

## Monthly Teaching Plans (Even Semester)

Session – (2024-2025)

Department : Physical Education

Lesson plan Ba 1 Semester one Physical education –ACADEMIC YEAR24-25 DSC credit 4 (3 theory 1 practical)

DR ANJU LATA

MONTH	UNIT	TOPICS
July 24 <sup>th</sup> to 30 <sup>th</sup>	Unit 1	Meaning and concept of physical education its aims and objectives
August to 30 august	Unit 1 and unit 4	1 <sup>st</sup> week-Importance of education in modern era. meaning and concept of physical education 2 <sup>nd</sup> week-aim, objectives and importance of physical education 3 <sup>rd</sup> week –scope and relationship of physical education with other subjects 4 <sup>th</sup> week –misconceptions of physical education. Functions and objectives of NSNIS, LNIPE YMCA, SHVPM department of sports Punjab
1 <sup>st</sup> sept to 30 th october	Unit 2 and 3	1 <sup>st</sup> week- history of physical education in ancient times Greece and Rome 2 <sup>nd</sup> week-history of physical education in India pre and post independence 3 <sup>rd</sup> week-ancient and modern Olympic games. 4 <sup>th</sup> week-commonwealth and Asian games.
1 <sup>st</sup> nov to 15 <sup>th</sup> nov	Unit 4th	1 <sup>st</sup> week -international Olympic committee, policies.

		<p>Contribution of dr. Ajmer Singh and professor G.D Sondhi,Guts Muth,H.lingh.C.buck</p> <p>2<sup>nd</sup> week-sports awards,Arjun,Dronacharya Khel Rattan and Maharaja Ranjit Singh award</p>
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#### Pracicals

July and august	athletics	Practice of sprinting drills and finish techniques
September and October	football	Practice of football and marking of football grounds
November	football	Lead up games of football

#### Semester 2<sup>nd</sup>

January 7 to 31 <sup>st</sup> jan	Unit 1	<p>2<sup>nd</sup> week -Meaning, concept and scope of athletic care and rehabilitation.</p> <p>3<sup>rd</sup> week-Aim and objectives of athletic care and rehabilitation.</p> <p>4<sup>th</sup> week-Sports injuries: meaning, definition and classification of sports injuries. 4. Causes of sports injuries and guidelines for their prevention</p>
Febury to 28 <sup>th</sup> feb	Unit 2	<p>1<sup>st</sup> week-Management of common sports injuries (sprain, strain, fracture, abrasion and dislocation)</p> <p>2<sup>nd</sup> week- Massage: Meaning and definition of massage.</p> <p>3<sup>rd</sup> week- Different techniques of massage.</p> <p>4<sup>th</sup>-week-Effects of massage on human body. Unit</p>
1 <sup>st</sup> march to 30th march	Unit 3	1 <sup>st</sup> week-Therapeutic exercises:

		2 <sup>nd</sup> –week-, uses of passive movement and active movement. 3 <sup>rd</sup> week-. First aid in case of nose bleeding,. 4 <sup>th</sup> week- heat stroke and cramps. 3. Aquatic exercises: meaning, definition and concepts of aquatic exercises and equipment.
April to 7 <sup>th</sup> May	Unit 3 <sup>rd</sup> and 4 <sup>th</sup>	. Aquatic exercises: meaning, definition and concepts of aquatic exercises and equipment.

#### Practicals

January and feb	First aid	p.r.i.c.e.,practice of cpr
March and april	First aid	Managing sports injury and bandaging and taping
April and may	First aid	First aid principles

#### Skill enhancement course fitness and conditioning ba 1 physical education

3credit(2theory 1 practicals)

August to 30 <sup>th</sup> august	Unit 1 and 2	Meaning and concept of physical fitness and conditioning  2 <sup>nd</sup> week- omportance of physical fitness.  3 <sup>rd</sup> week- free hand excercises ,warm up and cool down  4 <sup>th</sup> week- physical fitness testing.
September to 30 <sup>th</sup> sept	Unit 2	1 <sup>st</sup> week- under standing the purpose of testing  2 <sup>nd</sup> week- resting heart rate,maximum heart rate and target heart rate  3 <sup>rd</sup> week-health related

		fitness and components 4 <sup>th</sup> week cardio training
1st October to 30th October	Unit 3	1 <sup>st</sup> week- conditioning meaning and method 2 <sup>nd</sup> week- importance of conditioning 3 <sup>rd</sup> week – training load and overload 4 <sup>th</sup> week- principles of governing load and periodization
1 <sup>st</sup> Nov to 15 <sup>th</sup> Nov	Unit 3	Resistance training

