

Lesson Plan(Physical Education)
2019 -2020

Class	Paper	Topic no	Topic	Class Taken by	No, of Lecture Duration=60
B.A Semeste -1	CC -1A	1	Meaning, Definition, Aim, Objectives, Misconcepts, Modern concept, Imporntince of Physical Ebucaion inmodren socicty.	P.B	12
		2	Biological and Sociological Foundations of Physical Education.	P.B	18
		3	History of Physical Education	P.B	18
		4	Yoga Education.	P.B	12
		Total			60
B.A Semester-2	CC -2B	1	Introduction Sports Management. Importance ,Principal ,Manager and his Duties in Management.	P.B	12
		2	Tournaments.	P.B	18
		3	Facilities and Equipment.	P.B	18
		4	Leadership.	P.B	12
		Total			60
CC-1&CC-2B		Total		P.B	120
B.A Semester-3	CC-1C	1	Anatomy,Physiology and Exercise Physiology meaning and definition.	P.B	12
		2	Musculo – Skeleatal system.	P.B	18
		3	Circuiator SYSTEM	P.B	18
		4	Respiratory system	P.B	12
		Total			60
B.ASemester-4	CC-1D	1	Introduction &Dimension of Health ,physi Fitness and Wellness .	P.B	18
		2	Health Problems in India – prevention and control.	P.B	18
		3	Physical Fitness and Wellness.	P.B	12
		4	Health and First –aid Management.	P.B	12
		Total			60
		Total		P.B	120

B.A (Pass) - **3 Year** Course 2019 – 20 Course Distribution (Physical Education) Part -3 (Third Year).

4 Paper	Group ;A –Thetapeuti aspects. Group; B – Physical Activities. Group;C – Practical.	Taken by all P.B	50+50=100
Total (Part -3)			100