

Department of PHYSICAL EDUCATION

Lesson Plan 2020-21

Name of the teacher- Kawita Schrawat

Paper- Professional Preparation & Curriculum Design in phy. Edu. and Sports SC-II

Class- M.PES

Semester- 2nd

Days	Topic to be covered	Practicals to be covered
First week	UNIT-I Graduate Level Professional Preparation, Purposes, Admission Area, Curriculum, Field Exp. Teaching Pract	volleyball
Second week	UNIT-I Post-Graduate Prof. Preparation, Purposes, Admission, Prof. Avenues, Area of Spec. & Research Req.	Kabaddi
Third week	UNIT-I The Specialization professional Qualifications of Teaching Staff at Postgraduate level.	Football
Fourth week	UNIT-II In-Service Prof. preparation programme in phy. Edu. Concept: Meaning Imp. process and its Application.	Cricket
Fifth week	UNIT-II Prof. Courses, Advancement Schemes of UGC and Prof. Programmes.	Wrestling
Sixth week	UNIT-II Role of Govt. and Institutes for prof. Preparation of In Service training Prog. in phy. Edu. & Sp.	Middle Race
Seventh week	UNIT-III In Service Education of prof. Personnel Nature & Scope of Responsibility for In Service Training programme	Long Race
Eighth week	UNIT-III Concept of Evaluation in professional preparation	High Jump
Ninth week	UNIT-III Programmes: meaning, Importance, process and its Applications.	Triple Jump
Tenth week	UNIT-IV Concept of Curriculum Design and development Meaning, Need and Basic Principles - factors influence the phy. Edu.	Relay Races
Eleventh week	UNIT-IV Conceptual Understanding of phy. Edu. Curriculum & Design - Historical Review of India, Japan	Hammer throw
Twelfth week	UNIT-IV Concept of Curriculum Contents in Phy. Edu. - Prof. preparation Curricular programme	

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Name of the teacher- Kavita Sehrawat

Paper- Bio-Mechanics in phy. Edu.

Class- M.PES

Semester- 2nd

Days	Topic to be covered
First week	UNIT-I Meaning & Concept of Biomechanics - Importance of Biomechanics in phy. Edu. & Sports.
Second week	UNIT-I Mechanical Concepts - Concept of motion & its types - Distance & Displacement, Speed, velocity.
Third week	UNIT-I Uniform Acceleration - force and momentum, Pressure, Mass & weight, Gravity & Centre of Gravity
Fourth week	UNIT-II Balance, Equilibrium & Stability - Controlling Balance in static position - Controlling Balance during movement
Fifth week	UNIT-II Structural of Motor Action & Bio-mechanical Principles: Spin & its types - Effect of Spin on Speed of ball
Sixth week	UNIT-II Effect of Spin on Speed of the ball in flight Magnus effect: its application in Sports
Seventh week	UNIT-III Law of Inertia - (Linear motion) - Law of moment of Inertia (Angular motion) - Law of momentum (Linear motion)
Eighth week	UNIT-III Law of Angular Momentum (Angular motion) - Law of Action & Reaction (Linear motion) Law of Action & Reaction
Ninth week	UNIT-III Aerodynamic drag forces - skin friction - Profile Drag - Effect of stream line on drag - Terminal velocity
Tenth week	UNIT-IV forces Action on a System - Reaction forces - Friction forces - Centripetal & Centrifugal forces - Elastic force
Eleventh week	UNIT-IV Internal & External forces - Lever, types of lever & their Mechanical Advantage & Disadvantage with Special ref.
Twelfth week	UNIT-IV Projectile of Motion - projecting for Horizontal and Vertical Edu. & Sp. - projectile of motion - Projecting for Horizontal & Vertical Distance.

