

Name :- Dr. Ramesh Chand Associate Professor (Physical Education)

Deptt. of Physical Education

Lesson Plan

BA-1 Month- July-August

Outcomes: At the end of unit students will be able to know:

THEORY COURSE

COURSE CODE: PED101TH

Introduction to Physical Education (PED101TH)

Unit-I Introduction

1. Meaning, Definition, Need and Scope of Physical Education.
2. Aim and Objectives of Physical Education.
3. Importance of Physical Education in present era.
4. Misconceptions about Physical Education.
5. Relationship of Physical Education with General Education.
6. Physical Education as an Art and Science.

THEORY COURSE

COURSE CODE: PED102TH

Olympic Movement and Organisation of Tournaments (PED102TH)

Unit-I Olympics Games, Asian Games and Commonwealth Games

1. Olympic Movement: Ancient and Modern Olympics Games.
2. Importance of Olympic Games, Objectives of Olympic, Olympic Motto, Emblem, Flag, Olympic Torch and Awards, Opening and Closing Ceremonies.
3. Asian Games: Historical background of Asian Games.
4. Performance of India at Olympic Games, World Championship, Asian Games, SAF and Commonwealth Games.

PRACTICAL COURSE

COURSE CODE: PED101PR

ATHLETICS AND GAME-I

Athletics

i) Event (Shot put):

- (a) Introduction of event and brief history.
- (b) Basic skills and techniques.
- (c) IAAF rules and regulations.
- (d) Equipment required for the event.
- (e) No. of officials required and duties of officials.
- (f) Techniques of the event.
- (g) Teaching stages of the event.
- (h) Preparation and filling of score sheet.
- (i) Marking of the shot put/long jump field.

Game ii)

Badminton/Weightlifting: (Any one)

- (a) History of the game.
- (b) Measurement and preparation of the playfield.
- (c) Equipment required for the game.
- (d) Fundamental skills and lead-up games.
- (e) Techniques, strategies and system of play.
- (f) Rules and regulations of the game.
- (g) National and International tournaments associated with the game.
- (h) Team/Individual records (World, Olympic, Asian and National Level) of the game.
- (i) Awards associated with the game.

(j) Knowledge of score sheets.

(k) Signals of officiating.

Month- September-October

Outcomes: At the end of unit students will be able to know:

Introduction to Physical Education (PED101TH)

Unit-II

1. Historical Development of Physical Education in India {Pre-Independence-(Ancient India, Medieval and British Period)}.

2. Physical Education in India (Post-Independence).

3. Contribution of Akhadas, Vyayamshalas and Y.M.C.A.

4. Modern Perspectives: National Awards/State Awards and Honours, Arjuna Award, Rajiv Gandhi Khel Ratna Award, Dronacharya Award, M.A.K.A. Trophy and Parshu Ram Award.

5. Eminent Sports Personalities of different games.

Olympic Movement and Organisation of Tournaments (PED102TH)

Unit-II Promotion of Physical Education and Sports in India

1. Promotion of Physical Education and Sports: Policies, Schemes.

2. Role of IOA, SAI, NSNIS and Khelo Bharat Abhiyan in the development of Physical Education and Sports in India.

3. Causes of deterioration of Sports Performance.

4. Indian National Sports Policy and Sports Policy of Himachal Pradesh.

PRACTICAL COURSE COURSE CODE: PED101PR

ATHLETICS AND GAME-I

Athletics

i) Event (Long jump):

(a) Introduction of event and brief history.

- (b) Basic skills and techniques.
- (c) IAAF rules and regulations.
- (d) Equipment required for the event.
- (e) No. of officials required and duties of officials.
- (f) Techniques of the event.
- (g) Teaching stages of the event.
- (h) Preparation and filling of score sheet.
- (i) Marking of the shot put/long jump field.

Game ii)

Badminton/Weightlifting: (Any one)

- (a) History of the game.
- (b) Measurement and preparation of the playfield.
- (c) Equipment required for the game.
- (d) Fundamental skills and lead-up games.
- (e) Techniques, strategies and system of play.
- (f) Rules and regulations of the game.
- (g) National and International tournaments associated with the game.
- (h) Team/Individual records (World, Olympic, Asian and National Level) of the game.
- (i) Awards associated with the game.
- (j) Knowledge of score sheets.
- (k) Signals of officiating.

