

B.A (PHYSICAL EDUCATION)

Semester	Subject code	Subject
SEM-I	BA(Physical Education)-101	PHYSICAL EDUCATION (THEORY)
SEM-I	BA(Physical Education)-102	PHYSICAL EDUCATION (PRACTICAL)
SEM-III	BA(Physical Education)-301	PHYSICAL EDUCATION (THEORY)
SEM-III	BA(Physical Education)-302	PHYSICAL EDUCATION (PRACTICAL)
SEM-V	BA(Physical Education)-501	PHYSICAL EDUCATION (THEORY)
SEM-V	BA(Physical Education)-502	PHYSICAL EDUCATION (PRACTICAL)

LESSON PLAN B.A(PHYSICAL EDUCATION) SEMESTER – I

TOPIC	NOTES/STRATERGIES/RESOURCES	TIME
PART - A CHAPTER - 1		1 week (6 periods)
INTRODUCTION	This particular chapter gives introduction of the education and physical education	
BODY OF THE LESSON	<p>Contents:</p> <ul style="list-style-type: none"> • Education • Physical education • Physical training • Coaching <p>BOOK:</p> <p>Text of Physical Education</p> <p>Activity:</p> <ul style="list-style-type: none"> • 400 meter track • Long jump 	
CONCLUSION	Home work and assignment	
PART - A CHAPTER - 2		1 week (6 periods)
INTRODUCTION	This particular chapter gives introduction of the aim and objectives of physical education	
BODY OF THE LESSON	<p>Contents:</p> <ul style="list-style-type: none"> • Aim of Physical Education • Scope of Physical Education • Objectives of Physical Education <p>BOOK:</p> <p>Text of Physical Education</p> <p>Activity:</p> <ul style="list-style-type: none"> • 200 meter track • Handball 	
CONCLUSION	Home work and assignment	
PART - A CHAPTER - 3		1 week (6 periods)
INTRODUCTION	This particular chapter gives introduction of the Relationship of Education and Physical Education	
BODY OF THE LESSON	<p>Contents:</p> <ul style="list-style-type: none"> • Education through Physical Education • Physical Education an aspect of Physical 	

	<p>Education</p> <ul style="list-style-type: none"> Relationship between Physical Education and Education <p>BOOK:</p> <p>Text of Physical Education</p> <p>Activity:</p> <ul style="list-style-type: none"> Track events volleyball 	
CONCLUSION	Home work and assignment	
PART - A CHAPTER - 4		2 week (12 periods)
INTRODUCTION	This particular chapter gives introduction of the Biological Principles	
BODY OF THE LESSON	<p>Contents:</p> <ul style="list-style-type: none"> Growth and Development Difference between Growth and Development Principles of Growth and Development Age and Sex Difference Effect of Heredity and Environment on Growth and Development Chronological age , Physiological age and Anatomical age Body types <p>BOOK:</p> <p>Text of Physical Education</p> <p>Activity:</p> <ul style="list-style-type: none"> Field events Badminton 	
CONCLUSION	Home work and assignment	
PART - B CHAPTER – 1		1 week (6 periods)
INTRODUCTION	This particular chapter gives introduction of the Development of Physical Education in India	
BODY OF THE LESSON	<p>Contents:</p> <ul style="list-style-type: none"> Pre-Independence Post Independence The Indian Olympic Association The state Council of Sports Sports Department of Punjab <p>BOOK:</p>	

