

Department of Physical Education

Lesson Plan 2020-21

Name of the teacher- Dr. Rakesh Kumar

Paper- Sports Management

Class- MPES

Semester- 2nd

Days	Topic to be covered	Practicals to be Covered
First week	Unit-I Concept of Sports Management, Meaning, Definition and Importance - Nature	[Volleyball]
Second week	Unit-I Scope of Sports Management - Aims & Objectives of Sports Management - Guiding Principles of Sports Mngt.	
Third week	Unit-I Types of Management in Sports Assignment / Test	[Steeplechase]
Fourth week	Unit-II Role of Manager in Phy. Edu. and Sports Skills of Mngt. - Technical Skill, Human Skills, Conceptual, Personal	[Kabaddi]
Fifth week	Unit-II Qualities & Qualifications of Manager in Phy Edu. And Sports, Layout of Play Field and Out Doors Sports	
Sixth week	Unit-II Area, Care & maintenance of Play Field - Need, Importance and Types of Sports Equipment, Disposal of Sports Equipment	[Middle Races]
Seventh week	Unit-III Concept of Supervision, Meaning, Definition, Need and Guiding Principles Qualities of a Good Supervisor	
Eighth week	Unit-III Techniques of Supervision - Aims And Objectives of Supervision	[Long Distance Races]
Ninth week	Unit-III Types of Facilities And their Maintenance Assignment / Test	
Tenth week	Unit-IV Concept of Planning - Meaning, Definition, Need Importance, Principles of Planning, Facility - Steps Involved in Planning	
Eleventh week	Unit-IV Role of Planning for Betterment in Phy Edu & Sports Records & Registers - Meaning, Types, Importance & Maintenance	[High Jump]
Twelfth week	Unit-IV Role of Physical Education Teacher in Maintaining Records And Registers	

Place

Department of Physical Education

Lesson Plan 2020-21

Name of the teacher- Dr. Kaleesh Kumar

Paper- Techniques of Officiating & Coaching - II

Class- MPES

Semester- 2nd

Days	Topic to be covered	Practicals to be covered
First week	Unit I Concept of Coaching, Planning, Nature & Scope, Basic Coaching Principles in Games & Sports Qualities of a Good Coach	Triple Jump
Second week	Unit I Responsibility of a Coach, Role of following in Sports Performance A. Phy. Fitness B. Skill Ability C. Psychological	
Third week	Unit I Skill Execution Ability - Measure for Improving Standard of Officials / Assignment	Football
Fourth week	Unit II Marking, Measurements, Equipments, Basic Fundamentals Glossary, Rules & Regulations Hockey, Handball, Volley, Kho-Kho	Relay Races
Fifth week	Unit II Preparation of Score Sheet for Hockey, Handball, Volleyball, Kho-Kho and Wrestling	
Sixth week	Unit II Outstanding Achievers, Topics And Award Related with Hockey, Handball, Volleyball, Kho-Kho & Wrestling / Test	
Seventh week	Unit III Marking, Measurement, Equipments, Techniques Glossary, Outstanding Achievers	Cricket
Eighth week	Unit III Rules & Regulations of following Athletic Event (I) Combined Events (II) Road / Races	
Ninth week	Unit III General Principles for Marking the Route for Road Races - Preparation of Score Sheet for Combined & Road Races	
Tenth week	Unit IV Requirement of Calories And its Sources for the Sports Person - General Guidelines for the Diet of a Sports Person	Wrestling
Eleventh week	Unit IV Competition Food Stuffs for Sports Person - Balance Diet - Contribution of Nutrition of Sports Performance	
Twelfth week	Unit IV General Guidelines for Preparing Training Session - Factors Affecting Sports Person / Assignment	Hammer Throw

Place

Department of PHYSICAL EDUCATION

Lesson Plan 2020-21

Name of the teacher- Dr. Rakesh Kumar

Paper- Scientific principle of Sports Training

Class- M. PES

Semester- 4th Sem.

Days	Topic to be covered	Practical to be Covered.
First week	UNIT-I Introduction, Definition, aims & characteristics of Sports training.	
Second week	UNIT-I Principles of Sports training Specificity over load & reversibility.	Sprint Races and Middle/long
Third week	UNIT-I Massed & distributed practice.	Fault detection. Removal of fault
Fourth week	UNIT-II Training load & adaptation, Loading - long distance Definition, internal & external load	Races
Fifth week	UNIT-II Components of load - Intensity of loading density of loading, duration and extent.	Corrective Fault Removal
Sixth week	UNIT-II Progressive and fluctuation method of load. overload - Symptoms, causes and remedies.	Photo, Keboards Fault Removal
Seventh week	UNIT-III Motor-fitness variable, physical fitness Components - Definition, importance, Classification & determining.	Corrective
Eighth week	UNIT-III Factors of Speed, Endurance, Basic Endurance Flexibility & coordinative abilities, Fitness & training.	Hockey, Volleyball.
Ninth week	UNIT-III Basic types of training - resistance training circuit training, interval & fartlek training, pressure	Polymetric
Tenth week	UNIT-IV Technical & Tactical training, Definition of techniques & tactics.	High Jump, Long Jump
Eleventh week	UNIT-IV Aims of technical training, Classification of technique.	Fault Removal of Fault
Twelfth week	UNIT-IV Training tactics & principles of tactical Preparation.	Corrective

Rekha

Department of Physical Education

Lesson Plan 2020-21

Name of the teacher- Dr. Rakesh Kumar

Paper- Yogic Science

Class- MPES

Semester- 4th.