Month- November-December

Outcomes: At the end of unit students will be able to know:

Introduction to Physical Education (PED101TH)

Unit-III Biological Basis of Physical Education

1. Growth and Development, Differences between growth and development, Factors affecting growth and development.
2. Anatomical and Physiological Differences between Male and Female.
3. Effects of Heredity and Environment on Growth and Development.

Olympic Movement and Organisation of Tournaments (PED102TH)

Unit-III Intramurals and Extramurals

1. Intramurals : i) Its importance and planning. ii) Events of competitions, time and facility factor.
2. Extramurals :
 - ii) Planning and conduct.
 - iii) Outcomes of participations (Educational).
 - iv) Limitations in participations. v) Selection and training of teams.
 - vi) Participation, finance and other aspects.

PRACTICAL COURSE

COURSE CODE: PED102PR

ATHLETICS AND GAME-II

1. Athletics

i) Event (Sprints):

- (a) Introduction of event and brief history.
- (b) Basic skills and techniques.
- (c) IAAF rules and regulations.
- (d) Equipment required for the event.
- (e) No. of officials required and duties of officials.
- (f) Techniques of the event.
- (g) Teaching stages of the event.
- (h) Preparation and filling of score sheet.
- (i) Marking of the track.

Game ii)

Basketball/Table Tennis: (Any one)

- (a) History of the game.
- (b) Measurement and preparation of the playfield.
- (c) Equipment required for the game.
- (d) Fundamental skills and lead-up games.
- (e) Techniques, strategies and system of play.
- (f) Rules and regulations of the game.
- (g) National and International tournaments associated with the game.
- (h) Team/Individual records (World, Olympic, Asian and National Level) of the game.
- (i) Awards associated with the game.
- (j) Knowledge of score sheets.
- (k) Signals of officiating.

Month- February- March

Outcomes: At the end of unit students will be able to know:

Introduction to Physical Education (PED101TH)

Unit-IV Emerging Trends in Physical Education

1. Career Opportunities/Avenues in Physical Education and Sports: a. As a Physical Education teacher.
b. Coach / trainee. c. Gym instructor. d. Physiotherapist. e. Psychologist. f. Dietitian. g. Sports administrator/manager h. Rehabilitator
2. Adventurous Sports
3. Water Sports
4. Fast growing professions and emerging trends in physical education and sports.

Olympic Movement and Organisation of Tournaments (PED102TH)

Unit-IV Organisation of Tournaments

1. Concept and definition of tournament.
2. Types of Tournaments: Knock-Out and League Tournament, Process of Draw of Fixture, Merits and Demerits of various kinds of Tournaments.
3. Protocols to organise College Annual Athletic Meet.

PRACTICAL COURSE

COURSE CODE: PED102PR

ATHLETICS AND GAME-II

1. Athletics

i) Event (Sprints):

- (a) Introduction of event and brief history.
- (b) Basic skills and techniques.
- (c) IAAF rules and regulations.
- (d) Equipment required for the event.
- (e) No. of officials required and duties of officials.
- (f) Techniques of the event.
- (g) Teaching stages of the event.
- (h) Preparation and filling of score sheet.
- (i) Marking of the track.

Game ii)

Basketball/Table Tennis: (Any one)

- (a) History of the game.
- (b) Measurement and preparation of the playfield.
- (c) Equipment required for the game.
- (d) Fundamental skills and lead-up games.

- (e) Techniques, strategies and system of play.
- (f) Rules and regulations of the game.
- (g) National and International tournaments associated with the game.
- (h) Team/Individual records (World, Olympic, Asian and National Level) of the game.
- (i) Awards associated with the game.
- (j) Knowledge of score sheets.
- (k) Signals of officiating.

BA-II

Outcomes: At the end of unit students will be able to know:

Month: July- August

Human Anatomy and Physiology (PED201TH)

Unit-I

1. Basic concept of Anatomy and Physiology.
2. Muscular System: Types of muscles, Structure and functions of muscles, Types of muscular contraction-Isotonic, isometric and isokinetic contractions and Effects of exercises and training on muscular System.
3. Skeletal System: Introduction, Functions and Importance of Skeletal System, Types of Bones-Skull, Upper and Lower Limbs and Trunk and Effects of exercises and training on Skeletal System.

