



---

# DEPARTEMTN OF PHYSICAL EDUCATION

---

Maharana Pratap Govt. Degree College Amb



## **Lesson Plan**

### **B.A. Physical Education**

PREPARED BY

**DR. PAWAN KUMAR PATIAL**

Assistant Professor Physical Education  
HOD Department of Physical Education

Teaching Plan  
 B.A.1<sup>ST</sup> Year (Physical Education)  
 INTRODUCTION TO PHYSICAL EDUCATION  
 COURSE CODE: PED101TH (DSC-1)

Note- Assignment, Class test and midterm will be taken during the session.

Unit	Topic	Detail	Month	Method of Teaching
1	Introduction	Meaning, Definition, Need and Scope of Physical Education. Aim and Objectives of Physical Education. Importance of Physical Education in present era. Misconceptions about Physical Education. Relationship of Physical Education with General Education. Physical Education as an Art and Science.	August and September	PPT/Lecture
2	Historical Development of Physical Education	Historical Development of Physical Education in India {Pre-Independence-(Ancient India, Medieval and British Period)}. Physical Education in India (Post-Independence). Contribution of Akhadas, Vyayamshalas and Y.M.C.A. Modern Perspectives: National Awards/State Awards and Honors, Arjuna Award, Rajiv Gandhi Khel Ratna Award, Dronacharya Award, M.A.K.A. Trophy and Parshu Ram Award. Eminent Sports Personalities of different games.	September and October	PPT/Lecture
3	Biological Basis of Physical Education	Growth and Development, Differences between growth and development, Factors affecting growth and development. Anatomical and Physiological Differences between Male and Female. Effects of Heredity and Environment on Growth and Development	October and November	PPT/Lecture
4	Emerging Trends in Physical Education	Career Opportunities/Avenues in Physical Education and Sports: a. As a Physical Education teacher. b. Coach / trainee. c. Gym instructor. d. Physiotherapist. e. Psychologist. f. Dietitian .g. Sports administrator/manager h. Rehabilitator Adventurous Sports. Water Sports. Fast growing professions and emerging trends in physical education and sports.	December and February	PPT/Lecture

Teaching Plan  
 B.A.1<sup>st</sup> Year (Physical Education)  
 ATHLETICS AND GAME-I (Practical)  
 COURSE CODE: PED101PR

Event	Detail	Month	Methods
Athletics	i) Event (Shot put and Long jump): (a) Introduction of event and brief history. (b) Basic skills and techniques. (c) IAAF rules and regulations. (d) Equipment required for the event. (e) No. of officials required and duties of officials. (f) Techniques of the event. (g) Teaching stages of the event. (h) Preparation and filling of score sheet. (i) Marking of the shot put/long jump field.Topic	August, September and October	Demonstration /Lecture
Game	Badminton/Weightlifting: (Any one) (a) History of the game. (b) Measurement and preparation of the playfield. (c) Equipment required for the game. (d) Fundamental skills and lead-up games. (e) Techniques, strategies and system of play. (f) Rules and regulations of the game. (g) National and International tournaments associated with the game.(h) Team/Individual records (World, Olympic, Asian and National Level) of the game.(i) Awards associated with the game.(j) Knowledge of score sheets.(k) Signals of officiating.	November, December and February	Demonstration /Lecture

Teaching Plan  
 B.A.1ST Year (Physical Education)  
 OLYMPIC MOVEMENT AND ORGANIZATION OF TOURNAMENTS  
 COURSE CODE: PED102TH (DSC-2)

