

Dayanand Mahila Mahavidyalaya, Kurukshetra

Lesson Plan (Odd Semester)

Session 2024-25 (22.07.2024 to 22.11.2024)

Name of teacher: Dr. Anu Chauhan

Subject: Health & Phy. Edu.

Date	Class..B.A.Ist year	Class..B.A.II nd year	Class..B.A.III rd year
	Semester...I st Sem	Semester...II nd Sem	Semester...III rd Sem
22.07.2024	Orientation Program	Introduction of Syllabus	Introduction of Syllabus.
23.07.2024	—do—	Introduction of Exercise Physiology	Concept of Growth & Development
24.07.2024	Meaning & Definition of Phy. Edu.	Meaning of Anabolism	—do—
25.07.2024	Relation of Phy. Edu. with Health.	Meaning of Catabolism	Meaning & Definition of G & D.
26.07.2024	Relationship of Phy. Edu. with General Education	Meaning of Metabolism	Stages of Growth & Development
27.07.2024	Aims and objectives of Phy. Edu.	Importance of Ex. Phy. in Phy. Edu.	—do—
29.07.2024	—do—	—do—	Principles of G & D.
30.07.2024	—do—	Revision work.	—do—
31.07.2024	Shaheed Udham Singh's Martyrdom Day		
01.08.2024	Scope of Phy. Edu.	Types of muscular contractions	Factor Influencing G & Development
02.08.2024	—do—	Isometric	—do—
03.08.2024	Need of Phy. Edu. in Modern Society	—do—	—do—
05.08.2024	—do—	Isotonic	Age & Sex Difference in relation to Phy. Edu.
06.08.2024	Mis conceptions Regarding Phy. Edu.	—do—	—do—
07.08.2024	—do—	Isokinetic	Revision work
08.08.2024	Phy. Edu. as A part of Science	—do—	Unit 1 Test
09.08.2024	Revision work	Meaning of Body Composition.	Concept of Sports Organization
10.08.2024	Test of Unit. 1.	—do—	Meaning of organization
12.08.2024	Phy. Edu. during Edus Valley	Components of body composition	Meaning of Administration
13.08.2024	Phy. Edu. during vacation period	—do—	Importance of organization & Administration
14.08.2024	—do—	—do—	—do—
15.08.2024	Independence Day		

Date	Class...B.A.I st year	Class...B.A.II nd year	Class...B.A.III rd year
	Semester...I st Sem	Semester...II nd Sem	Semester...III rd Sem
16.08.2024	Phy. Edu. during Early Hindu Period	Effect of Exercise on Body Composition	Principles of sports organization & etc.
17.08.2024	<u>do</u>	<u>do</u>	<u>do</u>
19.08.2024	Raksha Bandhan		
20.08.2024	Phy. Edu. during later Hindu Period	Revision work	Intramural Activities
21.08.2024	Phy. Edu. during Medieval Period	Unit Test - 01.	<u>do</u>
22.08.2024	<u>do</u>	Gross structure of the skeletal muscle	Extramural Activities.
23.08.2024	Phy. Education during British Period	<u>do</u>	Tournaments & their types
24.08.2024	<u>do</u>	Functions of Muscular System	<u>do</u>
26.08.2024	Janamashtami		
27.08.2024	Phy. Edu. during After Independence	Functions of Muscular System	League
28.08.2024	<u>do</u>	Properties of slow twitch muscle fibres	<u>do</u>
29.08.2024	Revision work through Group discussion	<u>do</u>	Knockout
30.08.2024	Test of Unit - II	<u>do</u>	<u>do</u>
31.08.2024	Biological Basis of Phy. Edu.	Properties of fast-twitch muscle fibres	<u>do</u>
02.09.2024	Meaning of Growth & Development	<u>do</u>	<u>do</u>
03.09.2024	Meaning of Chronological Age, Anatomical Age	<u>do</u>	Revision work
04.09.2024	Physiological Age	Meaning of Aerobic Activity	<u>do</u>
05.09.2024	Mental Age	<u>do</u>	Quiz of Knockout
06.09.2024	Principles of Growth & Development	<u>do</u>	Unit - II Test
07.09.2024	<u>do</u>	Anaerobic Activity	Meaning of posture
09.09.2024	Difference Between G & Development	<u>do</u>	Importance of posture
10.09.2024	Factor Affecting Growth & Development	Muscle Tone	<u>do</u>
11.09.2024	<u>do</u>	<u>do</u>	Cause of poor posture
12.09.2024	<u>do</u>	<u>do</u>	<u>do</u>
13.09.2024	G & D at various levels of childhood	Muscle Hypertrophy	Postural deformities
14.09.2024	Pse - Adolescence	<u>do</u>	<u>do</u>
16.09.2024	Adolescence	<u>do</u>	Lordosis