Sports Psychology (PED202TH)

Unit-I Introduction

1. Meaning of psychology and sports psychology.
2. Definition, scope and importance of sports psychology.
3. Goals of sports psychology.
4. Psychological factors affecting sports performance.

PRACTICAL COURSE
ATHLETICS AND GAME-III

COURSE CODE: PED201PR

1. Athletics

- i) Event (High jump):
- (a) Introduction of event and brief history.
 - (b) Basic skills and techniques.
 - (c) IAAF rules and regulations.
 - (d) Equipment required for the event.
 - (e) No. of officials required and duties of officials.
 - (f) Techniques of the event.
 - (g) Teaching stages of the event.
 - (h) Preparation and filling of score sheet.
 - (i) Marking of the shot high jump/javelin field.

2. Game

ii) Handball/Boxing: (Any one)

- (a) History of the game.
- (b) Measurement and preparation of the playfield/arena.
- (c) Equipment required for the game.
- (d) Fundamental skills and lead-up games.
- (e) Techniques, strategies and system of play.
- (f) Rules and regulations of the game.
- (g) National and International tournaments associated with the game.
- (h) Team/Individual records (World, Olympic, Asian and National Level) of the game.
- (i) Awards associated with the game.
- (j) Knowledge of score sheets.
- (k) Signals of officiating.

Month: September- October

Outcomes: At the end of unit students will be able to know:

Human Anatomy and Physiology (PED201TH)

Unit-II

1. Respiratory System: Introduction, Structure and Function, Types of respiration, Organs of respiration, Mechanism of Respiration, Respiratory Capacities and Volumes, Measurement of Respiratory Capacities and Volumes and Effects of exercises and training on Respiratory System.
2. . Circulatory System: Structure of the Heart, Chambers of Heart, Arteries, Veins and Capillaries, Systematic and Pulmonary Circulation, Functions of Heart, Cardiac Output, Heart Rate, Stroke

Volume, Blood Volume, Blood Flow, Athlete's Heart and Effects of exercises and training on Circulatory System.

Sports Psychology (PED202TH)

Unit-II Growth and Development

1. Concept of growth and development.
2. Physical, mental, social, intellectual and emotional development in infancy, later childhood and adolescence stages.
3. Learning: meaning, definition and nature of learning.
4. Laws of learning and learning curve.
5. Theories of learning.

PRACTICAL COURSE

COURSE CODE: PED201PR

ATHLETICS AND GAME-III

1. Athletics

- i) Event (Javelin):
- (a) Introduction of event and brief history.
 - (b) Basic skills and techniques.
 - (c) IAAF rules and regulations.
 - (d) Equipment required for the event.
 - (e) No. of officials required and duties of officials.
 - (f) Techniques of the event.
 - (g) Teaching stages of the event.
 - (h) Preparation and filling of score sheet.
 - (i) Marking of the shot high jump/javelin field.

2. Game

ii) Handball/Boxing: (Any one)

- (a) History of the game.
- (b) Measurement and preparation of the playfield/arena.
- (c) Equipment required for the game.
- (d) Fundamental skills and lead-up games.
- (e) Techniques, strategies and system of play.
- (f) Rules and regulations of the game.
- (g) National and International tournaments associated with the game.
- (h) Team/Individual records (World, Olympic, Asian and National Level) of the game.
- (i) Awards associated with the game.
- (j) Knowledge of score sheets.
- (k) Signals of officiating.

Month: November- December

Outcomes: At the end of unit students will be able to know:

Human Anatomy and Physiology (PED201TH)

Unit-III

1. Digestive System: Introduction, Importance of digestion, Functions and process of digestion, Organs of Digestive system, Mechanism of Digestive system, Effects of exercises and training on Digestive System.
2. Nervous System: Structure and Function of Brain and Spinal Cord, Autonomous Nervous System, Peripheral Nervous System, Nerve Cell, Receptor, Motor Unit and Reflex Action and Effects of exercises and training on Nervous System.

Sports Psychology (PED202TH)

Unit-III Motivation

1. Meaning and definition of motivation.
2. Types of motivation and motivation in learning.
3. Individual differences its type and nature.
4. Determinants of individual difference: a. Heredity (Nature). b. Environment (Nurture).
5. Intelligence, its meaning and types.