Unit	Topic	Detail	Month	Method of Teaching
1	Olympics Games, Asian Games and Commonwealth Games	1.Olympic Movement: Ancient and Modern Olympics Games.2. Importance of Olympic Games, Objectives of Olympic, Olympic Motto, Emblem, Flag, Olympic Torch and Awards, Opening and Closing CeOremonies.3. Asian Games: Historical background of Asian Games.4. Performance of India at Olympic Games, World Championship, Asian Games, SAF and Commonwealth Games.	August and September	PPT/Lecture
2	Promotion of Physical Education and Sports in India	1.Promotion of Physical Education and Sports: Policies, Schemes.2. Role of IOA, SAI, NSNIS and Khelo Bharat Abhiyan in the development of Physical Education and Sports in India.3. Causes of deterioration of Sports Performance.4. Indian National Sports Policy and Sports Policy of Himachal Pradesh	September and October	PPT/Lecture
3	Intramurals and Extramural	1.Intramurals :i) Its importance and planning. ii) Events of competitions, time and facility factor. 2. Extramural :ii) Planning and conduct.iii) Outcomes of participations (Educational).iv) Limitations in participations') Selection and training of teams. vi) Participation, finance and other aspects.	October and November	PPT/Lecture
4	Organisation of Tournaments	1.Concept and definition of tournament.2. Types of Tournaments: Knock-Out and League Tournament, Process of Draw of Fixture, Merits and Demerits of various kinds of Tournaments.3. Protocols to organize College Annual Athletic Meet.	December and February	PPT/Lecture

Note- Assignment, Class test and midterm will be taken during the session.

Teaching Plan  
 B.A.1ST Year (Physical Education)  
 ATHLETICS AND GAME-II (Practical)  
 COURSE CODE: PED102PR

Event	Topic	Detail	Month	Methods
1.	Athletics	Event (Sprints): (a) Introduction of event and brief history. (b) Basic skills and techniques. (c) IAAF rules and regulations. (d) Equipment required for the event. (e) No. of officials required and duties of officials. (f) Techniques of the event. (g) Teaching stages of the event. (h) Preparation and filling of score sheet. (i) Marking of the track.	August, September and October	Demonstration /Lecture
2.	Game	Basketball/Table Tennis: (Any one) (a) History of the game. (b) Measurement and preparation of the playfield.(c) Equipment required for the game. (d) Fundamental skills and lead-up games. (e) Techniques, strategies and system of play. (f) Rules and regulations of the game. (g) National and International tournaments associated with the game. (h) Team/Individual records (World, Olympic, Asian and National Level) of the game.(i) Awards associated with the game. (j) Knowledge of score sheets.(k) Signals of officiating.	November, December and February	Demonstration /Lecture

Teaching Plan  
 B.A.2<sup>nd</sup> Year Year(Physical Education)  
 HUMAN ANATOMY AND PHYSIOLOGY  
 COURSE CODE: PED201TH (DSC)

Unit	Topic	Detail	Month	Method of Teaching
1	Introduction	1. Basic concept of Anatomy and Physiology. 2. Muscular System: Types of muscles, Structure and functions of muscles, Types of muscular contraction-Isotonic, isometric and is kinetic contractions and Effects of exercises and training on muscular System. 3. Skeletal System: Introduction, Functions and Importance of Skeletal System, Types of Bones-Skull.	August and September	PPT/Lecture
2	Respiratory System & Circulatory System:	Respiratory System: Introduction, Structure and Function, Types of respiration, Organs of respiration, Mechanism of Respiration, Respiratory Capacities and Volumes, Measurement of Respiratory Capacities and Volumes and Effects of exercises and training on Respiratory System. 2. Circulatory System: Structure of the Heart, Chambers of Heart, Arteries, Veins and Capillaries, Systematic and Pulmonary Circulation, Functions of Heart, Cardiac Output, Heart Rate, Stroke Volume, Blood Volume, Blood Flow, Athlete's Heart and Effects of exercises and training on Circulatory System.	September and October	PPT/Lecture
3	Digestive System & Nervous System	Digestive System: Introduction, Importance of digestion, Functions and process of digestion, Organs of Digestive system, Mechanism of Digestive system, Effects of exercises and training on Digestive System. 2. Nervous System: Structure and Function of Brain and Spinal Cord, Autonomous Nervous System, Peripheral Nervous System, Nerve Cell, Receptor, Motor Unit and Reflex Action and Effects of exercises and training on Nervous System.	October and November	PPT/Lecture
4	Physiology and Exercise Physiology	1. Meaning and definition of Physiology and Exercise Physiology. 2. Need and importance of exercise physiology in the field of Physical Education. 3. Energy sources: a. Definition of energy b. Metabolism. Creatine phosphate (CP) d. Adenosine triphosphate (ATP) e. Fatigue 4. Fatigue and factors responsible for fatigue.	December and February	PPT/Lecture

Note- Assignment, Class test and midterm will be taken during the session.

