

JEEVAN CHANAN MAHILA MAHAVIDYALAYA
ASSANDH
ODD SEMESTER (2024-2025)
LESSON PLAN

Name of the Teacher: Meenakshi

Class: B.A 5th semester

Paper: Health and physical education

Sr.No	Period	Topic to be covered	Academic Activity to be organized
1.	22-31 July,2024	Unit – 1 Growth and Development	Group Discussion
2.	1-31 August,2024	Unit – 1 Growth and Development	Class Test
3.	1-30 Sept.,2024	Unit – 2 Concept of sports organization and administration	GD and Class test
4.	1-31 Oct,2024	Unit – 3 Concept of Posture	Class Test and PPT
5.	1-22 Nov,2024	Unit – 4 Anatomy and Physiology	Group Discussion and Mid Term Exam

Topic of Assignments: - Compulsory Questions of All Units

PPT on the topics: - Concept of Posture, Anatomy and Physiology

JEEVAN CHANAN MAHILA MAHAVIDYALAYA
ASSANDH
ODD SEMESTER (2024-2025)
LESSON PLAN

Name of the Teacher: Meenakshi

Class: B.A 3rd semester (Major)

Paper: Health and physical education

Sr.No	Period	Topic to be covered	Academic Activity to be organized
1.	22-31 July,2024	Unit – 1 Introduction of Excercise Physiology	Group Discussion
2.	1-31 August,2024	Unit – 1 Introduction of Excercise Physiology	Class Test
3.	1-30 Sept.,2024	Unit – 2 Muscular syatem and excercise	GD and Class test
4.	1-31 Oct,2024	Unit – 3 Cardiovascular system and Excercise	Class Test and PPT
5.	1-22 Nov,2024	Unit – 4 Respiratory System and Excercise	Group Discussion and Mid Term Exam

Topic of Assignments: - Compulsory Questions of All Units

PPT on the topics: - Cardiovascular system and Excercise and Respiratory System and Excercise

JEEVAN CHANAN MAHILA MAHAVIDYALAYA
ASSANDH
ODD SEMESTER (2024-2025)
LESSON PLAN

Name of the Teacher: Meenakshi

Class: B.A 1st semester

Paper: Health and physical education

Sr.No	Period	Topic to be covered	Academic Activity to be organized
1.	22-31 July,2024	Unit – 1 Introduction of physical education	Group Discussion
2.	1-31 August,2024	Unit – 1 Introduction of physical education	Class Test
3.	1-30 Sept.,2024	Unit – 2 History of physical education in India	GD and Class test
4.	1-31 Oct,2024	Unit – 3 Biological Basis of Physical Education	Class Test and PPT
5.	1-22 Nov,2024	Unit – 4 Career Opportunities in Physical Education and Sports	Group Discussion and Mid Term Exam

Topic of Assignments: - Compulsory Questions of All Units

PPT on the topics: - Biological Basis of Physical Education, Career Opportunities in Physical Education and Sports