

JEEVAN CHANAN MAHILA MAHAVIDYALAYA, ASSANDH

DEPARTMENT OF PHYSICAL EDUCATION LESSON PLAN (SESSION 2024-2025)

Name of the Teacher:-Mrs Meenakshi Mam

Class/Semester:- B.A second semester

Name of the Course:- Health and physical education

Course Code:-

Lesson Plan of Bridge Course			
S.No	Period	Topics to Bridge Course	Academic Activity to be Organized
1	1 - 15 January,2025	Pranayama- Bhramari, AnulomVilom, Kapal bhati	Practice
Lesson Plan of Regular Course			
S.No	Period	Topics to be Covered	Academic Activity to be Organized
1	16 - 31 Jan,2025	Unit-1: introduction of anatomy and physiology	
2	1-14Feb,2025	Unit-1: introduction of anatomy and physiology	
3	15-28Feb,2025	Unit-2: joints and muscular system	
4	1-15 March,2025	Unit-2: joints and muscular system	
5	16-31 March,2025	Unit-3: circulatory and digestive system	
6	1-15 April,2025	Unit-4: respiratory and excretory system	

Name of the Teacher:-Mrs Meenakshi Mam

Class/Semester:- B.A 4 semester

Name of the Course:- Health and physical education

Course Code:-

Lesson Plan of Bridge Course			
S.No	Period	Topics to Bridge Course	Academic Activity to be Organized
1	1 - 15 January,2025	Pranayama- Bhramari, AnulomVilom, Kapal bhati	Practice
Lesson Plan of Regular Course			
S.No	Period	Topics to be Covered	Academic Activity to be Organized
1	16 - 31 Jan,2025	Unit-1: Introduction of physical fitness	
2	1-14 Feb,2025	Unit-1: Introduction of physical fitness	
3	15-28Feb,2025	Unit-2: warming up	
4	1-15 March,2025	Unit-2: warming up	
5	16-31 March,2025	Unit-3: cooling down	
6	1-15 April,2025	Unit-4: components of physical fitness	

Name of the Teacher:-Mrs Meenakshi Mam

Class/Semester:- B.A 6 semester

Name of the Course:- Health and physical education

Course Code:-

Lesson Plan of Bridge Course			
S.No	Period	Topics to Bridge Course	Academic Activity to be Organized
1	1 - 15 January,2025	Pranayama- Bhramari, AnulomVilom, Kapal bhati	Practice
Lesson Plan of Regular Course			
S.No	Period	Topics to be Covered	Academic Activity to be Organized
1	16 - 31 Jan,2025	Unit-1: concept of motivation and socialization	
2	1-14 Feb,2025	Unit-1: concept of motivation and socialization	
3	15-28Feb,2025	Unit-2: concept of sports training and doping	
4	1-15 March,2025	Unit-2: concept of sports training and doping	
5	16-31 March,2025	Unit-3: concept of sports biomechanics	
6	1-15 April,2025	Unit-4: anatomy and physiology	