Teaching Plan  
 B.A.1ST Year (Physical Education)  
 ATHLETICS AND GAME-III (Practical)  
 COURSE CODE: PED201PR

Event	Topic	Detail	Month	Methods
1.	Athletics	Event (High jump and Javelin): (a) Introduction of event and brief history. (b) Basic skills and techniques. (c) IAAF rules and regulations. (d) Equipment required for the event. (e) No. of officials required and duties of officials. (f) Techniques of the event. (g) Teaching stages of the event. (h) Preparation and filling of score sheet. (i) Marking of the shot high jump/javelin field.	August, September and October	Demonstration /Lecture
2.	Game	Handball/Boxing: (Any one) (a) History of the game. (b) Measurement and preparation of the playfield/arena. (c) Equipment required for the game. (d) Fundamental skills and lead-up games. (e) Techniques, strategies and system of play. (f) Rules and regulations of the game. (g) National and International tournaments associated with the game. (h) Team/Individual records (World, Olympic, Asian and National Level) of the game. (i) Awards associated with the game. (j) Knowledge of score sheets. k) Signals of officiating	November, December and February	Demonstration /Lecture

Teaching Plan  
 B.A.2nd Year (Physical Education)  
 SPORTS PSYCHOLOGY  
 COURSE CODE: PED202TH (DSC)

Unit	Topic	Detail	Month	Method of Teaching
1.	Introduction	1. Meaning of psychology and sports psychology. 2. Definition, scope and importance of sports psychology. 3. Goals of sports psychology. 4. Psychological factors affecting sports performance.	August and September	PPT/Lecture
2.	Growth and Development	1. Concept of growth and development. 2. Physical, mental, social, intellectual and emotional development in infancy, later childhood and adolescence stages. 3. Learning: meaning, definition and nature of learning. 4. Laws of learning and learning curve. 5. Theories of learning.	September and October	PPT/Lecture
3.	Motivation	1. Meaning and definition of motivation. 2. Types of motivation and motivation in learning. 3. Individual differences its type and nature. 4. Determinants of individual difference:	October and November	PPT/Lecture
4.	Personality	1. Personality: Meaning of personality, definition and personality characteristics. 2. Factors affecting personality and dimensions of personality. 3. Classification of personality traits. 4. Emotion, anxiety and stress management in sports. 5. Role of sports in the development of personality.	December and February	PPT/Lecture

Note- Assignment, Class test and midterm will be taken during the session.



Teaching Plan  
 B.A.1ST Year (Physical Education)  
 ATHLETICS AND GAME-IV (Practical)  
 COURSE CODE: PED202PR

Event	Topic	Detail	Month	Methods
1.	Athletics	Event (Discus throw and Triple jump): (a) Introduction of event and brief history. (b) Basic skills and techniques. (c) IAAF rules and regulations. (d) Equipment required for the event. (e) No. of officials required and duties of officials. (f) Techniques of the event. (g) Teaching stages of the event. (h) Preparation and filling of score sheet. (i) Marking of the discus throw/triple jump field	August, September and October	Demonstration /Lecture
2.	Game	Hockey/Judo: (Any one) (a) History of the game. (b) Measurement and preparation of the playfield/arena. (c) Equipment required for the game. (d) Fundamental skills and lead-up games. (e) Techniques, strategies and system of play. (f) Rules and regulations of the game. (g) National and International tournaments associated with the game. (h) Team/Individual records (World, Olympic, Asian and National Level) of the game. (i) Awards associated with the game. (j) Knowledge of score sheets. (k) Signals of officiating.	November, December and February	Demonstration /Lecture



Teaching Plan  
 B.A.2nd Year (Physical Education)  
 SPORTS MEDICINE, PHYSIOTHERAPY AND REHABILITATION  
 COURSE CODE: PED203TH (SEC-1)

