

TEACHER'S LESSON PLAN 2018-19			
Teacher's name	Department	Course	Subjects
Dr. Rashmi Gupta	Physical Education	Generic Elective III Semester	Physical Education
SUBJECT NAME	Health Education, Anatomy and Physiology		
UNITS	Sub Topics of Units		No. of Lectures
		sub topics	
1	Health Education		
1.1	a	Health education meaning	1
	b	Health education concept	1
	c	Health education Principles	1
1.2	a	Health Importance	1
	b	Health Components	1
	c	Health promoting behaviors	1
1.3	a	Role of Personal hygiene	1
	b	Role Of Mental hygiene	1
	c	Role of Sleep hygiene	1
	d	Role of Occupational hygiene	1
1.4	a	Role of different agencies in promoting health-WHO	2
	b	UNICEF	2
	c	Local Bodies	1
	TOTAL		15
2	Anatomy and Physiology		
2.1	a	Basic concept	1
	b	Need and Importance of anatomy and physiology in physi	1
2.2	a	Defination and description of Cell	2
	b	Tissue	2
	c	Organ and System	1
2.3	a	Introduction to Skeletal System	1
	b	Muscular System	2
	c	Circulatory System	2
	d	Respiratory System	2
	e	Digestive System	2
	f	Excretory System	2
	g	Nervous System	2
	h	Endocrine System	2
2.4		Physiological Factors Affecting Development of Physical F	1
	Total		23
3	Training effects on anatomical and physiological systems		
3.1		Effect of exercise on skeletal system	1
		Muscular System	1
		Circulatory System	1
		Respiratory System	1
		Digestive System	1
		Excretory System	1
		Nervous System	1
		Endocrine System	1
3.2		concepts of warming up, conditioning and cooling down	2
3.3		concepts of fatigue, stitch,cramp, oxygen debt, second wi	2
3.4		Markers for training effect- Maximum heart rate, vital cap	2

		Total	14
Practical			
1		Asanas with therapeutic value: Karnapeedasana, Padmasana	10
2		Draw and label any five anatomical and physiological systems	10
3		Demonstrate Warming up, conditioning and cooling down	6
		Total	26

TEACHER'S LESSON PLAN 2018-19			
Teacher's name	Department	Course	Subjects
Dr. Rashmi Gupta	Physical Education	Generic Elective IV Semester	Physical Education
SUBJECT NAME	Posture, Athletic Care and First -Aid		
UNITS	Sub Topics of Units		No. of Lectures
		sub topics	
1	Posture		
1.1	a	Posture- concept, significance, benefits	1
1.2	a	Bad posture (sitting, standing, walking and lying down)	1
	b	effects of bad posture on our body	1
1.3	a	Postural deformities-Types and Causes	1
	b	kyphosis	1
	c	lordosis	1
	d	scoliosis	1
	e	Knock Knee	1
	f	Bow legs	1
	g	Flat Foot	1
	h	corrective exercises	1
1.4		illness due to improper posture (back pain, neck pain) correction	1
	TOTAL		12
2	Athletic Care		
2.1	a	Sports medicine and athletic care-concept, significance	1
	b	Factors causing injuries	1
2.2	a	General principles of prevention of injuries	1
2.3	a	common sports injuries- Strain and muscle	1
	b	Ligament sprain	1
	c	Frozen shoulder	1
	d	lower back strain	1
	e	Tennis and golfers Elbow	1
	f	runners knee	1
	g	Shin pain	1
	h	Blister	1
	i	Concussion	1
	j	Abrasion	1
	k	Laceration	1
	l	Haematoma	1
	m	Fracture	1
	n	Dislocation	1
2.4		Management of injuries- Strain and muscle	1
		Ligament sprain	1
		Frozen shoulder	1
		lower back strain	1
		Tennis and golfers Elbow	1

