

Dayanand Mahila Mahavidyalaya, Kurukshetra
Lesson Plan (UG & PG Final Year - Even Semester)
Session 2024-25 (01.01.2025 to 30.04.2025)

Name of teacher: DR. Anu Chauhan
 Subject: Health & Phy. Edu.

Date	Class... <u>B.A. IIIrd</u>	Class.....	Class.....
	Semester.. <u>VIth</u>	Semester.....	Semester.....
01.01.2025	<u>Introduction</u>		
02.01.2025	<u>Unit-1. meaning of Motivation</u>		
03.01.2025	<u>Definitions of Motivation</u>		
04.01.2025	<u>Types of Motivation</u>		
06.01.2025	<u>Guru Gobind Singh Ji Jayanti</u>		
07.01.2025	<u>Importance of Motivation in sports</u>		
08.01.2025	<u>do</u>		
09.01.2025	<u>meaning of Socialization</u>		
10.01.2025	<u>do</u>		
11.01.2025	<u>Socialization through sports</u>		
13.01.2025	<u>do</u>		
14.01.2025	<u>Effect of Social Behaviour on the performance of sports persons.</u>		
15.01.2025	<u>do</u>		
16.01.2025	<u>Revision work</u>		
17.01.2025	<u>Test of Unit-1.</u>		
18.01.2025	<u>Unit - II</u>		
20.01.2025	<u>Concept of Sports Training & Drilling</u>		
21.01.2025	<u>meaning of Sports Training.</u>		
22.01.2025	<u>Definitions of Sports Training</u>		
23.01.2025	<u>do</u>		
24.01.2025	<u>Factors affecting Sports Training</u>		
25.01.2025	<u>do</u>		

Date	Class.B.:A.III rd	Class.....	Class.....
	Semester..III th	Semester.....	Semester.....
27.01.2025	Types of sports Training		
28.01.2025	Circuit Training		
29.01.2025	—do—		
30.01.2025	Interval Training		
31.01.2025	—do—		
01.02.2025	Continuous Training		
03.02.2025	—do—		
04.02.2025	Revision work		
05.02.2025	Meaning of Doping.		
06.02.2025	—do—		
07.02.2025	Types of Doping		
08.02.2025	—do—		
10.02.2025	—do—		
11.02.2025	Revision work		
12.02.2025	Guru Ravidass Jayanti		
13.02.2025	Effect of Doping on the Health		
14.02.2025	—do—		
15.02.2025	Revision work		
17.02.2025	Test of Unit - II		
18.02.2025	Unit - III		
19.02.2025	Meaning of Sports Biomechanics		
20.02.2025	—do—		
21.02.2025	Definition of sports Biomechanics		
22.02.2025	—do—		
24.02.2025	Annual Athletic meet of college		
25.02.2025	—do—		
26.02.2025	Maha Shivratri		

	Class. B.A. III rd	Class.....	Class.....
	Semester... VI th	Semester.....	Semester.....
27.02.2025	Revision work		
28.02.2025	Importance of Biomechanics in sports		
01.03.2025	—do—		
03.03.2025	Newton's laws of Motion		
04.03.2025	—do—		
05.03.2025	—do—		
06.03.2025	Newton's laws Application in sports		
07.03.2025	—do—		
08.03.2025	—do—		
09.03.2025 to 16.03.2025		Holi Vacations	
17.03.2025	Revision work		
18.03.2025	Quiz on unit III		
19.03.2025	Meaning of lever		
20.03.2025	—do—		
21.03.2025	Types of levers		
22.03.2025	—do—		
24.03.2025	—do—		
25.03.2025	Revision work		
26.03.2025	Levers Application in sports		
27.03.2025	—do—		
28.03.2025	Black Board Test of Levers		
29.03.2025	Revision work		
31.03.2025	Id-ul-Fitr		
01.04.2025	Revision work		
02.04.2025	Test of Unit - III		
03.04.2025	Unit - IV		
04.04.2025	Anatomy & Physiology		

