

Dayanand Mahila Mahavidyalaya, Kurukshetra

Lesson Plan (Even Semester)

Session 2022-23 (01.02.2023 to 26.05.2023)

Name of Teacher..Dr. Anu Chauhan

Subject ..Health & Phy. Edu.

Week	Date	Class ..B.A.:I st .. Semester ...II nd ..	Class ..B.A.:II nd .. Semester ...IV th ..	Class ..B.A.:III rd .. Semester ...VI th ..
W	01.02.2023	Unit-1 Health & Phy. Edu.	Unit-1 Warming up & cooling down	Unit 1 meaning & Definition of motivation.
Th	02.02.2023	Introduction of Health Edu.	meaning & Types of Warming up	Types of motivation
F	03.02.2023	① Ground Specification of Badminton	significance of warming up	Importance of motivation in sports
S	04.02.2023	① do	do	do
M	06.02.2023	Definition of Health Education	① Introduce BMI	① General rules of wrestling
T	07.02.2023	Aim of Health Edu.	① do	① do
W	08.02.2023	Objectives of Health Edu.	meaning of cooling down	meaning of socialization
Th	09.02.2023	do	Types of cooling down	socialization through sports
F	10.02.2023	① General Rule of Badminton	significance of cooling down	do
S	11.02.2023	① do	Methods of Warming up	Revision work
M	13.02.2023	Scope of Health Edu.	① measurement of BMI	① Introduction of self defense
T	14.02.2023	do	① do	① Basic Benefits of self defense
W	15.02.2023	Importance of Health Edu in modern society	Methods of cooling down	Effect of Social Behaviour on performance of sports
Th	16.02.2023	Revision work	Physiological aspects of warming up	do
F	17.02.2023	① Practice	Physiological aspects of cooling down	Unit Test of I Unit
S	18.02.2023	Maha Shivratri		
M	20.02.2023	meaning of First Aid	① measurement of BMI of child	① Introduction of First Aid
T	21.02.2023	Objectives of First Aid	① measurement of BMI of women	① First Aid for different injuries
W	22.02.2023	General Principles of First Aid	Revision work	meaning of sports training.
Th	23.02.2023	do	Unit 1 C Test	Definitions of Sports Training.
F	24.02.2023	① General Skills of Badminton	Introduction about Body System	Factors Affecting Sports Training
S	25.02.2023	① do	Respiratory System	do
M	27.02.2023	First Aid for Common Injuries	① measurement of BMI of Men	① First Aid for different circumstances
T	28.02.2023	First Aid for Electric shock	① Practice	① do
W	01.03.2023	Annual Athletic Meet	Annual Athletic Meet	Annual Athletic Meet
Th	02.03.2023	do	do	do
F	03.03.2023	① Ground Specification of 100-1000	organs of Respiratory System	Types of sports Training
S	04.03.2023	① do	do	Revision work
	05.03.2023 to 12.03.2023	Holi Vacations		