#### Practicals

August	Long jump	Marking of long jump pit and practicing long jump
September	exercises	plyometric
October	volleyball	Marking of volleyball court and practicing volleyball drills
November	volleyball	Lead up games volleyball

#### MCMDAV COLLEGE FOR WOMEN SECTOR-36A, CHANDIGARH

Monthly Teaching Plan (Odd Semester)  
Department of Physical Education  
Session-(2024-25)

Teacher's name: Dr. Veena Rani

Class-B.A-IV Semester  
Anatomy and Physiology  
(Discipline Specific Course)

S.	DATE	TOPICS TO BE COVERED	PRACTICAL,	ACADEMIC
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N o.	FROM	TO		AND SPORTS ACTIVITY
1.	Aug 24	Sep 24	1. Organization of the human body and brief introduction of Anatomy and Physiology. 2. Cell: Structure and functions of cell. 3. Tissue: Types of tissue and their functions. 4. Skeletal System: functions, types of Bones, bone of axial and appendicular skeleton. Brief description of Joints.	1. Marking and dimension of High jump pit. 2. Practice of explosive strength and drills related to high jump. 3. Practice of types of High jump. 4. Records and names of national and international athletes.
2.	October 24	31.10.24	1. Muscular system: Structure, functions, and types of muscles. 2. Digestive system: Structure and functions. 3. Circulatory System: Structure and functions of the circulatory system. 4. Blood: Composition of Blood, functions of blood.	1. Marking and dimension of Field Hockey ground. 2. Drills, rules and regulations related to Field Hockey. 3. Training of fundamental skills. 4. Records and winners, associations, awards, national and international players
3.	1.11.24	18.11.24	1. Respiratory system: structure and functions of the organs of the respiratory system, lung capacity. 2. Excretory system: Structure and functions of the organs of the excretory system. 3. Endocrine system: Location, structure, and functions of different endocrine glands. 4. Nervous system: central nervous system and autonomic nervous system structure and functions of the organs.	1. Practice of 50-meter dash 2. Practice of Shuttle run

1. Panjab university Inter-college competition
2. Evening Fitness technical session
3. Official work-related sport of allotted games. Performas, I cards documentations, kit and equipments, etc.

Department of Physical Education  
Session(2025-2026)

Class and Teacher's Name-

B.A-III Dr. Akwinder kaur

S.N o.	DATE		TOPICS TO BE COVERED	PRACTICAL, ACADEMIC AND SPORTS ACTIVITY
	FROM	TO		
1.	July 24	August 30 .24	<ul style="list-style-type: none"> <li>• Play</li> <li>• Recreation</li> <li>• Competition</li> </ul>	<ol style="list-style-type: none"> <li>1. Discussion of syllabus, pattern of examinations.</li> <li>2. Training programme for the development of speed and strength.</li> <li>3. Demonstration of skills Hockey</li> <li>4. Evening sessions of practice for all sportspersons; fitness+ technical workout</li> <li>5. Started filling eligibility Performa of Athletics, Weightlifting and Boxing</li> </ol>
2.	01.09.24	20.10.24	<ul style="list-style-type: none"> <li>• Camps</li> <li>• Posture</li> <li>• Physical Activities and their effects on various physical parameters and vice-versa</li> </ul>	<ol style="list-style-type: none"> <li>1. Training programme for the development of flexibility and endurance</li> <li>2. Practice of Medicine ball throw</li> <li>3. Practice of Shot put/Discus and javelin Throw.</li> <li>4. Demonstration of Badminton skills</li> <li>5. Evening sessions of practice for all sportsperson, Panjab university intercollege competitions</li> </ol>
3.	21.10.24	13.11.24	<ul style="list-style-type: none"> <li>• Massage</li> <li>• Basic of Cricket</li> </ul>	<ol style="list-style-type: none"> <li>1. Demonstration of skills of Cricket</li> <li>2. Practice of Massage</li> <li>3. Evening sessions of practice for all sportspersons.</li> <li>4. Panjab university intercollege competitions.</li> </ol>

1. Sports inter college games.
2. Evening session fitness
3. Official work-related sport of allotted games. Performa's, I cards, documentations, kit and equipment's, etc.

