

Lesson Planning for the 2ND semester w.e. f. January to April 2018.

Name of College :- Dronacharya Degree college

Name of Teacher with designation: - (SUMIT KUMAR A.P. PHYSICAL EDUCATION)

Department: - PHYSICAL EDUCATION

Class: - (B.A 1st year)- 2nd sem

Subject:- HEALTH AND PHYSICAL EDUCATION (Theory)

Months	Topic / Chapter To Be Covered	Academic activity	Test/ assignment
January	Unit – 1 Introduction to Health Education 1. Definition, Aim, Objectives and Scope of Health Education. 2. Importance of Health Education in modern society 3. First Aid: Meaning, Aim, Objectives and General Principles of First Aid. 4. First Aid for Common injuries - Bleeding, Burns, Electric Shock, Drowning and Snake Bite	Quiz competition	Unit test
February	Unit –2 Historical Prospects of Physical Education 1. Pre-independence and Post – independence historical development of Physical Education in India. 2. Role of IOA, SAI, NSNIS and YMCA in the development of Physical Education and Sports in India. 3. Sports Policy of Haryana State 4. National Sports Policy	Class seminar	Assignment
March	UNIT -3 Introduction to Physical Fitness 1. Meaning, definition and importance Physical Fitness 2. Components and Principles of Physical Fitness 3. Factors influencing of Physical Fitness. 4. Meaning of Isometric, Isotonic and Isokinetic exercise	Group Discussion	

April	UNIT -4 Introduction to Human Anatomy and Physiology 1. Anatomy of Human Bone 2. Types and Function of bones in Human Body 3. Meaning and types of joints in Human Body. 4. Types of synovial joints in Human Body	Class seminar	Unit Test
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(Signature of the teacher concerned with date)