		runners knee	1
		Shin pain	1
		Blister	1
		Concussion	1
		Abrasion	1
		Laceration	1
		Haematoma	1
		Fracture	1
		Dislocation	1
		Total	31
First Aid, Ergogenic Aids and Rehabilitation			
3.1		Sports injuries and First Aid (PRICE)	1
3.2	a	Rehabilitation-Aims and Objectives	1
	b	Recovery-Ice bath, Contrast bath, Hot Fermentation	3
3.3	a	Therapeutic Modalities- Therapeutic Ultrasound	1
	b	Interferential therapy unit	1
		TENS	1
		Infrared lamp	1
		Wax bath	1
		Short wave diathermy	1
		Muscle strengthening through active and passive exercise	1
		Total	12
Practical			
1		Demonstrate stretching and strengthening exercises for ky	10
2		illustration and demonstration of active and passive exerc	3
3		Asanas with therapeutic value: Karnapeedasana, Padmasa	10
4		Practice PRICE in first aid	3
		Total	26

TEACHER'S LESSON PLAN 2018-19			
Teacher's name	Department	Course	Subjects
Dr. Rashmi Gupta	Physical Education	B.El.Ed II Year	Physical Education
SUBJECT NAME	Physical Education		
UNITS	Sub Topics of Units		No. of Lectures
1	1.1	Meaning & Integrated concept of physical education	1
	1.2	Aims,objectives and principles of Physical education	1
	1.3	Relation between education and physical education	1
	1.4	Meaning of health, wellness & Quality of life	1
	1.5	physical fitness and its importance	1
	1.6	components of physical fitness	1
	1.7	Fitness tests for measurement of different fitness compon	1
2	2.1	Balanced Diet and Food Pyramid	1
	2.1	Healthy eating habits	1
	2.3	Diet chart	1
3	3.1	Concept of First-Aid	1
	3.2	Common sports Injuries	1

	3.3	PRICE treatment	1	
4	4.1	Stress-Concept, causes, factors	1	
	4.2	Management of Stress	1	
		Total	15	
	Practical	Teaching of basic concept of different sports- Athletics, Ba	20	
		Teaching of Minor Games	5	
		Teaching conditioning Exercises	5	
		Total	30	

TEACHER'S LESSON PLAN FOR YEAR 2021-22

Teacher's name	Department	Course	Subjects
DR. RASHMI GUPTA	physical education	GENERIC ELECTIVE (HONS.)	AEROBICS TRAINING

SUBJECT NAME	Sub Topics of Units		No. of Lectures
UNITS	AEROBICS TRAINING SEMESTER 3	sub topics	

UNIT-1 INTRODUCTION		
1 a. Introduction to aerobics		4
b evolution of aerobics		3
c. benefits of participation in aerobics		4
d. individualised and group training in aerobics		4
TOTAL		15
2 UNIT-2 AEROBICS		
a. forms of aerobics (floor, weight, step, aqua aerobics)		8
3 b. appropriate aerobics gear		3
c. flooring and required equipment		3
d. need, benefits and selection of music for aerobics		4
TOTAL		18

SUBJECT NAME UNIT 3 GROUP TRAINING

UNITS	a. development of aerobics fitness programmes	4
	b. group training methods	3
1	c. group formation	3
	d. prevention and care specific to aerobics- foot injuries, shin injuries, knee injuries, multiple site injuries	9
	TOTAL	19
	PRACTICAL	
	a. develop a 5-10 minute routine of aerobics	10
	b. compilation of music for a pendrive low impact, medium impact, high impact floor aerobics	6
	c. demonstrate various group formation in an aerobics routine	10
3	TOTAL	26

TEACHER'S LESSON PLAN FOR YEAR 2021-22

Teacher's name	Department	Course	Subjects
	physical education	GENERIC ELECTIVE (HONS.)	FITNESS AND EXERCISE MANAGEMENT