Date	Class. <i>B.A. IIIrd</i>	Class.....	Class.....
	Semester... <i>Vth</i>	Semester.....	Semester.....
05.04.2025	Digestive system		
07.04.2025	meaning of Digestion		
08.04.2025	organs of Digestive system		
09.04.2025	<i>do</i>		
10.04.2025	Mahavir Jayanti		
11.04.2025	Revision work		
12.04.2025	Diagram of Digestive system		
14.04.2025	Dr. B.R. Ambedkar Jayanti		
15.04.2025	Mechanism of Digestive system		
16.04.2025	<i>do</i>		
17.04.2025	<i>do</i>		
18.04.2025	Effect of Exercise on Digestive system		
19.04.2025	<i>do</i>		
21.04.2025	Revision work		
22.04.2025	Black Board Test of structure		
23.04.2025	Group Discussion on organs & Mechanism of Digestive system		
24.04.2025	Test of Unit IV		
25.04.2025	Whole Syllabus Revision		
26.04.2025	<i>do</i>		
28.04.2025	<i>do</i>		
29.04.2025	Parshu Ram Jayanti		
30.04.2025	Akshay Tritiya		
01.05.2025	Examination Onwards		

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A. Bhatnagar

Dayanand Mahila Mahavidyalaya, Kurukshetra

Lesson Plan (UG -NEP Second & Fourth Semester - Even Semester)

Session 2024-25 (08.02.2025 to 31.05.2025)

Name of teacher: Dr. Anu Chauhan

Subject...Physical Education

Date	Class..B.A.II nd year Semester..II nd	Class..B.A.III rd year Semester..III rd Sem	Class..... Semester.....
08.02.2025	Introduction of Syllabus	Introduction of Syllabus.	
10.02.2025	Unit - 1.	Meaning of Physical Fitness	
11.02.2025	Introduction to Anatomy & Physiology.	Definition of Physical Fitness	
12.02.2025	Guru Ravidass Jayanti		
13.02.2025	Meaning of Anatomy & Physiology.	Benefits of Phy. Fitness in sports & daily life	
14.02.2025	Definition of Anatomy & Physiology	—do—	
15.02.2025	Importance of Anatomy & Physiology in Phys. Edu.	Meaning of Aerobic & Anaerobic Activity	
17.02.2025	—do—	Types of Aerobic & Anaerobic Activity	
18.02.2025	Meaning of cell	—do—	
19.02.2025	Structure of cell	Exercise and Health	Rate zone of intensities of aerobic & anaerobic
20.02.2025	—do—	Activity	
21.02.2025	—do—	—do—	
22.02.2025	Revision work	WHO guidelines & recommendations	
24.02.2025	Annual Athletic meet of college		
25.02.2025	—do—	—do—	
26.02.2025	Maha Shivratri		
27.02.2025	Functions of various types of Body cell	WHO guidelines and recommendations	
28.02.2025	—do—	Revision work	
01.03.2025	Properties of cell	Unit - I. (Test)	
03.03.2025	Functions of cell	Unit - II	
04.03.2025	Meaning of Tissues organs & system	Meaning & definition of warming up.	
05.03.2025	—do—	Principles of warming up.	