	Text of Physical Education Activity: <ul style="list-style-type: none"> • 100 meter Hurdle Race • Kho kho 	
CONCLUSION	Home work and assignment	
PART - B CHAPTER – 2		2 week (12 periods)
INTRODUCTION	This particular chapter gives introduction of the Olympic Games	
BODY OF THE LESSON	Contents: <ul style="list-style-type: none"> • Ancient Olympic Games • Modren Olympic Games • List of Olympic Games held so far • Saf Games and National Games BOOK: Text of Physical Education Activity: <ul style="list-style-type: none"> • 100 meter Hurdle Race • Kho kho 	
CONCLUSION	Home work and assignment	
PART - B CHAPTER – 3		2 week (12 periods)
INTRODUCTION	This particular chapter gives introduction of the Sports Schemes in India	
BODY OF THE LESSON	Contents: <ul style="list-style-type: none"> • Rajkumari Amrit Kaur • Neta ji Subhash National Institute of Sports • Spotr Authority of India • Punjab Sports Department • Indian Olympic Association • State Olympic Association BOOK: Text of Physical Education Activity: <ul style="list-style-type: none"> • 400 meter Hurdle Race • Football 	
CONCLUSION	Home work and assignment	

LESSON PLAN B.A(PHYSICAL EDUCATION) SEMESTER – III

TOPIC	NOTES/STRATERGIES/RESOURCES	TIME
PART - A CHAPTER - I		1 week (6 periods)
INTRODUCTION	This particular chapter gives introduction of the Meaning of learning	
BODY OF THE LESSON	<p>Contents:</p> <ul style="list-style-type: none"> • Meaning of Learning • Nature of Skill Learning • Laws of Learning <p>BOOK:</p> <p>Text of Physical Education</p> <p>Activity:</p> <ul style="list-style-type: none"> • 400 meter track • Long jump 	
CONCLUSION	Home work and assignment	
PART - A CHAPTER - 2		1 week (6 periods)
INTRODUCTION	This particular chapter gives introduction of the Learning Curve	
BODY OF THE LESSON	<p>Contents:</p> <ul style="list-style-type: none"> • Learning Curves • Convex Learning or Negative Accelerated Curve • Concave Learning Curve or Positive Accelerated Curve <p>BOOK:</p> <p>Text of Physical Education</p> <p>Activity:</p> <ul style="list-style-type: none"> • 200 meter track • Shot put 	
CONCLUSION	Home work and assignment	
PART - A CHAPTER - 3		1 week (6 periods)
INTRODUCTION	This particular chapter gives introduction of the Motivation in Physical Education	
BODY OF THE LESSON	Contents:	

	<ul style="list-style-type: none"> • Intrinsic Motivation or Natural • Extrinsic Motivation • Aspect of Motivation • Methods of Motivation • Importance of Motivation in Sports <p>BOOK:</p> <p>Text of Physical Education</p> <p>Activity:</p> <ul style="list-style-type: none"> • Track Events • Hand ball 	
CONCLUSION	Home work and assignment	
PART - A CHAPTER - 4		1 week (6 periods)
INTRODUCTION	This particular chapter gives introduction of the Theories of Play	
BODY OF THE LESSON	<p>Contents:</p> <ul style="list-style-type: none"> • Surplus Energy Theory • Recreation Theory • Cathartic Theory • Anticipatory Theory • Recapitulation Theory <p>BOOK:</p> <p>Text of Physical Education</p> <p>Activity:</p> <ul style="list-style-type: none"> • Field Events • Badminton 	
CONCLUSION	Home work and assignment	
PART - A CHAPTER - 5		1 week (6 periods)
INTRODUCTION	This particular chapter gives introduction of the Psychological Factors Affecting Sports Performance	
BODY OF THE LESSON	<p>Contents:</p> <ul style="list-style-type: none"> • Psychological Factors • Social Factors • Physiological Factors • Anatomical Factors • Environmental Factors 	

	<p>BOOK:</p> <p>Text of Physical Education</p> <p>Activity:</p> <ul style="list-style-type: none"> • 100 meter hurdle • Football 	
CONCLUSION	Home work and assignment	
PART - B CHAPTER - I		1 week (6 periods)
INTRODUCTION	This particular chapter gives introduction of the Transfer of Training	
BODY OF THE LESSON	<p>Contents:</p> <ul style="list-style-type: none"> • Positive Transfer • Negative Transfer • Zero Transfer <p>BOOK:</p> <p>Text of Physical Education</p> <p>Activity:</p> <ul style="list-style-type: none"> • 400 meter hurdle • Kho kho 	
CONCLUSION	Home work and assignment	
PART - B CHAPTER - 2		1 week (6 periods)
INTRODUCTION	This particular chapter gives introduction of the Growth and Development in Childhood	
BODY OF THE LESSON	<p>Contents:</p> <ul style="list-style-type: none"> • Mental Development during Childhood • Emotional Development during Childhood • Inter personal Social Development during Early Childhood <p>BOOK:</p> <p>Text of Physical Education</p> <p>Activity:</p> <ul style="list-style-type: none"> • Triple jump • Volley ball 	

