**Lesson plan of B.A. 1St year**

**Subject:-Health & Physical Education**

**Semester-1 (Odd) – Theory**

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| **Month** | **Unit** | **Remarks** |
| **September** | **Unit-1: Introduction to Physical Education**   1. Meaning, Definition and scope of Physical Education. 2. Relation of Physical Education with General Education. 3. Aim, Objectives and importance of Physical Education in Modern Society. 4. Misconceptions regarding Physical Education. |  |
| **October** | **Unit-2: Health & Hygiene**   1. Meaning, Definition and Importance of Health. 2. Factors influencing Health. 3. Meaning and Importance of Personal Hygiene. 4. Hygiene of various body parts and Factors influencing Personal Hygiene. |  |
| **November** | **Unit-3: Introduction of Yoga**   1. Yoga- Meaning, Concept and Historical Development. 2. Types of Yoga. 3. Importance of Yoga in healthy living. 4. Pranayama­- meaning, types and their benefits. |  |
| **December** | **Unit-4: Introduction to Human Anatomy and Physiology.**   1. Meaning and definition of Human Anatomy and Physiology. 2. Importance of Human Anatomy and Physiology in Physical Education. 3. Definition of Cell, Tissue, Organ and System. 4. Structure and Properties of cell. |  |

**Lesson plan of B.A. 2nd year**

**Subject:-Health & Physical Education**

**Semester-3 (Odd) – Theory**

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| **Month** | **Unit** | **Remarks** |
| **September** | **Unit-1: Concept of Safety Education.**   1. Meaning, Need and importance of Safety Education. 2. Sports Injuries : Types and causes 3. Principles of prevention of sports injuries. 4. General treatment for common sports injuries i.e. Abrasion, Contusion, Sprain, Strain, Fracture and Dislocation of joints. |  |
| **October** | **Unit-2: Common Diseases**   1. Meaning of Communicable and Non-Communicable disease. 2. Modes of transmission, prevention and control of communicable diseases. 3. Common Diseases: HIV/AIDS, Hepatitis, Dengue, Typhoid, Malaria and influenza. 4. Allergy related diseases: Asthma and Sinuses. |  |
| **November** | **Unit-3: Concept of Balance Diet**   1. Balanced Diet: Meaning and importance. 2. Components of Balanced diet and their sources. 3. Factor affecting balanced diet. 4. Harmful effects of junk food. |  |
| **December** | **Unit-4: Anatomy and Physiology of Body System.**   1. Circulator System: Structure of Heart. 2. Functioning of Heart. 3. Types of Circulation: Systemic and Pulmonary. 4. Effects of exercise on circulatory System. |  |

**Lesson plan of B.A.3rd year**

**Subject:-Health & Physical Education**

**Semester-5 (Odd) – Theory**

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| **Month** | **Unit** | **Remarks** |
| **September** | **Unit-1: Growth & Development**   1. Meaning and Definitions of Growth & Development. 2. Stages of Growth & Development. 3. Principles and Factors influencing Growth & Development. 4. Age and sex difference in relation to physical activities and sports. |  |
| **October** | **Unit-2: Concept of Sports Organization and Administration**   1. Meaning and importance of organization and administration in Physical Education and Sports. 2. Principles of sports organization and administration. 3. Organization and administration of Intramural and Extramural activities. 4. Tournaments and their types (League and Knock out). |  |
| **November** | **Unit-3: Concept of Posture**   1. Meaning of posture and importance of good posture. 2. Causes of poor posture. 3. Symptoms and causes of postural Deformities: Lordosis, Kyphosis, Scoliosis, Flat feet, Knock Knee and Bow legs. 4. Precautions and Remedies for postural deformities. |  |
| **December** | **Unit-4: Anatomy and Physiology**   1. Gross Anatomy of muscle, types of muscles in Human body. 2. Effects exercise on muscular system. 3. Composition of Human body. 4. Functions of Blood. |  |