Unit	Topic	Detail	Month	Method of Teaching
1.	Sports Medicine	1. Sports Medicine: Meaning, definition, aims, objectives, modern concepts and importance. 2. Injuries: Type of sports injuries, prevention of injuries in sports, common sports injuries and their diagnosis. 3. First Aid: Meaning, objectives and precautionary measures while giving first aid and PRICE. 4. Treatment of Laceration, Blisters, Contusion, Strain, Sprain, Fracture, Dislocation and Cramps.	August and September	PPT/Lecture
2.	Common Accidents and Ergogenic Aids	1. Emergency treatment for common accidents: Drowning, Burning, Insect stings & bitings, Snake bite, Dog bite, Poisoning, Unconsciousness, Fainting, Hysteria, Sunstroke, Shock, Electric shock and Acid burn. 2. Doping: Meaning and Definition. a. NADA (An Introduction). b. WADA (An Introduction). c. Aims and Objectives of NADA and WADA. 3. Ergogenic aids in sports and their ill effects : a. Anabolic agents b. Stimulants c. Beta blockers d. Narcotic analgesics e. Diuretics f. Blood doping	September and October	PPT/Lecture
3.	Physiotherapy	1. Physiotherapy: Definition, guiding principles of physiotherapy and importance of physiotherapy. 2. Massage: History of massage, types of massage and physiological effect of massage.	October and November	PPT/Lecture
4.	Hydrotherapy and Thermotherapy	1. Hydrotherapy: Introduction and demonstration of treatments of Cryotherapy, Contrast Bath, Whirlpool Bath, Steam Bath, Sauna Bath and Hot Water Fomentation. 2. Thermotherapy: Introduction and demonstration of treatment of thermotherapy.	December and February	PPT/Lecture

Note- Assignment, Class test and midterm will be taken during the session.

Teaching Plan  
 B.A.2nd Year (Physical Education)  
 SPORTS TRAINING  
 COURSE CODE: PED203TH (SEC-2)

Unit	Topic	Detail	Month	Method of Teaching
1.	Introduction,	1. Sports Training: Introduction, Meaning and Definition of Sports Training. 2. Aim and Objectives of Sports Training. 3. Principles of Sports Training, System of Sports Training. 4. Basic Performance, Good Performance and High Performance Training.	August and September	PPT/Lecture
2.	warming-up and cooling down	1. Concept of warming-up and cooling down. 2. Physiological basis of warming-up and cooling down. 3. Training Components: Speed, Strength, Endurance, Flexibility and Co-coordinative Abilities. 4. Types and methods for the development of training components	September and October	PPT/Lecture
3.	Training Process	1. Training Process: Training Load, Definition and Types of Training Load.2. Principles of Intensity and Volume. 3. Technical Training: Meaning and Methods of Technical Training. 4. Tactical Training: Meaning and Methods of Tactical Training.	October and November	PPT/Lecture
4.	Training Programming and Planning	1. Training Programming and Planning: Periodization, Meaning and types of Periodization. 2. Aim and Content of Periods-Preparatory, Competition and Transitional.3. Planning a training session. 4. Talent Identification and Development.	December and February	PPT/Lecture

Note- Assignment, Class test and midterm will be taken during the session.



Teaching Plan  
 B.A.3<sup>rd</sup> Year (Physical Education)  
 SPECIALIZATION IN VOLLEYBALL  
 COURSE CODE: PED301TH (SEC-3)

Unit	Topic	Detail	Month	Method of Teaching
1.	History	1. History of game, measurement and preparation of the play field and equipment required for game.2. Fundamental skills and lead-up games.3. Techniques, strategies and method of play. 4. Rules and regulations of the game.5. National and International tournaments associated with the game.6. Team/Individual records (World, Olympic, Asian and National Level) of the game.7. Awards associated with the game.8. Duties of the officials.9. Technical Equipment for officiating.10. Knowledge of the score sheets.11. Signals of officiating.	August and September	PPT/Lecture
2.	warming-up Volleyball	1. General and specific warming-up and cooling down. 2. Long-term and short-term preparation for the decisive volleyball competitions.3. Psychological qualities and preparation of a volleyball player.4. Offensive, defense system in play, service and reception pattern.5. Individual, group and team tactics.6. Diet and nutrition for a volleyball player.7. Coordination among the manager, coach, doctor, psychologist and players	September and October	PPT/Lecture
3.	Teaching of volleyball skills.	1. Teaching of volleyball skills.2. Preparing a lesson plan. 3. Specific training methods for different playing positions. 1. 4. Counseling during competitions.5. Information and publicity of the competition, writing press release and reports. 6. Facility management, quality control of equipment and player's kit, risk management, medical check-up, medical aid and insurance. 7. Personnel management and interpersonal communication skills.	October and November	PPT/Lecture
4.	Injuries associated with the game	1. Injuries associated with the game: Ankle sprain, finger injuries, shoulder dislocation, knee displacement.2. Preventive and safety measures, P.R.I.C.E., Rehabilitation and physiotherapy. 3. Training means for development of different components of physical fitness i.e. Speed, Strength, Endurance, Flexibility, Coordinative ability.	December and February	PPT/Lecture