CONCLUSION	Home work and assignment	
PART - B CHAPTER - 3		1 week (6 periods)
INTRODUCTION	This particular chapter gives introduction of the Sports and Economy	
BODY OF THE LESSON	<p>Contents:</p> <ul style="list-style-type: none"> • Meaning of Planned Economy • Role of Economy in Sports <p>BOOK:</p> <p>Text of Physical Education</p> <p>Activity:</p> <ul style="list-style-type: none"> • High jump • Basketball 	
CONCLUSION	Home work and assignment	
PART - B CHAPTER - 4		1 week (6 periods)
INTRODUCTION	This particular chapter gives introduction of the Causes of Poor Performance of Sports in India	
BODY OF THE LESSON	<p>Contents:</p> <ul style="list-style-type: none"> • Lack of Good Training • Lack of Good Diet • Poor Financial Condition of Players • Lack of Good Comprtition <p>BOOK:</p> <p>Text of Physical Education</p> <p>Activity:</p> <ul style="list-style-type: none"> • 200 meter hurdle • Long jump 	
CONCLUSION	Home work and assignment	
PART - B CHAPTER - 5		1 week (6 periods)
INTRODUCTION	This particular chapter gives introduction of the Sports and Socialisation, Sports and Politics	
BODY OF THE	Contents:	

<p>LESSON</p>	<ul style="list-style-type: none"> • Social Values and Development of Various Traits and Ideas • Cooperation and Competition • Social Recognition • Sports and Socialisation • Historical Aspect of Politics in Sports • Boycott of the Moscow Olympic Games in 1980 • Role of Politics Sports <p>BOOK:</p> <p>Text of Physical Education</p> <p>Activity:</p> <ul style="list-style-type: none"> • Cricket • Long jump 	
<p>CONCLUSION</p>	<p>Home work and assignment</p>	

LESSON PLAN B.A(PHYSICAL EDUCATION) SEMESTER – V

TOPIC	NOTES/STRATERGIES/RESOURCES	TIME
PART - A CHAPTER - 1		1 week (6 periods)
INTRODUCTION	This particular chapter gives introduction of the Meaning and Importance of Recreation	
BODY OF THE LESSON	<p>Contents:</p> <ul style="list-style-type: none"> • Meaning of Recreation • Need and Importance of Recreation <p>BOOK:</p> <p>Text of Physical Education</p> <p>Activity:</p> <ul style="list-style-type: none"> • 400 meter track • Long jump 	
CONCLUSION	Home work and assignment	
PART - A CHAPTER - 2		1 week (6 periods)
INTRODUCTION	This particular chapter gives introduction of the Aim and Objectives of Recreation	
BODY OF THE LESSON	<p>Contents:</p> <ul style="list-style-type: none"> • Aim of Recraetion • Objective of Recreation • Principles <p>BOOK:</p> <p>Text of Physical Education</p> <p>Activity:</p> <ul style="list-style-type: none"> • 200 meter track • Shot put 	
CONCLUSION	Home work and assignment	
PART - A CHAPTER - 3		1 week (6 periods)
INTRODUCTION	This particular chapter gives introduction of the Intramural and Extramural Sports	