PRACTICAL COURSE COURSE CODE: PED202PR

ATHLETICS AND GAME-IV

1. Athletics

i) Event (Discus throw):

- (a) Introduction of event and brief history.
- (b) Basic skills and techniques.
- (c) IAAF rules and regulations.
- (d) Equipment required for the event.
- (e) No. of officials required and duties of officials.
- (f) Techniques of the event.
- (g) Teaching stages of the event.

- (h) Preparation and filling of score sheet.
- (i) Marking of the discus throw/triple jump field.

2. Game

ii) Hockey/Judo: (Any one)

- (a) History of the game.
- (b) Measurement and preparation of the playfield/arena.
- (c) Equipment required for the game.
- (d) Fundamental skills and lead-up games.
- (e) Techniques, strategies and system of play.
- (f) Rules and regulations of the game.
- (g) National and International tournaments associated with the game.
- (h) Team/Individual records (World, Olympic, Asian and National Level) of the game.
- (i) Awards associated with the game
- . (j) Knowledge of score sheets.
- (k) Signals of officiating.

Month: January- February

Outcomes: At the end of unit students will be able to know:

Human Anatomy and Physiology (PED201TH)

Unit-IV

1. Meaning and definition of Physiology and Exercise Physiology.
2. Need and importance of exercise physiology in the field of Physical Education.
3. Energy sources: a. Definition of energy b. Metabolism c. Creatine phosphate (CP) d. Adenocine triphosphate (ATP) e. Fatigue
4. Fatigue and factors responsible for fatigue.

Sports Psychology (PED202TH)

Unit-IV Personality

1. Personality: Meaning of personality, definition and personality characteristics.
2. Factors affecting personality and dimensions of personality.
3. Classification of personality traits.
4. Emotion, anxiety and stress management in sports.
5. Role of sports in the development of personality.

PRACTICAL COURSE

COURSE CODE: PED202PR

ATHLETICS AND GAME-IV

1. Athletics

i) Event (Triple jump):

- (a) Introduction of event and brief history.
- (b) Basic skills and techniques.
- (c) IAAF rules and regulations.
- (d) Equipment required for the event.
- (e) No. of officials required and duties of officials.
- (f) Techniques of the event.
- (g) Teaching stages of the event.
- (h) Preparation and filling of score sheet.
- (i) Marking of the discus throw/triple jump field.

2. Game

ii) **Hockey/Judo: (Any one)**

- (a) History of the game.
- (b) Measurement and preparation of the playfield/arena.
- (c) Equipment required for the game.
- (d) Fundamental skills and lead-up games.
- (e) Techniques, strategies and system of play.

- (f) Rules and regulations of the game.
- (g) National and International tournaments associated with the game.
- (h) Team/Individual records (World, Olympic, Asian and National Level) of the game.
- (i) Awards associated with the game
- . (j) Knowledge of score sheets.
- (k) Signals of officiating.

BA-III Month: July-August

Outcomes: At the end of unit students will be able to know:

Recreation (PED305TH)

Unit-I

1. Meaning of Recreation, aims and objectives of Recreation.
2. Physical education and recreation.
3. Need and importance of recreation in modern age.
4. Arrangement of recreation centres.

Methods of Teaching in Physical Education (PED307TH)

Unit-I

1. Meaning and importance of methods of teaching in Physical Education.
2. Principles of teaching methods and different methods of teaching.
3. Factors affecting teaching methods.
4. Lesson Planning: Lesson plan, objectives and types of lesson plan.
5. Principles of lesson plan and values of lesson plan.
6. Class activity/Recreational part (Assembly, Revision, Reassembly and Dismissal).

Month: September- October

Outcomes: At the end of unit students will be able to know:

Recreation (PED305TH)

Unit-II

1. Concept and meaning of camp, aims and objectives of camp.
2. Types of camp.
3. Agencies promoting camp.
4. Educative value of camp.

Methods of Teaching in Physical Education (PED307TH)

Unit-II

1. Teaching aids, meaning, its importance in physical education, types of teaching aids and use and improvisation of apparatus.
2. Presentation technique, criterion of presentation technique and qualities of good presenter.
3. Factors influencing presentation technique.