Note- Assignment, Class test and midterm will be taken during the session.

Teaching Plan  
 B.A.3rd Year (Physical Education)  
 SPECIALIZATION IN FOOTBALL  
 COURSE CODE: PED302TH (SEC-3)

Unit	Topic	Detail	Month	Method of Teaching
1.	History of football	1. History of game, measurement and preparation of the play field and equipment required for game.2. Fundamental skills and lead-up games.3. Techniques, strategies and method of play.4. Rules and regulations of the game.5. National and International tournaments associated with the game.6. Team/Individual records (World, Olympic, Asian and National Level) of the game.7. Awards associated with the game.8. Duties of the officials.9. Technical Equipment for officiating.10. Knowledge of the score sheets.11. Signals of officiating.	August and September	PPT/Lecture
2.	Warming-up Football	1. General and specific warming-up and cooling down. 2. Long-term and short-term preparation for the decisive football competitions.3. Psychological qualities and preparation of a football player.4. Offensive, defense system in play, service and reception pattern.5. Individual, group and team tactics.6. Diet and nutrition for a football player.7. Coordination among the manager, coach, doctor, psychologist and players.	September and October	PPT/Lecture
3.	Teaching of football skills.	1. Teaching of football skills.2. Preparing a lesson plan. 3. Specific training methods for different playing positions. 4. Counseling during competitions.5. Information and publicity of the competition, writing press release and reports.6. Facility management, quality control of equipment and player's kit, risk management, medical check-up, medical aid and insurance. 7. Personnel management and interpersonal communication skills	October and November	PPT/Lecture
4.	Injuries associated with the game	1. Injuries associated with the game: Ankle sprain, finger injuries, shoulder dislocation, knee displacement.2. Preventive and safety measures, P.R.I.C.E., Rehabilitation and physiotherapy.3. Training means for development of different components of physical fitness i.e. Speed, Strength, Endurance, Flexibility, Coordinative ability.	December and February	PPT/Lecture

Note- Assignment, Class test and midterm will be taken during the session.

Teaching Plan  
 B.A.3rd Year(Physical Education)  
 SPECIALIZATION IN KABADDI-PRACTICAL  
 COURSE CODE: PED303TH (SEC-3)

Unit	Topic	Detail	Month	Method of Teaching
1.	History of Kabaddi	1. History of game, measurement and preparation of the play field and equipment required for game.2. Fundamental skills and lead-up games.3. Techniques, strategies and method of play.4. Rules and regulations of the game.5. National and International tournaments associated with the game.6. Team/Individual records (World, Olympic, Asian and National Level) of the game.7. Awards associated with the game.8. Duties of the officials.9. Technical Equipment for officiating.10. Knowledge of the score sheets.11. Signals of officiating	August and September	PPT/Lecture
2.	Warming-up Kabaddi	1. General and specific warming-up and cooling down. 2. Long-term and short-term preparation for the decisive kabaddi competitions.3. Psychological qualities and preparation of a kabaddi player.4. Offensive, defense system in play, service and reception pattern.5. Individual, group and team tactics.6. Diet and nutrition for a kabaddi player.7. Coordination among the manager, coach, doctor, psychologist and players.	September and October	PPT/Lecture
3.	Teaching of Kabaddi skills.	1. Teaching of kabaddi skills.2. Preparing a lesson plan. 3. Specific training methods for different playing positions. 4. Counseling during competitions.5. Information and publicity of the competition, writing press release and reports.6. Facility management, quality control of equipment and player's kit, risk management, medical check-up, medical aid and insurance. 7. Personnel management and interpersonal communication skills.	October and November	PPT/Lecture
4.	Injuries associated with the game	1. Injuries associated with the game: Ankle sprain, finger injuries, shoulder dislocation, knee displacement.2. Preventive and safety measures, P.R.I.C.E., Rehabilitation and physiotherapy.3. Training means for development of different components of physical fitness i.e. Speed, Strength, Endurance, Flexibility, Coordinative ability	December and February	PPT/Lecture

