

Dayanand Mahila Mahavidyalaya, Kurukshetra

Lesson Plan (Odd Semester)

Session 2025-26 (22.07.2025 to 24.11.2025)

Name of teacher: Dr. Anu Chauhan

Subject: Physiol Education

	Date	Class. B.A. I st Sem	Class. B.A. II nd year	Class. B.A. III rd Sem
		Semester I st Sem	Semester II nd Sem	Semester III rd Sem
Tu.	22.07.2025	Orientation Programme	X	X
W.	23.07.2025	do	X	X
Th.	24.07.2025	X	Introduction of Syllabus	Internship
F.	25.07.2025	X	Unit-1 Meaning of Exercise Physiology.	do
S.	26.07.2025	X	Anabolism, catabolism and metabolism	do
M.	28.07.2025	Bridge course	X	X
T.	29.07.2025	do	X	X
W.	30.07.2025	Unit-1 meaning Definition of Physical Edu.	X	X
Th.	31.07.2025	Shaheed Udham Singh's Martyrdom Day		
F.	01.08.2025	X	Importance of Exercise Physiology in Phy. Edu.	Internship
S.	02.08.2025	X	Types of muscular contractions: Isometric	do
M.	04.08.2025	Relationship Between Phy. Edu. with Health & Gen. Edu.	X	X
T.	05.08.2025	Aim and objectives of Phy. Edu.	X	X
W.	06.08.2025	do	X	X
Th.	07.08.2025	X	Isotonic and Isokinetic	Internship
F.	08.08.2025	X	Meaning of Body composition	do
S.	09.08.2025	Raksha Bandhan		
M.	11.08.2025	Scope of phy. Edu.	X	X
T.	12.08.2025	Need of phy. Edu in Modern Society	X	X
W.	13.08.2025	Misconception regarding Phy. Edu.	X	X
Th.	14.08.2025	X	Components of Body composition	Introduction of syllabus.
F.	15.08.2025	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
S	16.08.2025	Janamashtami		
M	18.08.2025	Phy. Edu. as Arts or Science	X	X
T	19.08.2025	Revision work	X	X
W	20.08.2025	Test of Unit - 1.	X	X
Th	21.08.2025	X	Effect of Exercise on Body Composition	Meaning & Definition of Sports Training
F	22.08.2025	X	Revision work	Importance of sports Training
S	23.08.2025	X	Test of Unit - 1.	-do-
M	25.08.2025	Unit - II Phy. Edu. during Indus valley civilization (3250 BC - 2500 BC)	X	X
T	26.08.2025	Vedic Period (2500 BC - 600 BC)	X	X
W	27.08.2025	Early Hindu Period (600 BC - 320 AD)	X	X
Th	28.08.2025	X	Unit - II Gross Structure of the skeletal muscle	Aim & objectives of sports Training
F	29.08.2025	X	Functions of muscular system	Principles of sports Training
S	30.08.2025	X	-do-	-do-
M	01.09.2025	Later Hindu Period (320 AD - 1000 AD)	X	X
T	02.09.2025	Medieval Period (1000 AD - 1757 AD)	X	X
W	03.09.2025	Phy. Edu. during British Period (Till 1947)	X	X
Th	04.09.2025	X	Properties of slow-twitch and fast twitch muscle fibres.	characteristics of sports Training
F	05.09.2025	X	-do-	Revision work.
S	06.09.2025	X	Meaning of Aerobic Activity Anaerobic Activity.	Test of Unit - II
M	08.09.2025	Phy. Edu. during After Independence	X	X
T	09.09.2025	Revision work	X	X
W	10.09.2025	Test of Unit - II	X	X
Th	11.09.2025	X	muscle Tone, muscle Hypertrophy and Atrophy	Meaning & Definition of Phys. Fitness
F	12.09.2025	X	Effect of exercises and training on the muscle	Importance of Physical Fitness
S	13.09.2025	X	Revision work.	-do-
M	15.09.2025	Unit - III meaning of Growth & Development	X	X
T	16.09.2025	Meaning of Chronological Age, Anatomical Age	X	X