SUBJECT NAME	Sub Topics of Units		No. of Lectures
UNITS	FITNESS AND EXERCISE MANAGEMENT SEMESTER 4	sub topics	
	UNIT-1 PHYSICAL FITNESS		
	1	1.1 concept and significance of physical fitness	2
		1.2 Components of physical fitness	2
		assessment of health related physical fitness components- cardiorespiratory endurance, body composition, muscular strength, muscular endurance, flexibility	6
		1.3 principles of training	2
		development of fitness	2
		total	14
	2 UNIT-2 SUGGESTED EXERCISES FOR FITNESS		
		2.1 Exercise for developing cardiorespiratory endurance	2
	3	exercises for weight management	2
		exercise for resistance training	2
		exercises for flexibility	2
		2.2 exercises for children	1
		exercise for youth	2
		exercises for adults	1
		exercises for women	2
		exercises for senior citizens	1
		2.3 exercises for coronary heart disease	2
		exercise for obesity	2
		exercise for diabetes	2
		exercise for asthma	2
		exercise for pulmonary disease	2
		total	25
SUBJECT NAME	UNIT 3 EXERCISE PROGRAMMING AND MANAGEMENT		
UNITS		3.1 health appraisal	2
		setting fitness goals	2
	1	measuring energy expenditure	3
		3.2 behaviour modification	2
		fitness module	1
		prevention of injuries and first aid	3
		3.3 evaluation of the implemented program of fitness	2
		report generating	2
		total	17
	PRACTICAL		
	1. assessment of fitness and wellness for life-		
	2	lifestyle fitness inventory (assessment activity 1)	3
		physical activity readiness questionnaire (PAR-Q)	3
	3	Functional fitness test for senior citizens	3
	2. evaluation of fitness		
		cooper's 9/12 minutes (girls, boys) run/walk test	3
		sit and reach test/ modified sit and reach test	2
		modified sit ups (1 minute)	3
		pull up, flexed arm hang (1 minute)	3
		body mass index (BMI)	2

basal metabolic rate (BMR)

2

Waist hip ratio (WHR)

2

total

26

TEACHER'S LESSON PLAN 2021-22				
Teacher's name	Department	Course	Subjects	
Dr. Rashmi Gupta	Physical Education	B.El.Ed II Year	Physical Education	
SUBJECT NAME	Physical Education			
UNITS	Sub Topics of Units			No. of Lectures
1	1.1	Meaning & Integrated concept of physical education	1	
	1.2	Aims, objectives and principles of Physical education	1	
	1.3	Relation between education and physical education	1	
	1.4	Meaning of health, wellness & Quality of life	1	
	1.5	physical fitness and its importance	1	
	1.6	components of physical fitness	1	
	1.7	Fitness tests for measurement of different fitness components- AAPHER Test, Harvard Step Test	1	
2	2.1	Balanced Diet and Food Pyramid	1	
	2.1	Healthy eating habits	1	
	2.3	Diet chart	1	
3	3.1	Concept of First-Aid	1	
	3.2	Common sports Injuries	1	
	3.3	PRICE treatment	1	
4	4.1	Stress-Concept, causes, factors	1	
	4.2	Management of Stress	1	

		Total	15	
	Practical	Teaching of basic concept of different sports- Athletics, Badminton, Kabaddi, Kho-Kho, Aerobics, Taekwondo, Volleyball, yoga	20	
		Teaching of Minor Games	5	
		Teaching conditioning Exercises	5	
		Total	30	

TEACHER'S LESSON PLAN 2018-19			
Teacher's name	Department	Course	Subjects
Dr. Manish Kumar Vats	Physical Education	Generic Elective I Semester	Physical Education
SUBJECT NAME	Introduction to Physical Education in the Contemporary Context		
UNITS	Sub Topics of Units		No. of Lectures
	sub topics		
1	Physical Education		
		Concept, Definition and Need	3
		Objective, Principles and Components	3
		Historical perspective	3
		Development of Physical Education	6
	TOTAL		15
2	Holistic Approach		
		Physical Education in relation to humanities	7
		Physical Education in relation to Science	7
		Total	14
3	Promotion of Physical Education		
3.1		Promotion	7
		Olympic Movement	8
		Committees	4
		Performance of India at various tournaments	4
		Total	23
Practical			
1		Suryanamaskar	6
2		Development of Physical Fitness	10
		Weight training	3
3		One game available in the college with techniques	3