	in Rural Area	
BODY OF THE LESSON	<p>Contents:</p> <ul style="list-style-type: none"> • Advantages of Intramural and Extramural Sports • Need for Sports Competition <p>BOOK:</p> <p>Text of Physical Education</p> <p>Activity:</p> <ul style="list-style-type: none"> • Track Events • Hand ball 	
CONCLUSION	Home work and assignment	
PART - A CHAPTER - 4		1 week (6 periods)
INTRODUCTION	This particular chapter gives introduction of the Tournament	
BODY OF THE LESSON	<p>Contents:</p> <ul style="list-style-type: none"> • Knock-out Tournaments • Round robin or League Tournaments • Combination Tournaments <p>BOOK:</p> <p>Text of Physical Education</p> <p>Activity:</p> <ul style="list-style-type: none"> • Field Events • Badminton 	
CONCLUSION	Home work and assignment	
PART - A CHAPTER - 5		1 week (6 periods)
INTRODUCTION	This particular chapter gives introduction of the Organisation of Camps, Picnics and play days	
BODY OF THE LESSON	<p>Contents:</p> <ul style="list-style-type: none"> • Types of Camps • Objectives of Camps • Organisation of Camps • Lay out of Camp Sites • Importance Point for Picnic 	

	<ul style="list-style-type: none"> • Essential Points of Good Picnic • Importance of Sports Day • <p>BOOK:</p> <p>Text of Physical Education</p> <p>Activity:</p> <ul style="list-style-type: none"> • 100 meter hurdle • Football 	
CONCLUSION	Home work and assignment	
PART - B CHAPTER - I		1 week (6 periods)
INTRODUCTION	This particular chapter gives introduction of the Meaning and Type of Posture	
BODY OF THE LESSON	<p>Contents:</p> <ul style="list-style-type: none"> • Sitting Posture • Posture for Reading • Posture of Writing • Posture for Standing • Posture of Walking <p>BOOK:</p> <p>Text of Physical Education</p> <p>Activity:</p> <ul style="list-style-type: none"> • 400 meter hurdle • Kho kho 	
CONCLUSION	Home work and assignment	
PART - B CHAPTER - 2		1 week (6 periods)
INTRODUCTION	This particular chapter gives introduction of the Posture Deformities, Spinal and Foot	
BODY OF THE LESSON	<p>Contents:</p> <ul style="list-style-type: none"> • Spinal Curvatures • Bent neck • Defects in the bones of the chest • Rickets or bow legs • Flat foot • Striking of Knees 	

	<p>BOOK:</p> <p>Text of Physical Education</p> <p>Activity:</p> <ul style="list-style-type: none"> • Triple jump • Volley ball 	
CONCLUSION	Home work and assignment	
PART - B CHAPTER - 3		1 week (6 periods)
INTRODUCTION	This particular chapter gives introduction of the Meaning and Importance of Kinesiology	
BODY OF THE LESSON	<p>Contents:</p> <ul style="list-style-type: none"> • Meaning of Kinesiology • Importance of Kinesiology <p>BOOK:</p> <p>Text of Physical Education</p> <p>Activity:</p> <ul style="list-style-type: none"> • High jump • Basketball 	
CONCLUSION	Home work and assignment	
PART - B CHAPTER - 4		1 week (6 periods)
INTRODUCTION	This particular chapter gives introduction of the Joints, Muscles, Their types and Movements	
BODY OF THE LESSON	<p>Contents:</p> <ul style="list-style-type: none"> • Attachment of Muscles • Muscular Contraction • Nerve Supply • Muscular Tone • Sources of Muscular Power • Blood Supply in Muscles • Joints, their kind and Movements 	

	BOOK: Text of Physical Education Activity: <ul style="list-style-type: none"> • 200 meter hurdle • Long jump 	
CONCLUSION	Home work and assignment	
PART - B CHAPTER - 5		1 week (6 periods)
INTRODUCTION	This particular chapter gives introduction of the Therapeutic Exercises, Their Classification and Benefits	
BODY OF THE LESSON	Contents: <ul style="list-style-type: none"> • Passive Exercises • Assisted Exercises • Active Exercises • Resisted Exercises • BOOK: Text of Physical Education Activity: <ul style="list-style-type: none"> • Cricket • Long jump 	
CONCLUSION	Home work and assignment	