3 Stages of Growth and Development 2.4 Characteristics of Growth and Development at Different Stages 2.5 Principles of Growth and Development 2.6 Factors Affecting Growth and Development | 14 | 14 | PowerPoint, Charts, Board |
| Unit III | 3.1 Age- Chronological age, Anatomical age, Physiological age, and Mental age 3.2 Anatomical Differences and Physiological Differences 3.3 Age and Sex Differences Concerning Physical Activities and Sports 3.4 Hereditary Traits 3.5 Major Neurotransmitters and Their Effects 3.6 Principles of Activity and its Implications | 12 | 12 | PowerPoint, Board, Videos |
| Unit IV | 4.1 Somatotype – Meaning and Definition 4.2 Classification of Somatotype 4.3 Methods in the Assessment of Physique: Viola’s Method; Kretschmer’s Method; Sheldon’s Method; Parnell’s Method; Heath-Carter Method 4.4 Factors Affecting Somatotype 4.5 Posture – Meaning and Definition, Importance of Good Posture, Causes of Poor Posture, Postural Deformities and Remedial Measures | 22 | 22 | PowerPoint, Board, Posture Charts |
| Unit V | 5.1 Standing Posture: Ardhashandrasana, Brikshasana, Padahasthasana 5.2 Sitting Posture: Ardhakurmasana, Paschimottanasana, Gomukhasana 5.3 Supine Posture: Setubandhasana, Halasana, | 60 | 60 | |


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| Matsyasana 5.4 Prone Posture: Bhujangasana, Salvasana, Dhanurasana 5.5 Inverted Posture: Sarbangasana, Shirsasana, Bhagrasana | | | |
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MULTIDISCIPLINARY COURSE**Teacher Name:** MD SAMIM SK**Course Code:** PEDS-MU-T-1**Course Title:** Health and Wellness**Total Classes:** 45

| Unit | Sub-Units | Class Hours | Total Lectures | Teaching Aids Used |
|--|---|-------------|----------------|--|
| Unit I: Introduction | 1.1 Health and Wellness- Definition, Meaning and Concept 1.2 Dimensions of Health and Wellness Factors affecting health and wellness 1.3 Importance of health and wellness Education 1.4 Determinants of healthy behavior | 10 | 10 | PowerPoint, Whiteboard, Charts, Videos |
| Unit II: Nutritional value of Health and Wellness | 2.1 Diet and nutrition for health & wellness 2.2 Malnutrition, under-nutrition and over-nutrition 2.3 Processed foods and unhealthy eating habits 2.4 Essential components of a balanced diet for healthy living with specific reference to the role of carbohydrates, proteins, fats, vitamins & minerals | 10 | 10 | PowerPoint, Whiteboard, Food Models, Charts |
| Unit III: Mental Health and Wellness | 3.1 Mental health- Definition and meaning, Relationship between mental health and wellness 3.2 Factors Affecting Mental Health 3.3 Management of Stress, anxiety, and depression 3.4 Substance abuse (Drugs, Cigarette, Alcohol), de-addiction, counseling and rehabilitation | 10 | 10 | PowerPoint, Whiteboard, Case Studies, Videos |
| Unit IV: Physical Fitness, Health and Wellness | 4.1 Physical Fitness- Definition and Meaning, Relationship among Physical Fitness, Health and Wellness 4.2 Types of Physical Fitness and its Health Benefits 4.3 Physical activity, Lifestyle management and | 15 | 15 | PowerPoint, Whiteboard, Yoga Mats, Practical Demonstration |

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| | <p>Hypokinetic diseases prevention 4.4 Weight management and the role of Yoga, asanas, and meditation in maintaining health and wellness</p> | | | |
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Md Samim Sk
 Department of Physical Education
 Domkal Girls' College
 Head of the Department
 Physical Education
 Domkal Girls' College


PRINCIPAL
 Domkal Girls' College
 Domkal, Murshidabad
DOMKAL GIRLS' COLLEGE
DOMKAL, MURSHIDABAD