Note- Assignment, Class test and midterm will be taken during the session.



Teaching Plan  
 B.A.3rd Year(Physical Education)  
 SPECIALIZATION IN ATHLETICS-PRACTICAL  
 COURSE CODE: PED304TH (SEC-4)

Unit	Topic	Detail	Month	Method of Teaching
1.	Introduction	1. Introduction to athletics. 2. Historical developmental of athletics, Ancient Olympics and Modern Olympics games. 3. Historical review of track and field with special reference to India. 4. National and International level athletics championships: Olympic Games, Asian games, IAAF-World Championship, Commonwealth Games, National Games, Open National, Youth National and Inter-Universities athletics championships.	August and September	PPT/Lecture
2.	Athletic track	1. Athletic track and its types. 2. Procedure and methods to mark the track (200m, 400m). 3. Marking and construction of Shot Put, Discus Throw, Javelin throw and Hammer throw arena. 4. Specification and construction of Long Jump, Triple Jump high jump and pole vault pit/runways etc. 5. Selected National and International personalities in athletics. 6. Need, importance and procedure of Warming-up and Cooling down. 7. First aid and rehabilitation of athletics injuries.	September and October	PPT/Lecture
3.	Track Events	1. Track Events: Brief background, technique, training and important motor components of the following track events: i) Sprints races: 100m, 200m, 400m; Hurdle Races: High Hurdle and Low Hurdle and Steeple Chase. ii) Middle and Long Distance Races; Combined Events: Decathlon and Heptathlon; Relay Races and Marathon. 2. Fields Events: Brief background, technique, training and important motor components of the following field events: i) Shot put, Discus throw, Javelin throw and Hammer Throw. ii) Long Jump, Triple Jump, High Jump and Pole vault.	October and November	PPT/Lecture
4.	Technical training	1. Technical training and practice of following events: i) Sprints Starting techniques, finishing techniques. ii) Shot put, Discus throw and Javelin throw ( Basic Teaching Stages) iii) Long Jump, Triple Jump High Jump and Pole vault( Basic Teaching Stages) iv) Record files, calculations of straight, radius and staggers of standard tracks. v) Relays: Holding of the baton and various types of baton exchange (visual and non-visual).	December and February	PPT/Lecture

Note- Assignment, Class test and midterm will be taken during the session.

Teaching Plan  
 B.A.3rd Year (Physical Education)  
 RECREATION  
 COURSE CODE: PED305TH DSE- 1A)

Unit	Topic	Detail	Month	Method of Teaching
1.	Introduction	1. Meaning of Recreation, aims and objectives of Recreation. 2. Physical education and recreation. 3. Need and importance of recreation in modern age. 4. Arrangement of recreation centres	August and September	PPT/Lecture
2.	Aims and objectives of camps	1. Concept and meaning of camp, aims and objectives of camp. 2. Types of camp. 3. Agencies promoting camp. 4. Educative value of camp	September and October	PPT/Lecture
3.	Types of recreation	1. Types and nature of recreation. 2. Recreation providing agencies and recent changes in the recreational activities. 3. Responsibilities of a recreational manager	October and November	PPT/Lecture
4.	Picnic	1. Meaning, importance and utilities of picnic. 2. Organization of picnic and essentials for picnic and factors affecting its organization. 3. Educative value of picnic. 4. Recreational and Adventurous Avenues in Himachal Pradesh (Water Games, Paragliding, Winter Games, Mountaineering and Trekking).	December and February	PPT/Lecture

Note- Assignment, Class test and midterm will be taken during the session.