Days	Topic to be covered	Practical to be covered [Fault detection, Removal of Fault, Corrective]
First week	Unit-I Meaning & Definition of Yoga, Ashtanga Yoga, Niyam Yoga, Yama, asana, pranayama, Pratyahara, Dharana, Dhyana, Samadhi	
Second week	Unit-I Concept of Yogic Practices, Principles of Breathing, Awareness, relaxation, Sequence-Counter pose-Time place-Clothes	[Pole Vault] [Triple Jump]
Third week	Unit-I Emptying the bowels-Stomach-Diet-No straining	
Fourth week	Unit-II Loosening Exercise, Techniques & benefits, Asanas:- Types-Techniques & Benefits.	[Judo] [Judo]
Fifth week	Unit-II Surya Namaskar:- Methods and Benefits, Pranayams:- Types- Methods and Benefits / Test	[Shot put]
Sixth week	Unit-II Nadis:- Meaning Methods and Benefits, Chakra Major chakras Benefits of clearing and Balance chakras	[Discus] [Throw]
Seventh week	Unit-III Shat kriyas-Meaning Techniques and Benefits of Neti, Khoti-kapalapathi	[Hammer Throw]
Eighth week	Unit-III meaning Techniques and Benefits of Trataka-Nauli-Basti-Bandha	[Basketball]
Ninth week	Unit-III meaning, Techniques & Benefits of Talasandra Bandha Jihva Bandha, Ubbiyana Bandha, Mala Bandha	[Bandha] [Handball]
Tenth week	Unit-IV Meaning, Techniques and Benefits of Hasta Mudras, Asamyukta Hastam, Samyukta Hastam, Marx	[Javelin] [Throw]
Eleventh week	Unit-IV Mudra, Kaya Mudra, Bandha Mudra, Adhasa Mudra Meditation:- Meaning, Techniques & Benefits	[And others]
Twelfth week	Unit-IV Meditation-Passive and active, Saguna Meditation And Nirguna Meditation / Assignment	[Cricket] [Football] [ek.]

Pilane

Department of Physical Education

Lesson Plan 2020-21

Name of the teacher-

Paper- Health And Yoga

Class- B.A.

Semester- 2nd

Days	Topic to be covered	Practicals to be covered
First week	Unit-I Meaning And Importance of Health	Basketball
Second week	Unit-I Meaning, Importance of Health Education / Health Education in Modern Society	
Third week	Unit-I Guiding Principle of Health Education Assignment / Test	Netball
Fourth week	Unit-II Importance of Light and Cross Ventilation At School And Home	
Fifth week	Unit-II Meaning of Personal Hygiene And Its Importance	Discus throw
Sixth week	Unit-II Meaning & Importance of Personal Hygiene, Personal Hygiene of the following:- Teeth, Ears, Eyes, Skin, Nail & Fingers	
Seventh week	Unit-III Meaning of Communicable diseases	100mts. Hurdle
Eighth week	Unit-III Mode of transmission & Prevention of the following: (I) HIV/AIDS (II) Hepatitis. B & C	
Ninth week	Unit-III Mode of transmission & Prevention of the following: (III) MALARIA (IV) TUBERCULOSIS (V) CHOLERA	Boxing
Tenth week	Unit-IV Meaning, types and Aims of Yoga Assignment	Gymnastic
Eleventh week	Unit-IV Procedure & Benefits of following Asans:- Suryanamaskar, Bhujang Asan, Hal Asan, Bhujang Asan	1000mts. Race
Twelfth week	Unit-IV Procedure & Benefits of following Asans:- Ardha Machhendras Asan, Chakras Asan, Matsya Asan, Karna Pawan Asan, Mayur Asan And Setu Bandha Asan	

P. Baul

Department of Physical Education

Lesson Plan 2020-21

Name of the teacher- Dr. Lalceesh Kumar

Paper- Organization & Management of Phys. Edu.

Class- B.A

Semester- 6th

Practicals
to be covered

Days	Topic to be covered	Practicals to be covered
First week	Unit-I Need, Importance and Characteristics of Track Care And maintenance of Track	
Second week	Unit-I Conduct of Annual Athletic meet Football	
Third week	Unit-I Organization And conduct of tournament Assignment / Test	
Fourth week	Unit-II Meaning, Importance & Scope of Sports Mgmt Factor influencing Sports management	3000 mtrs Race
Fifth week	Unit-II Qualification And qualities of Physical Education Teachers	40-400
Sixth week	Unit-II Duties of an official :- Pre-Game during Game And Post-Game	Pole vault
Seventh week	Unit-III Prevention of Sports Injury & Rehabilitation, Sports Injury & Various factors causing injury.	Kabaddi (Haryana Style)
Eighth week	Unit-III Principles of prevention of Sports Injury Meaning and Scope of Rehabilitation	
Ninth week	Unit-III Facilities available for rehabilitation, Role of Physical Education teachers in rehabilitation	4x400m Relay Race
Tenth week	Unit-IV Meaning of Professional Preparation Definition of Professional Preparation	
Eleventh week	Unit-IV Significance of Professional Preparation In Physical Education	Chess
Twelfth week	Unit-V Curriculum Design in Physical Education Assignment / Test	

(Pencil)