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Name of the teacher- Kawita Schrawat

Paper- Anatomy & physiology (Part - II)

Class- M.P.E.S

Semester- 2nd

Days	Topic to be covered
First week	UNIT - I Kind & Functions of Bones - Name & Location of the bones of Human Body.
Second week	UNIT - I Types of Joints - Description of Diarthrodial Joints.
Third week	UNIT - I Difference in male & female skeleton with Special Ref. to functional Ability in Sports.
Fourth week	UNIT - II Brief Description, Location & Functions of the mouth, Teeth, Tongue, Salivary Glands, Stomach Intestine
Fifth week	UNIT - II Structural & Functions of Elementary Canal.
Sixth week	UNIT - II Mechanism of Digestion & Absorption of food Effect of Exercise on Excretory System.
Seventh week	UNIT - III The neuron and the Motor unit - The motor and Sensory Impulses - Neuro - Transmission & mot. mech.
Eighth week	UNIT - III Locations, Anatomy & functions of the Brain Spinal Cord & its functions - Concept of Receptors
Ninth week	UNIT - III Reflex Action - Effect of Exercise on nervous system
Tenth week	UNIT - IV Meaning of Endocrine Glands - The Location and Functions of the following Endocrine Glands
Eleventh week	UNIT - IV Pituitary Glands, Thyroid & Parathyroid Glands - Adrenal Glands
Twelfth week	UNIT - IV Effect of Exercise on Endocrine Glands

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Name of the teacher- Kavita Sehrawat

Paper- Applied Statistics

Class- M.PES

Semester- 4th Sem.

Days	Topic to be covered
First week	UNIT- I What is statistics ? Definition & use in phy. & sports. Research measure of Central tendency - Mean, median, mode
Second week	UNIT- I Def., meaning, characteristics, uses & Computation from ungrouped & grouped data, Percentiles & quartiles - Meaning & Imp.
Third week	UNIT- I Computing percentiles from grouped data, Measures of variables Range, Quartile deviation, standard deviation, median Computation from Grouped
Fourth week	UNIT- II Normal Curve - Def. & Principles of normal curve, relation b/w binomial & normal curve - Def. & principles, Skewness, Kurtosis, Standard
Fifth week	UNIT- II Standard Scale - Z, T, G sigma, 7 Sigma, Statistics Inference : Reliability Validity limits, factors affecting reliability
Sixth week	UNIT- II T, F & Z Statistics, Null hypothesis, Type I and type II errors, Two and one tailed tests, significance level
Seventh week	UNIT- III Sampling and stratified random Sampling Standard errors
Eighth week	UNIT- III Correlation - Meaning, magnitude, Computing Product Moment Method (ungrouped & grouped data) rank
Ninth week	UNIT- III Difference method, level of Significance for Correlation Coefficients
Tenth week	UNIT- IV One way & two way analysis of Variance (Introduction) LSD & Scheffer's test
Eleventh week	UNIT- IV Research proposal & preparation of Research Report
Twelfth week	UNIT- IV Brief Introduction to Computer application.

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Name of the teacher- Kawita Sehrawat

Paper- Athletic Care & Rehabilitation

Class- M.PES

Semester- 4th Sem.

Days	Topic to be covered
First week	UNIT-I Concept of Athletic Trainer & Sports physician; Role of phy. Edu. Teacher/ Coaches in Athlete's Care & Rehabilitation
Second week	UNIT-I Team Medical Care, its Concept and approaches
Third week	UNIT-I Age determination in talent Search Scheme Hygiene in Camps and Competitions.
Fourth week	UNIT- II Definition of macro trauma and micro trauma Tissue response to stress, inflammation & different steps
Fifth week	UNIT- II Problem Common Sites and their management. Common Regional Injuries & their management.
Sixth week	UNIT- II Head & Neck, Face, Thorax, Abdomen, Pelvis, upper Limbs & Lower Limbs (Shoulder, elbow, wrist, Hip)
Seventh week	UNIT- III Therapeutic modalities & Rehabilitation Brief description of therapeutic modalities used in rehab.
Eighth week	UNIT- III Different forms of Hydrotherapy & Thermotherapy Hot & Cold packs, whirlpool, Contrast bath, Paraffin bath.
Ninth week	UNIT- III Infrared, Short wave Diathermy & Ultra Sound, indication & Contraindications of each modality
Tenth week	UNIT- IV Rehabilitation - Def. Concept & approach in athletic rehabilitation, action plan of athletic rehab.
Eleventh week	UNIT- IV Role of Ice in treatment of Sports injury
Twelfth week	UNIT- IV Pregnancy & Exercises.

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