PHYSI	CAL EDU	CATON- GENERAL -CBCS-Semes	ter- I LESSON PLAN -	- 2019- 20	20
APURB	A KUMAR	SINHA , State Aided College Teacher			
Sl.No.	Unit	Paper Name	Sub- Unit	Month	Classes
1.	Unit- III:	DC-I- History of Physical Education	Historical development of Physical	July -	4
		, ,	Education and Sports in India- Pre-	December	
			Independence period.		
2.	Unit- III:	DC-I- History of Physical Education.	Historical development of Physical	July-	4
			Education and Sports in India-Post-	December	
			Independence period.		
3.	Unit- III:	DC-I- History of Physical Education	Asian Games		
			Modern Olympic Games.		
4.	Unit- III:	DC-I- History of Physical Education.	National Sports Awards		4
4.	Office III.	De-1- History of Fifysical Education.	ivational Sports Awards		*
			1. Learn and demonstrate the		
5.	Unit- III:	DC-I- FIELD PRACTICAL	technique of Suryanamaskar.		
			2. Development of physical fitness		4
			through Callisthenics and Aerobic		
			activities.		
A DI IDD	A IZIMAD	SINHA, State Aided College Teacher-CB	CC Compator III		4
Sl.No.	Unit	Paper Name	Subunit	Month	Classes
1	Unit- IV:	DC-3 – Anatomy, Physiology and	Structure and function of Respiratory	July -	4
_	0	Exercise Physiology	organs.	December	•
		, 3,		December	
2.	Unit- IV:	DC-3 – Anatomy, Physiology and	Mechanism of Respiration.		4
		Exercise Physiology			
					4
3.	Unit- IV:	DC-3 – Anatomy, Physiology and	Vital Capacity		
		Exercise Physiology			
4.	Unit- IV:	DC-3 – Anatomy, Physiology and	O2 Debt and Second Wind. Effect of		4
4.	Offic-TV.	Exercise Physiology	exercise on respiratory system.		4
5		Latercise Physiology	exercise of respiratory system.		
J.		SEC-1 – Track and Field	Track Events & Field events		4
		FIELD PRACTICAL			
APURB	A KUMAR	SINHA, State Aided College Teacher-CB	CS-Semester-IV		
Sl.No.	Unit	Paper Name	Subunit	Month	Classes
1	Unit- IV:	DC-4- Health Education, Physical Fitness	1.First aid- Meaning,	January,	4
		and Wellness.	definition,importance and golden	Febrauray,	
_			rules of First-aid.	March	
2.	Unit- IV:	DC-4- Health Education, Physical Fitness	2.Concept of sports injuries- Sprain,		4
		and Wellness.	Strain, Facture and Dislocation.		
2	linit N/	DC 4 Hoolth Education Discourse Fits	3. Management of sports injuries		1
3.	Unit- IV:	DC-4- Health Education, Physical Fitness and Wellness.	through the application of Cryo-		4
		and weiliess.	therapy and Thermo- therapy. 4. Management of sports injuries		4
			through the application of Exercise		4
4.	Unit- IV:	DC-4- Health Education, Physical Fitness	and Massage therapy.		
→.	Offic- IV.	and Wellness.	מווע ויומססמצב נווכומףץ.		
5.		and weiniess.			4
٥.		DC4_LAB_PRACTICAL & SEC- 2_Gymnastics	First-aid Practical & Gymnastics and		'
		and Yoga	Yoga		

ANIRU	DDHA SIN	GH PERMAR, State Aided College Teach	ner		
Sl.No.	Unit	Paper Name	Sub- Unit	Month	Classes
1.	Unit- II:	DC-I- History of Physical Education	Biological Foundation- Meaning and definition of growth and	July - December	4
			development. Factors affecting	December	
			growth and development.		
			Differences of growth and		
			development. Principles of growth		
			and development.		
2.	Unit- II:	DC-I- History of Physical Education.	Age- Chronological age, anatomical	July-	4
			age, physiological age and mental	December	
			age.		
3.	Unit- II:	DC-I- History of Physical Education	Sociological Foundation- Definition		
		, ,	of Sociology, Society and		
			Socialization.		
4.	Unit-	DC-I- History of Physical Education.	Physical Education & Sports as a		4
	II& IV :		socialization force		
			YOGA Education.		
-		DC L FIELD DDAGTICAL	4 Learn and dense 1 1 1		
5.		DC-I- FIELD PRACTICAL	1. Learn and demonstrate the		4
			technique of Suryanamaskar.		
