

PHYSICAL EDUCATION- GENERAL -CBCS-Semester- I LESSON PLAN – 2019- 2020					
APURBA KUMAR SINHA , State Aided College Teacher					
Sl.No.	Unit	Paper Name	Sub- Unit	Month	Classes
1.	Unit- III:	DC-I- History of Physical Education	Historical development of Physical Education and Sports in India- Pre-Independence period.	July - December	4
2.	Unit- III:	DC-I- History of Physical Education.	Historical development of Physical Education and Sports in India-Post-Independence period.	July- December	4
3.	Unit- III:	DC-I- History of Physical Education	Asian Games Modern Olympic Games.		
4.	Unit- III:	DC-I- History of Physical Education.	National Sports Awards		4
5.	Unit- III:	DC-I- FIELD PRACTICAL	1. Learn and demonstrate the technique of Suryanamaskar. 2. Development of physical fitness through Callisthenics and Aerobic activities.		4
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APURBA KUMAR SINHA, State Aided College Teacher-CBCS-Semester-III					
Sl.No.	Unit	Paper Name	Subunit	Month	Classes
1	Unit- IV:	DC-3 – Anatomy, Physiology and Exercise Physiology	Structure and function of Respiratory organs.	July - December	4
2.	Unit- IV:	DC-3 – Anatomy, Physiology and Exercise Physiology	Mechanism of Respiration.		4
3.	Unit- IV:	DC-3 – Anatomy, Physiology and Exercise Physiology	Vital Capacity		4
4.	Unit- IV:	DC-3 – Anatomy, Physiology and Exercise Physiology	O2 Debt and Second Wind. Effect of exercise on respiratory system.		4
5.		SEC-1 – Track and Field FIELD PRACTICAL	Track Events & Field events		4
APURBA KUMAR SINHA, State Aided College Teacher-CBCS-Semester-IV					
Sl.No.	Unit	Paper Name	Subunit	Month	Classes
1	Unit- IV:	DC-4- Health Education, Physical Fitness and Wellness.	1.First aid- Meaning, definition,importance and golden rules of First-aid.	January, February, March	4
2.	Unit- IV:	DC-4- Health Education, Physical Fitness and Wellness.	2.Concept of sports injuries- Sprain, Strain, Fracture and Dislocation.		4
3.	Unit- IV:	DC-4- Health Education, Physical Fitness and Wellness.	3.Management of sports injuries through the application of Cryo-therapy and Thermo- therapy.		4
4.	Unit- IV:	DC-4- Health Education, Physical Fitness and Wellness.	4.Management of sports injuries through the application of Exercise and Massage therapy.		4
5.		DC4 LAB PRACTICAL & SEC- 2 Gymnastics and Yoga	First-aid Practical & Gymnastics and Yoga		4