Teaching Plan  
 B.A.3rd Year (Physical Education)  
 KINESIOLOGY AND BIOMECHANICS  
 COURSE CODE: PED306TH DSE- 1A

Unit	Topic	Detail	Month	Method of Teaching
1.	Introduction	1. Meaning and importance of Kinesiology. 2. Meaning and importance of Biomechanics. 3. Joints, their types and movements around joints and Goniometry.	August and September	PPT/Lecture
2.	Fundamental anatomical position	1. Fundamental anatomical position, planes and axis. 2. Kinesiological classification of muscles. 3. Role of different muscles: Agonist, Antagonist, Mover, Stabilizer, Fixator and Neutralizer.	September and October	PPT/Lecture
3.	Biomechanical terms	1. Description of biomechanical terms: Distance, Displacement, Speed, Velocity, Acceleration, Angular Velocity, Angular Acceleration, Linear and Angular Motion, Kinetics and Kinematics, Force, Pressure, Gravity, Friction, Work , Power, Torque and Parabolic Path.	October and November	PPT/Lecture
4.	Newton's Laws	1. Newton's Laws of Motion and their implication in sports. 2. Mechanical Levers and their Implication in sports and physical education. 3. Meaning and concept of Equilibrium and Centre of Gravity.	December and February	PPT/Lecture

Note- Assignment, Class test and midterm will be taken during the session.

Teaching Plan  
B.A.3rd Year  
METHODS OF TEACHING IN PHYSICAL EDUCATION  
COURSE CODE: PED307TH DSE- 1B

Unit	Topic	Detail	Month	Method of Teaching
1.	Introduction	<ol style="list-style-type: none"> <li>1. Meaning and importance of methods of teaching in Physical Education.</li> <li>2. Principles of teaching methods and different methods of teaching.</li> <li>3. Factors affecting teaching methods.</li> <li>4. Lesson Planning: Lesson plan, objectives and types of lesson plan.</li> <li>5. Principles of lesson plan and values of lesson plan.</li> <li>6. Class activity/Recreational part (Assembly, Revision, Reassembly and Dismissal).</li> </ol>	August and September	PPT/Lecture
2.	Teaching aids	<ol style="list-style-type: none"> <li>1. Teaching aids, meaning, its importance in physical education, types of teaching aids and use and improvisation of apparatus.</li> <li>2. Presentation technique, criterion of presentation technique and qualities of good presenter.</li> <li>3. Factors influencing presentation technique</li> </ol>	September and October	PPT/Lecture
3.	Types of Methods	<ol style="list-style-type: none"> <li>1. Teaching Skills:               <ol style="list-style-type: none"> <li>i) Lecture method.</li> <li>ii) Command method.</li> <li>iii) Discussion method.</li> <li>iv) Project method.</li> <li>v) Demonstration method.</li> <li>vi) Imitation method.</li> </ol> </li> </ol>	October and November	PPT/Lecture
4.	Supervision and evolution	<ol style="list-style-type: none"> <li>1. Class formation, its values and types of class formation.</li> <li>2. Supervision and inspection of teaching methods.</li> <li>39</li> <li>3. Methods of supervision and qualities of a supervisor.</li> <li>4. Evaluation of teaching methods.</li> <li>5. Need and importance of evaluation</li> </ol>	December and February	PPT/Lecture

Note- Assignment, Class test and midterm will be taken during the session.

Teaching Plan  
 B.A.3rd Year(Physical Education)  
 OFFICIATING AND COACHING  
 COURSE CODE: PED308TH DSE- 1B

Unit	Topic	Detail	Month	Method of Teaching
1.	Introduction	1. Introduction of officiating and coaching and its importance in games and sports. 2. Principles of officiating and coaching. 3. Outlook of officials and coaches towards management, players and spectators. 4. Measures for improving the standards of officiating and coaching.	August and September	PPT/Lecture
2.	Coaching	1. Philosophy of coaching. 2. Coach as a Mentor, duties of a coach in general-Pre, during and post-game situations and responsibilities of a coach on and off the field. 3. Psychological aspects during competition and coaching.	September and October	PPT/Lecture
3.	Officiating.	1. Philosophy of officiating. 2. Duties of official in general, pre, during and post-game situations. 3. Technical and Tactical preparation of an official. 4. Ethics of officiating.	October and November	PPT/Lecture
4.	Coach and official.	1. Qualities and qualification of an efficient coach and official. 2. Current status of coaching and officiating in India. 3. Measures for improving the standard of coaching and officiating in India. 4. Role of impartial officiating and coaching in maintaining integrity and values of sports. 5. Technical Officials levels and Exams of various Games (An Introduction).	December and February	PPT/Lecture

Note- Assignment, Class test and midterm will be taken during the session.