Date	Class..B.A I st year	Class..B.A II nd year	Class..B.A III rd year
	Semester...I st sem	Semester...III rd sem	Semester...IV th sem
17.09.2024	Adulthood.	muscle atrophy	Kyphosis
18.09.2024	—do—	—do—	—do—
19.09.2024	Revision work	Revision work	Scoliosis
20.09.2024	—do—	Group discussion on Unit II	—do—
21.09.2024	Unit Test - III	Test of III rd Unit	Revision work
23.09.2024	Shaheedi Diwas/Haryana War Heroes' Martyrdom Day		
24.09.2024	Introduction of Unit - IV	Effect of Exercise and Training on the muscular system	Flat feet
25.09.2024	Qualifications and responsibilities of Physio & sports professionals.	—do—	—do—
26.09.2024	—do—	meaning of Cardio Vascular system	Knock knee
27.09.2024	—do—	functions of Cardio vascular system	Blow legs
28.09.2024	—do—	—do—	Round shoulders
30.09.2024	Revision work	Meaning of Stroke Volume	Revision work
01.10.2024	Qualifications and responsibilities of Coach.	—do—	—do—
02.10.2024	Mahatma Gandhi Jayanti		
03.10.2024	Maharaja Aggarwal Jayanti		
04.10.2024	Qualifications & responsibilities of Fitness Trainer	meaning of Cardiac output	Precautions for Postural Deformities
05.10.2024	Yoga Instructors & others	—do—	—do—
07.10.2024	Revision work.	Heart Rate	—do—
08.10.2024	Sports Event Manager	—do—	Remedies for Postural Deformities
09.10.2024	Technical officials	Blood Pressure	—do—
10.10.2024	Researchers & others	—do—	—do—
11.10.2024	Revision work.	Cardiac Hypertrophy	Revision work
12.10.2024	Dussehra		
14.10.2024	Revision work Unit I	Conduction System of Heart	Test of III Unit
15.10.2024	Revision work Unit - II	—do—	Revision of Unit I
16.10.2024	Revision work Unit - III	—do—	Revision of Unit II
17.10.2024	Maharishi Valmiki Jayanti		

Date	Class... <u>B.A. 1st year</u>	Class... <u>B.A. 1st year</u>	Class... <u>B.A. 1st</u>
	Semester... <u>Ist sem</u>	Semester... <u>IIIrd sem</u>	Semester... <u>IVth sem</u>
18.10.2024	Mid - Term Examination	Blood circulation in the heart, blood supply to the heart	Sessional Exam
19.10.2024	Health club & fitness centers.	—do—	Anatomy & Physiology.
21.10.2024	Aerobics & Dance Training	—do—	Gross Anatomy of muscle
22.10.2024	Recreation clubs in corporate sectors.	Effect of exercise and training on the cardio vascular system	—do—
23.10.2024	Sports Journalists	Revision work	—do—
24.10.2024	Commentary texts	—do—	Types of muscles in Human Body
25.10.2024	Sports Photographers	Unit III Test	—do—
26.10.2024	Video Analysts	Meaning of lung volumes.	—do—
27.10.2024 to 03.11.2024.		Diwali Vacations	
04.11.2024	Unit Test of IV	Expiratory Reserve Volume T.V.	Effect of Exercise of muscular system
05.11.2024	Group Discussion on Unit - IV	Residual Volume	—do—
06.11.2024	career opportunities in various central Govt.	Mechanism Breathing	—do—
07.11.2024	—do—	—do—	Composition of Human Blood
08.11.2024	State Govt.	Diffusion of Gases	—do—
09.11.2024	—do—	—do—	—do—
11.11.2024	Private organization & clubs	Effect of Exercise on respiratory system	Functions of Blood
12.11.2024	—do—	Revision work	—do—
13.11.2024	Marketing & Manufacturing	—do—	Revision work
14.11.2024	Entrepreneurship opp. in phy. edu. sports	Unit IV Test	—do—
15.11.2024	Guru Nanak Jayanti		
16.11.2024	Revision work	Revision work of whole syllabus	Revision work of whole syllabus
18.11.2024	Revision work	—do—	—do—
19.11.2024	Unit I Test	Unit - III test	Unit - IV test
20.11.2024	Unit II Test	Unit - II test	Unit - I Test
21.11.2024	Unit - III test	Unit - IV test	Unit II Test
22.11.2024	Unit - IV Test	Unit - I test	Unit III Test