PHYSICAL EDUCATION- GENERAL -CBCS-Semester- I LESSON PLAN – 2019- 2020					
ANIRUDDHA SINGH PERMAR , State Aided College Teacher					
Sl.No.	Unit	Paper Name	Sub- Unit	Month	Classes
1.	Unit- II:	DC-I- History of Physical Education	Biological Foundation- Meaning and definition of growth and development. Factors affecting growth and development. Differences of growth and development. Principles of growth and development.	July - December	4
2.	Unit- II:	DC-I- History of Physical Education.	Age- Chronological age, anatomical age, physiological age and mental age.	July- December	4
3.	Unit- II:	DC-I- History of Physical Education	Sociological Foundation- Definition of Sociology, Society and Socialization.		
4.	Unit- II & IV :	DC-I- History of Physical Education.	Physical Education & Sports as a socialization force YOGA Education.		4
5.		DC-I- FIELD PRACTICAL	1. Learn and demonstrate the technique of Suryanamaskar. 2. Development of physical fitness through Callisthenics and Aerobic activities.		4
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ANIRUDDHA SINGH PERMAR , State Aided College Teacher-CBCS-Semester-III					
Sl.No.	Unit	Paper Name	Subunit	Month	Classes
1	Unit- III:	DC-3 – Anatomy, Physiology and Exercise Physiology.	1.Blood- Composition and function. Heart- Structure and functions.	July - December	4
2.	Unit- III:	DC-3 – Anatomy, Physiology and Exercise Physiology.	2.Blood Pressure, Athletic Heart and Bradycardia.		4
3.	Unit- III:	DC-3 – Anatomy, Physiology and Exercise Physiology	3.Circulatory system.		4
4.	Unit- II:	DC-3 – Anatomy, Physiology and Exercise Physiology	4.Skeletal System & Muscular System- Type, location, function and structure of muscle.		4
5.		SEC-1 – Track and Field FIELD PRACTICAL	5.Track Events & Field events		4
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ANIRUDDHA SINGH PERMAR , State Aided College Teacher-CBCS-Semester-IV					
Sl.No.	Unit	Paper Name	Subunit	Month	Classes
1	Unit- II:	DC-4- Health Education, Physical Fitness and Wellness.	1. Communicable Diseases Life-style Diseases.	January, February, March	4
2.	Unit- II:	DC-4- Health Education, Physical Fitness and Wellness.	2. Nutrition.		4
3.	Unit- II:	DC-4- Health Education, Physical Fitness and Wellness.	3. Postural deformities.		4
4.	Unit- IV:	DC-4- Health Education, Physical Fitness and Wellness.	4. Physical Fitness & Components of Physical Fitness.		4
5.		DC4 LAB PRACTICAL & SEC- 2 Gymnastics and Yoga	First-aid Practical & Gymnastics and Yoga		4

PHYSICAL EDUCATION- GENERAL -CBCS-Semester- I LESSON PLAN – 2019- 2020					
JOYITA SINGHA , State Aided College Teacher					
Sl.No.	Unit	Paper Name	Sub- Unit	Month	Classes
1.	Unit- I:	DC-I- History of Physical Education	Meaning and definition of Physical Education.	July - December	4
2.	Unit- I:	DC-I- History of Physical Education.	Aim and objectives of Physical Education. 3. Modern concept of Physical Education.	July- December	4
3.	Unit- I:	DC-I- History of Physical Education	Importance of Physical Education.		
4.	Unit- IV:	DC-I- History of Physical Education.	Yoga		4
5.		DC-I- FIELD PRACTICAL	1. Learn and demonstrate the technique of Suryanamaskar. 2. Development of physical fitness through Callisthenics and Aerobic activities.		4
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JOYITA SINGHA , State Aided College Teacher-CBCS-Semester-III					
Sl.No.	Unit	Paper Name	Subunit	Month	Classes
1	Unit- I:	DC-3 – Anatomy, Physiology and Exercise Physiology.	1. Meaning and definition of Anatomy, Physiology and Exercise Physiology..	July - December	4
2.	Unit- I:	DC-3 – Anatomy, Physiology and Exercise Physiology.	2. Importance of Anatomy, Physiology and Exercise Physiology in Physical Education.		4
3.	Unit- I:	DC-3 – Anatomy, Physiology and Exercise Physiology	3. Human Cell & Tissue		4
4.	Unit- II:	DC-3 – Anatomy, Physiology and Exercise Physiology	4. muscular contraction. Effect of exercise on muscular system.		
5.		SEC-1 – Track and Field FIELD PRACTICAL	5.Track Events & Field events		4
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JOYITA SINGHA , State Aided College Teacher-CBCS-Semester-IV					
Sl.No.	Unit	Paper Name	Subunit	Month	Classes
1	Unit- I:	DC-4- Health Education, Physical Fitness and Wellness.	1. Concept, definition and dimension of Health. Definition, aims, objectives and principles of Health Education.	January, February, March	4
2.	Unit- I:	DC-4- Health Education, Physical Fitness and Wellness.	2. Health Agencies-		4
3.	Unit- I:	DC-4- Health Education, Physical Fitness and Wellness.	3. School Health Program.		4
4.	Unit- IV:	DC-4- Health Education, Physical Fitness and Wellness.	4. . Concept of Wellness & Ageing		4
5.		DC4 LAB PRACTICAL & SEC- 2 Gymnastics and Yoga	First-aid Practical & Gymnastics and Yoga		4