Date	Class... B.A.I.T.	Class... B.A.I.T.	Class.....	Date
	Semester... IV	Semester... IV	Semester.....	
06.03.2025	Meaning of Bone	Principles of Warming up.		
07.03.2025	Types of Bone	Physiological and Psychological Benefits of warming.		
08.03.2025	— do —	— do —		
09.03.2025 to 16.03.2025		Holi Vacations		
17.03.2025	Revision work	Types of warming.		
18.03.2025	Structure and Function of skeleton system	Methods of warming up		
19.03.2025	— do —	— do —		
20.03.2025	— do —	Revision work		
21.03.2025	— do —	Test of unit - II		
22.03.2025	Axial skeleton & Appendicular skeleton	Unit - III		
24.03.2025	— do —	Cooling Down.		
25.03.2025	— do —	Meaning of cooling down.		
26.03.2025	Revision work	Definition of cooling down		
27.03.2025	Test of Unit - I	— do —		
28.03.2025	Unit II	Principles of cooling down		
29.03.2025		— do —		
31.03.2025	Id-ul-Fitr			
01.04.2025	Meaning & Types of Joint	Revision work.		
02.04.2025	— do —	Physiological Benefits of cooling down		
03.04.2025	Types of Synovial Joint	— do —		
04.04.2025	— do —	Psychological Benefits of cooling down		
05.04.2025	Meaning of muscle & Types of muscle	— do —		
07.04.2025	— do —	Procedure of cooling down		
08.04.2025	Gross structure of skeletal muscle	— do —		
09.04.2025	— do —	— do —		
10.04.2025	Mahavir Jayanti			
11.04.2025	Structure Classification of skeletal muscles	Revision work		

Date	Class... B.A.H. ^{B.A.H.}	Class... B.A.H. ^{B.A.H.}	Class.....
	Semester... IV ^{IV}	Semester... IV ^{IV}	Semester.....
12.04.2025	do	Types ofootip Down	
14.04.2025	Dr. B.R. Ambedkar Jayanti		
15.04.2025	Revision work		
16.04.2025	Test of Unit II	Types ofootip Down.	
17.04.2025	Revision of Unit I & II	Revision work	
18.04.2025	Sessional Exam	Test of Unit III	
19.04.2025	Unit III	Revision work of Unit-1.	
21.04.2025	circulatory system	Revision work of Unit-II	
22.04.2025	Constituents of Blood & Functions of Blood	Sessional Exam	
23.04.2025	do	Recreational Activity	
24.04.2025	do	Unit - IV	
25.04.2025	Structure of Heart	Components of Physical Fitness.	
26.04.2025	do	Meaning of Health - related componen	
28.04.2025	Types of Blood Circulation	do	
29.04.2025		cardiovascular Fitness.	
30.04.2025	Parshu Ram Jayanti		
	Akshay Tritiya		
01.05.2025	systemic circulation	muscular strength.	
02.05.2025	Pulmonary circulation	muscular endurance	
03.05.2025	coronary circulation	Body composition	
05.05.2025	Revision work	do	
06.05.2025	Digestive system	Flexibility	
07.05.2025	organs of digestive system	Revision work	
08.05.2025	do	Group Discussion on Components of phy. fitness.	
09.05.2025	Structure & Functions of Digestive system	Meaning of Skill related fitness compon	
10.05.2025	do	Agility	
12.05.2025	Food Enzymes	Balance	
13.05.2025	Types of Food Enzymes	Neuro muscular Adaptations	

Date	Class...B.A.I st ...	Class...B.A.II nd ...	Class.....
	Semester...III rd ...	Semester...IV th	Semester.....
14.05.2025	Unit-III (Test	Neuro muscular	Adaptations and
15.05.2025	Respiratory System & chest function	coordinative	Abilities
16.05.2025	do	speed.	
17.05.2025	structure of Respiratory system	do	
19.05.2025	Exchange of Gases in Lungs & Tissues	Reaction Time	
20.05.2025	organs of Excretory system	Strength	
21.05.2025	Parts & Functions of Urinary System	do	
22.05.2025	Structure & Function of skin	Revision work	
23.05.2025	Revision work	Group Discussion on skill related fitness components	
24.05.2025	Test of Unit-III	Test of unit - IV	
26.05.2025	Diagram practice	Revision of unit - I	
27.05.2025	do	Revision of unit - II	
28.05.2025	Revision work	Revision of unit - III	
29.05.2025	Maharana Pratap Jayanti		
30.05.2025	Revision of whole syllabus	Revision work	
31.05.2025	do	do	
01.06.2025	Examination Onwards		

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