Teaching Plan  
 B.A.3rd Year(Physical Education)  
 HEALTH EDUCATION AND NUTRITION  
 COURSE CODE: PED309TH GE- 1

Unit	Topic	Detail	Month	Method of Teaching
1.	Introduction	1. Concept of health, meaning, definition and scope of health education. 2. Objective of health education. 3. Principles of health education. 4. Need and significance of health education	August and September	PPT/Lecture
2.	Personal Health and Hygiene	1. Meaning of personal hygiene.2. Personal care of: a. Skin. b. Hair. c. Ear. d. Eyes. e. Nose. f. Teeth. g. Feet. h. Cloths.3. Eliminating of body wastes.4. Rest, sleep and relaxation.5. Effect of alcohol and smoking on health.	September and October	PPT/Lecture
3.	School Health Programme and Nutrition	1. Healthful School Living: a. Place and location of school. b. Buildings. c. Infrastructure and facilities. d. Safety measures.2. Health Supervision/Services: a. Physical medical examination and their follow up. b. Health inspection of students. c. Rehabilitation Centers of communicable diseases.3. Health Instructions Related To: a. Personal care. b. Communicable disease. c. Nutrition. d. Healthful living. 4. Nutrition :a. Balanced diet and its elements: i. Carbohydrates, Proteins, Fats, Vitamins, Minerals, Salts and Water. b. Daily energy/calorie requirements of healthy person.	October and November	PPT/Lecture
4.	Communicable Diseases	1. Meaning and definition of communicable disease. 2. Mode of transmission, prevention and cure and sanitation of communicable disease.3. Common Communicable Diseases: a. Influenza. b. Malaria. c. Small pox. d. tuberculosis .e. Typhoid. f. Cholera. g. Measles.	December and February	PPT/Lecture

Note- Assignment, Class test and midterm will be taken during the session.



Teaching Plan  
B.A.3rd Year (Physical Education)  
YOGA  
COURSE CODE: PED310TH GE- 2

Unit	Topic	Detail	Month	Method of Teaching
1.	Introduction	1. Meaning and concept of Yoga. 2. Aim, objectives and Importance of Yoga. 3. Types of Yoga. 4. Importance of yoga in the modern world.	August and September	PPT/Lecture
2.	Asanas	1. Asanas and their importance. 2. Classification of asanas: a. Meditative b. Relaxative c. Cultural 3. General techniques and benefits of the following: Padmasana, Vajrasana, Halasana, Bhujangasana, Sarvangasana, Chakrasana, Dhanurasana, Salabhasana, Paschimotanasana, Mayurasana and Shirshasana. 4. Technique and benefits of Surya Namaskar.5. Difference between yoga and general exercises	September and October	PPT/Lecture
3.	Pranayama	1. Pranayama: meaning, objectives and types of pranayama.2. Physiological values of pranayama. 3. Surya namaskar, its methodology and importance. 4. Yoga for the cure of Disease and Postural Deformities	October and November	PPT/Lecture
4.	Sudhi Kiryas	1. Sudhi Kiryas: Introduction, objectives and types of sudhi kriyas.2. Physiological values of sudhi kriyas and Importance of sudhi kriyas.3. Mudras and Bandhs, types and importance of mudras and bandhs.4. General principles of yoga.	December and February	PPT/Lecture

Note- Assignment, Class test and midterm will be taken during the session.

**DR. Pawan Kumar Patial**  
**ASSISTANT PROFESSOR, Physical Education**  
**HOD-Department of Physical Education**

  
**Principal Principal**  
**M. P. Govt. College, Amb**  
**Distt. Una (H.P.)**