Month: November- December

Outcomes: At the end of unit students will be able to know:

Recreation (PED305TH)

Unit-III

1. Types and nature of recreation.
2. Recreation providing agencies and recent changes in the recreational activities.
3. Responsibilities of a recreational manager.

Methods of Teaching in Physical Education (PED307TH)

Unit-III

Teaching Skills:

- i) Lecture method.
- ii) Command method.

- ii) Discussion method.
- iv) Project method.
- v) Demonstration method.
- vi) Imitation method.

Month: January- February

Outcomes: At the end of unit students will be able to know:

Recreation (PED305TH)

Unit-IV

1. Meaning, importance and utilities of picnic.
2. Organization of picnic and essentials for picnic and factors affecting its organization.
3. Educative value of picnic.
4. Recreational and Adventurous Avenues in Himachal Pradesh (Water Games, Paragliding, Winter Games, Mountaineering and Trekking).

Methods of Teaching in Physical Education (PED307TH)

Unit-IV

1. Class formation, its values and types of class formation.
2. Supervision and inspection of teaching methods.
3. Methods of supervision and qualities of a supervisor.
4. Evaluation of teaching methods.
5. Need and importance of evaluation.

BA- III (GE) Month: July- August

Outcomes: At the end of unit students will be able to know:

Health Education and Nutrition (PED309TH)

Unit-I Introduction

1. Concept of health, meaning, definition and scope of health education.
2. Objective of health education.
3. Principles of health education.
4. Need and significance of health education.

Yoga (PED310TH)

Unit-I

1. Meaning and concept of Yoga.
2. Aim, objectives and Importance of Yoga.
3. Types of Yoga.
4. Importance of yoga in the modern world.

Month: September – October

Outcomes: At the end of unit students will be able to know:

Health Education and Nutrition (PED309TH)

Unit-II Personal Health and Hygiene

1. Meaning of personal hygiene.
2. Personal care of: a. Skin. b. Hair. c. Ear. d. Eyes. e. Nose. f. Teeth. g. Feet. h. Cloths.
3. Eliminating of body wastes.
4. Rest, sleep and relaxation.
5. Effect of alcohol and smoking on health.

Yoga (PED310TH)

Unit-II

1. Asanas and their importance.
2. Classification of asanas: a. Meditative b. Relaxative c. Cultural

3. General techniques and benefits of the following: Padmasana, Vajrasana, Halasana, Bhujangasana, Sarvangasana, Chakrasana, Dhanurasana, Salabhasana, Paschimotanasana, Mayurasana and Shirshasana.

4. Technique and benefits of Surya Namaskar.

5. Difference between yoga and general exercises.

Month: November- December

Outcomes: At the end of unit students will be able to know:

Health Education and Nutrition (PED309TH)

Unit-III School Health Programme and Nutrition

1. Healthful School Living: a. Place and location of school. b. Buildings. c. Infrastructure and facilities. d. Safety measures.

2. Health Supervision/Services: a. Physical medical examination and their follow up. b. Health inspection of students. c. Rehabilitation Centers of communicable diseases.

3. Health Instructions Related To: a. Personal care. b. Communicable disease. c. Nutrition. d. Healthful living.

4. Nutrition: a. Balanced diet and its elements: i. Carbohydrates, Proteins, Fats, Vitamins, Minerals, Salts and Water. b. Daily energy/calorie requirements of healthy person.

Yoga (PED310TH)

Unit-III

1. Pranayama: meaning, objectives and types of pranayama.

2. Physiological values of pranayama.

3. Surya namaskar, its methodology and importance.

4. Yoga for the cure of Disease and Postural Deformities.

Month: January- February

Outcomes: At the end of unit students will be able to know:

Health Education and Nutrition (PED309TH)

Unit-IV Communicable Diseases

1. Meaning and definition of communicable disease.
2. Mode of transmission, prevention and cure and sanitation of communicable disease.
3. Common Communicable Diseases: a. Influenza. b. Malaria. c. Small pox. d. Tuberculosis. e. Typhoid. f. Cholera. g. Measles.

Yoga (PED310TH)

Unit-IV

1. Sudhi Kiryas: Introduction, objectives and types of sudhi kriyas.
2. Physiological values of sudhi kriyas and Importance of sudhi kriyas.
3. Mudras and Bandhs, types and importance of mudras and bandhs.
4. General principles of yoga.