			2. Development of physical fitness		
ANIDIII			through Callisthenics and Aerobic		
	DDHA SINC	 H PERMAR , State Aided College Teacher-CB	activities.		4
Sl.No.	Unit	Paper Name	Subunit	Month	Classes
1	Unit- III:	DC-3 – Anatomy, Physiology and Exercise	1.Blood- Composition and function.	July -	4
		Physiology.	Heart- Structure and functions.	December	
2.	Unit- III:	DC-3 – Anatomy, Physiology and Exercise	2.Blood Pressure, Athletic Heart and		
		Physiology.	Bradycardia.		4
2	Unit- III:	DC-3 – Anatomy, Physiology and Exercise	3. Circulatory system.		4
3. 4.	Unit- II:	Physiology DC-3 – Anatomy, Physiology and Exercise	4.Skeletal System & Muscular System- Type, location, function and structure of		4
+.	Offic- II.	Physiology	muscle.		
5.		SEC-1 – Track and Field	5.Track Events & Field events		4
J.		FIELD PRACTICAL	J. Hack Events & Field events		-
ANIRUI	DDHA SING	 H PERMAR , State Aided College Teacher-CB	CS-Semester-IV		4
Sl.No.	Unit	Paper Name	Subunit	Month	Classes
1	Unit- II:	DC-4- Health Education, Physical Fitness and	1. Communicable Diseases	January,	4
		Wellness.	Life-style Diseases.	Febrauray,	
2.	Unit- II:	DC-4- Health Education, Physical Fitness and	2. Nutrition.	March	4
۷.	Offic- II.	Wellness.	Z. NULTILIOII.		-
			3. Postural deformities.		
3.	Unit- II:	DC-4- Health Education, Physical Fitness and			4
		Wellness.			
					4
4	Unit- IV:	DC-4- Health Education, Physical Fitness and	4. Physical Fitness & Components of		
4.	Unit- IV:	DC-4- Health Education, Physical Fitness and Wellness.	4. Physical Fitness & Components of Physical Fitness.		
4. 5.	Unit- IV:				4

PHYSICAL EDUCATON- GENERAL -CBCS-Semester- I LESSON PLAN - 2019- 2020						
JOYIT	A SINGHA	, State Aided College Teacher				
Sl.No.	Unit	Paper Name	Sub- Unit	Month	Classes	
1.	Unit- I:	DC-I- History of Physical Education	Meaning and definition of Physical Education.	July - December	4	
2.	Unit- I:	DC-I- History of Physical Education.	Aim and objectives of Physical Education. 3. Modern concept of Physical Education.	July- December	4	
3.	Unit- I:	DC-I- History of Physical Education	Importance of Physical Education.			
4.	Unit- IV:	DC-I- History of Physical Education.	Yoga		4	
5.		DC-I- FIELD PRACTICAL	 Learn and demonstrate the technique of Suryanamaskar. Development of physical fitness through Callisthenics and Aerobic activities. 		4	
					4	
	SINGHA, S	tate Aided College Teacher-CBCS-Semester-II	Í	1	I	
Sl.No.	Unit	Paper Name	Subunit	Month	Classes	
2.	Unit- I: Unit- I:	DC-3 – Anatomy, Physiology and Exercise Physiology. DC-3 – Anatomy, Physiology and Exercise Physiology.	 Meaning and definition of Anatomy, Physiology and Exercise Physiology. Importance of Anatomy, Physiology and Exercise Physiology in Physical 	July - December	4	
3. 4.	Unit- I: Unit- II:	DC-3 – Anatomy, Physiology and Exercise Physiology DC-3 – Anatomy, Physiology and Exercise Physiology	Education. 3. Human Cell & Tissue 4. muscular contraction. Effect of exercise on muscular system.		4	
5.		SEC-1 – Track and Field FIELD PRACTICAL	5.Track Events & Field events		4	
					4	
OYITA	SINGHA, S	State Aided College Teacher-CBCS-Semester-I	V	1		
Sl.No.	Unit	Paper Name	Subunit	Month	Classes	
l	Unit- I:	DC-4- Health Education, Physical Fitness and Wellness.	Concept, definition and dimension of Health. Definition, aims, objectives and principles of Health Education.	January, Febrauray, March	4	
2.	Unit- I:	DC-4- Health Education, Physical Fitness and Wellness.	2. Health Agencies-		4	
3.	Unit- I:	DC-4- Health Education, Physical Fitness and Wellness.	3. School Health Program.		4	
1.	Unit- IV:	DC-4- Health Education, Physical Fitness and Wellness.	4 Concept of Wellness & Ageing		4	
5.		DC4_LAB_PRACTICAL & SEC- 2 Gymnastics and Yoga	First-aid Practical & Gymnastics and Yoga		4	