Week	Date	Class ..B.A.Ist.....	Class ...B.A.IIth.....	Class ..B.A.IIIth..	
		Semester ..IIIth..	Semester ..IVth..	Semester ..Vth..	
M	13.03.2023	First Aid for Snake Bite & Bleeding	Ground specification of Basketball	Elements of First Aid	Box & their uses.
T	14.03.2023	First Aid for Burns	do	do	
W	15.03.2023	First Aid for Shock	Structure of Respiratory system	Circuit Training	
Th	16.03.2023	First Aid for Drowning	do	Interval Training	
F	17.03.2023	General rules of Kho-Kho	Physiology of Respiratory system	Continuous Training	
S	18.03.2023	do	do	Meaning of Doping	
M	20.03.2023	Revision work	General rules of Basketball	Principles of First Aid	
T	21.03.2023	Unit Test	do	Recreational Activity	
W	22.03.2023	Unit-II Historical Prospects of Phy. Edu.	Effect of exercise on Respiratory system	Class Activity	
Th	23.03.2023	Shaheedi Diwas			
F	24.03.2023	General skills of Kho-Kho	Effect of exercise on Respiratory system	Types of Doping	
S	25.03.2023	do	Revision work	do	
M	27.03.2023	Introduction of Hist. Prospects of Phy. Edu.	General skills of Basketball	Types of Bandages	
T	28.03.2023	Pre-Independence Hist. of Phy. Edu. in India	do	do	
W	29.03.2023	do	Unit Test of (III)	Effect of Doping on the Health	
Th	30.03.2023	Ram Navmi			
F	31.03.2023	Practice of Kho-Kho	Terminology Tidal Volume	Revision work	
S	01.04.2023	do	Residual volume, lungs capacity	Unit II Test	
M	03.04.2023	Revision work	Practice	Types of Arms slings	
T	04.04.2023	Mahavir Jayanti			
W	05.04.2023	Post-Independence Hist. of Phy. Edu. in India	Psychological Aspects of Phy. Edu.	Concept of sports Biomechanics	
Th	06.04.2023	do	Meaning of Psych & sports psychology	Definition and Importance of Biomechanics	
F	07.04.2023	Athletic Events	Need & Importance of sports psychology	do	
S	08.04.2023	Shot put	Meaning of learning	do	
M	10.04.2023	Role of IOA in India	Introduction of Kabaddi	Types of Arms slings	
T	11.04.2023	Role of SAT	do	Practical use of Bandages	
W	12.04.2023	Sports policy of Haryana	Law of learning	Newton Laws	
Th	13.04.2023	NSNIS	do	Newton Laws Application in sports	
F	14.04.2023	Vaisakhi/Dr. B.R. Ambedkar Jayanti			
S	15.04.2023	Basic skill of Shotput circle	Learning curves		
M	17.04.2023	YMC A	Ground specification of Kabaddi	History of Judo	
T	18.04.2023	National Sports Policy	General rules of Kabaddi	General rule of Judo	
W	19.04.2023	Revision work	Revision work	Meaning of Levers	
Th	20.04.2023	Unit-2 Test	Unit II Test	Types of Levers	
F	21.04.2023	Measurement of Shotput circle	Introduction of major sports Events	Levers Application in sports	

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		Semester ..II nd	Semester ..II nd	Semester ..II nd
S	22.04.2023	Id-UI-Fitr/Parshuram Jayant,		
M	24.04.2023	Introduction of Phy. Fitness	General Skills of Kabaddi	History of Boxing
T	25.04.2023	Definition of Phy. Fitness	—do—	General rules of Boxing.
W	26.04.2023	Importance of Phy. Fitness	Ancient Olympic Games	Revision work
Th	27.04.2023	Components of Phy. Fitness	—do—	Unit III Test
F	28.04.2023	Ground specification of Cricket	Modern Olympic Games	Anatomy and Physiology.
S	29.04.2023	General Skills of Cricket	—do—	Digestive System
M	01.05.2023	Components of Phy. Fitness	Ground specification of Football	Practice of Pranayam
T	02.05.2023	Factors Influencing of Phy. Fitness	General Rules of Football	—do—
N	03.05.2023	Principles of Phy. Fitness	Asian Games	Organs of Digestive system
Th	04.05.2023	Meaning of Isometric, Isotonic & Isokinetic Ex.	—do—	Structure of Digestive system
F	05.05.2023	General Skills of Cricket	Commonwealth Games	—do—
S	06.05.2023	Cricket Rules	—do—	Black Board Test
M	08.05.2023	Revision work	General Skills of Football	Practice of Volleyball
T	09.05.2023	Test of Unit - 03	—do—	—do—
W	10.05.2023	Anatomy of Human Bone	Revision work	Mechanism of Digestive system
Th	11.05.2023	Types of Bones	Unit Test III	—do—
F	12.05.2023	Practice of Cricket	Revision work	—do—
S	13.05.2023	—do—	—do—	Revision work
M	15.05.2023	Function of Human Bone	Practice of Basketball	Volleyball match
T	16.05.2023	Meaning & Types of Joint in Human Body	Practice of Athletic Event	Recreational Activity
W	17.05.2023	Types of Synovial Joints in Human Body	Diagram Test	Effect of exercise on Digestive system
Th	18.05.2023	—do—	Black Board Test of Unit IV	—do—
F	19.05.2023	Practice of Athletic Event	Group Discussion on Unit III	Revision work
S	20.05.2023	—do—	Unit Test I & II	Unit IV Test
M	22.05.2023	Maharaja Pratap Jayanti		
T	23.05.2023	Revision Unit Test-04	Revision work	Revision work
W	24.05.2023	Revision work	Revision work	—do—
Th	25.05.2023	—do—	—do—	—do—
F	26.05.2023	Revision work	—do—	—do—

A. Hanuman