TEACHER'S LESSON PLAN 2018-19			
Teacher's name	Department	Course	Subjects
Dr. Manish Kumar Vats	Physical Education	Generic Elective II Semester	Physical Education
SUBJECT NAME	Fitness, Wellness and Nutrition		
UNITS	Sub Topics of Units		No. of Lectures
	sub topics		
1	Physical Activity		
1.1		concept, significance, need, components	3
1.2		Types of Physical Activities	3

1.3		Components of Physical fitness	3
1.4		Principle of Physical Fitness	3
	TOTAL		12
2	Wellness		
2.1		Concept and components etc.	3
2.2		Quality of life	3
2.3		Factors affecting wellness	3
2.4		wellness programme	3
		Total	12
Nutrition and Weight Management			
3.1		Concept of Nutrition etc.	5
3.2	a	Energy and Activity	5
	b	Obesity concept and causes	5
3.3	a	other health related problems	6
	b	weight management	5
		behavioural modifications	5
		Total	31
Practical			
1		Measurement of Fitness Components	10
2		BMI, Measurement of Height, weight etc	8
4		Wellness Programme	8

TEACHER'S LESSON PLAN 2018-19			
Teacher's name	Department	Course	Subjects
Dr. Manish Kumar Vats	Physical Education	B.El.Ed II Year	Physical Education
SUBJECT NAME	Physical Education		
UNITS	Sub Topics of Units		No. of Lectures
1	1.1	Meaning , concept of physical education	1
	1.2	Aims and objectives of Physical education	1
	1.3	scope of physical education	1
	1.4	principles of physical education	1
	1.5	Meaning of health, wellness	1
	1.6	Integrated concept of physical education	2
	1.7	Anatomy of human body	2
2	2.1	physical fitness and its importance	1
	2.2	components of physical fitness	2

	2.3	Fitness tests for measurement of different fitness components- AAPHER Test, Harvard Step Test	2
3	3.1	Balanced Diet and Food Pyramid	2
	3.2	Diet chart	2
4	4.1	Concept of First-Aid	1
	4.2	Common sports Injuries	1
	4.3	PRICE treatment	2
5	5.1	Stress-Concept, causes, factors	1
	5.2	Management of Stress	2
		Total	25
	Practical	Teaching of basic concept of different sports- Athletics, Badminton, Kabaddi, Kho-Kho, Aerobics, Taekwondo, Volleyball, yoga	25
		Teaching of Minor Games	3
		Fitness Tests- AAPHER, Harvard Step Test	3
		Teaching conditioning Exercises	4
		Total	35

TEACHER'S LESSON PLAN FOR YEAR 2020-21, 2021-22

Teacher's name	Department	Course	Subjects
Dr. Manish Kumar Vats	Physical Education	Generic Elective I Semester	Physical Education

SUBJECT NAME		Yoga and Stress Management		No. of Lectures	
UNITS		sub topics			
1	Introduction of Yoga	Meaning, Definition & Importance		4	
		Origin and Historical Development		4	
		Ashtanga Yoga		7	
				15	
	2	Yoga -Asana, Pranayam, Shatkarma	Meaning, Procedure of different Asanas		7
			Meaning, Procedure of Pranayam		7
			Meaning, Procedure of Shatkarma		5
					19
	3	Stress Management	Concept, Causes and Effect		7
			Non- Communicable Disease		7
			Stress Management through different Techniques		4
					18
	Practical				
	1		Suryanamaskar and any five Asanas		6
2		Pranayam & Shat-karma		10	
		Meditation		3	
				19	

SUBJECT NAME		Sem II- Obesity Management		No. of Lectures	
UNITS		sub topics			
1	Obesity & Its Management	Concept & Causes		5	
		Health Risks		5	
		Assessment of Obesity		5	
				15	
	2	Management of Obesity Through Diet Dietry Aids & Gimmics			6
					6
		Obesity and Weight Management through Diet			5
					17

Weight Management through Physical Activities	Importance of Maintaining Healthy Weight	4
3 and Behaviour Modification	Weight Management and Energy Balance	5
	Principles of Weight Management	5
	Behaviour Modification Techniques	5
		19

Practical			
1		Use BMI	3
		Desirable Body weight Status	2
2		Calculate BMR	3
		Waist Hip Ratio	3
3		Body Composition	4