	Date	Class...B.A.Ist year	Class...B.A.IIId year	Class...B.A.IIIrd year
		Semester...Ist Sem	Semester...IIId Sem	Semester...IIIrd Sem
W	17.09.2025	Physiological Age, Mental Age	X	X
Th	18.09.2025	X	Test of Unit - II	Types of Physical Fitness
F	19.09.2025	X	Unit - III meaning and function of Cardiovascular system	components of Physical fitness
S	20.09.2025	X	Meaning of Stroke Volume, Cardiac output	do
M	22.09.2025	Maharaja Aggarsen Jayanti		
T	23.09.2025	Shaheedi Diwas/Haryana War Heroes' Martyrdom Day		
W	24.09.2025	Principles of Growth & Development	X	X
Th	25.09.2025	X	Heart rate, Blood pressure and Cardiac Hypertrophy	Revision work of Unit - II
F	26.09.2025	X	Conduction system of the Heart	Test of Unit - II
S	27.09.2025	X	do	Meaning & Definition of Training load.
M	29.09.2025	Difference Between Growth & Development	X	X
T	30.09.2025	Factor affecting Growth & Development	X	X
W	01.10.2025	do	X	X
Th	02.10.2025	Mahatma Gandhi Jayanti/Dussehra		
F	03.10.2025	X	Blood circulation in the Heart, Blood supply to the Heart	Importance of Training load
S	04.10.2025	X	do	do
M	06.10.2025	Various level of Childhood like Adolescence, Adulthood	X	X
T	07.10.2025	Maharishi Valmiki Jayanti/Maharaja Ajamidh Jayanti		
W	08.10.2025	Adulthood	X	X
Th	09.10.2025	X	Effect of exercises and training on the cardio vsg	Types of Training load.
F	10.10.2025	X	Revision work	Factor affecting of Training load.
S	11.10.2025	X	Test of Unit - III	do
M	13.10.2025	Revision work	X	X
T	14.10.2025	Test of Unit - III	X	X
W	15.10.2025	Revision work of Unit I & II	X	X
Th	16.10.2025	X	Meaning of Lung volumes Inspiratory R. Volume	Function of Training load
F	17.10.2025	X	E.R. Volume, Tidal Volume and Residual Volume	Revision work

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		Semester... I st Sem	Semester... II nd Sem	Semester... III rd Sem
S	18.10.2025	X	Sessional Exam	Sessional Exam
	19.10.2025 to 26.10.2025		Diwali Vacations	
M	27.10.2025	Sessional Exam	X	X
T	28.10.2025	Unit - IV Qualification & Responsibilities of Phy. Educ. experts	X	X
W	29.10.2025	Professional. do	X	X
Th	30.10.2025	X	Meaning of Lung Capacities Total Lung capacity	Meaning of Training Plans.
F	31.10.2025	X	Inspiratory capacity, Vital capacity	Macro Training Plan
S	01.11.2025		Haryana Day	
M	03.11.2025	As Coach, Fitness Trainers, Yoga Instructors etc others	X	X
T	04.11.2025	Sports Event Manager, T.O, Researchers & others	X	X
W	05.11.2025		Guru Nanak Jayanti	
Th	06.11.2025	X	Functional Residual Capacity	Meso & Micro Training Plan.
F	07.11.2025	X	Mechanism of Breathing	Training Session Plan
S	08.11.2025	X	Diffusion of Gases	Principles of Formulation of Training Plan.
M	10.11.2025	Health clubs, Fitness centres Acrobatics, Dance & R.C.	X	X
T	11.11.2025	Sports Journalists, Commentators Sports Physiotherapists & V. Analysts	X	X
W	12.11.2025	Career opportunities in various C. Govt, S. Govt., Private organisations	X	X
Th	13.11.2025	X	Diffusion of Gases	Factors affecting of Training Plan
F	14.11.2025	X	Effect of exercises and training on the R. Sys.	do
S	15.11.2025	X	Practice of Diagrams	Revision work
M	17.11.2025	Career opportunities in manufacturing and marketing	X	X
T	18.11.2025	Entrepreneurial opp. in Phy. Edu & sports	X	X
W	19.11.2025	Revision work	X	X
Th	20.11.2025	X	Revision work	Test of Unit - IV
F	21.11.2025	X	Test of Unit - IV	Revision of whole Syllabus.
S	22.11.2025	X	Revision of whole Syllabus.	do
M	24.11.2025	Test of Unit IV	X	X

92 Days

A. Chauhan