**MCMDAVCOLLEGEFORWOMENSECTOR-36A,CHANDIGARH**

Monthly Teaching Plan

(Even Semester)

Department of Physical

Education

Session(2024-25)

Class and Teacher's Name

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B.A-III Dr. Akwinder kaur

S.N o.	DATE		TOPICS TO BE COVERED	PRACTICAL, ACADEMIC AND SPORTS ACTIVITY
	FROM	TO		
1.	24.07.24	30.08.24	<ul style="list-style-type: none"><li>Nervous System</li><li>Excretory System</li><li>Endocrine System</li></ul>	<ol style="list-style-type: none"><li>Discussion of syllabus, pattern of examinations.</li><li>Training programme for the development of speed and strength.</li><li>Demonstration of skills Hockey</li><li>Evening sessions of practice for all sportspersons; fitness+ technical workout</li><li>Filling eligibility Performa of Panjab University Inter College Competitions.</li></ol>
2.	01.09.24	20.10.24	<ul style="list-style-type: none"><li>Sports Training</li><li>General Physiological Concept</li><li>Effects of physical Exercise/ training on body on body system</li></ul>	<ol style="list-style-type: none"><li>Training programme for the development of flexibility and endurance</li><li>Practice of Medicine ball throw</li><li>Practice of Shot put/Discus and javelin Throw.</li><li>Demonstration of Badminton skills</li><li>Evening sessions of practice for all sportsperson, Panjab university intercollege competitions</li></ol>
3.	21.10.24	13.11.24	<ul style="list-style-type: none"><li>Carrier aspects in Physical Education</li><li>Coach</li><li>Basics of Table Tennis</li></ul>	<ol style="list-style-type: none"><li>Demonstration of skills of Cricket</li><li>Practice of Massage</li><li>Evening sessions of</li></ol>



				<p>practice for all sportspersons.</p> <p>4. Panjab university intercollege competitions.</p>
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4. Sports inter college games.
5. Evening session fitness
6. Official work-related sport of allotted games. Performa's, I cards, documentations, kit and equipment's, etc.

**MCMDAVCOLLEGEFORWOMENSECTOR-36A,CHANDIGARH**

Monthly Teaching Plan (Odd Semester)  
Department of Physical Education  
Session-(2025-26)  
Teacher's name: Dr. Veena Rani

Class- B.A-IV Semester  
Anatomy and Physiology  
(Discipline Specific Course)

S. No.	DATE		TOPICS TO BE COVERED	PRACTICAL, ACADEMIC AND SPORTS ACTIVITY
	FROM	TO		
1.	24.08.24	30.09.24	<b>Sports Training:</b>  5. Meaning, definition, concept, and importance of Sports Training 6. Aim and Objective of Sports Training 7. Principles of Sports Training 8. Different methods of Sports Training: Circuit training, resistance training, fartlek training, interval training, continuous training.	6. Discussion of syllabus, pattern of examinations. 7. Training programme for the development of speed and strength. 8. Demonstration of Methods of sports training i. Circuit training ii. Resistance training iii. Practice of 50-meter dash iv. Evening sessions of practice for all sports person; fitness+ technical workout v. Started filling eligibility form of judo, rowing, football,
2.	01.10.24	31.10.24	<b>Training Process:</b>  5. Training Load- Definition and Types of Training Load. 6. Principles of Intensity and Volume of stimulus. 7. Speed: its components, means, and methods for the development of speed, and speed barrier. 8. Strength: types and components of strength, means and methods for the development of strength.	6. Training programme for the development of flexibility and endurance 7. Methods of sports training i. fartlek training ii. Interval training iii. Practice of Zig zag run test iv. Evening sessions of practice for all sports person. v. Panjab university intercollege competitions
3.	1.11.24	18.11.24	5. Endurance: types and components of Endurance, means and methods for the development of Endurance. 6. Flexibility: types and components of flexibility, means and methods for the development of flexibility 7. Coordination – types and components of coordination,	1. Training programme for the development of coordination. 2. Methods of training: i. Continuous training ii. Practice of Zig zag run test and 50-meter dash iii. Evening sessions of practice for all sports person. iv. Panjab university

			means and methods for the development coordination. 8. Talent identification: meaning, concepts, and importance of talent identification, different models of talent identification, talent predictive factors.	intercollege competitions
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7. Sports inter-college games
8. Evening fitness technical session
9. Official work-related sport of allotted games. Performances, I cards documentations, kit and equipments, etc.

**MCM DAV COLLEGE FOR WOMEN SECTOR-36A, CHANDIGARH**

Monthly Teaching Plan (Odd Semester)

Department of Physical Education Session-(2025-26)

Teacher's Name: Dr. Veena Rani

Class: B.A-II (III Semester)

Subject: Exercise and lifestyle Disease

DATE		TOPICS TO BE COVERED	PRACTICAL, ACADEMIC AND SPORTS ACTIVITY
FROM	TO		
24.08.24	30.09.24	1. Exercises: Meaning, importance and types 2. Exercise guidelines for the improvement of health 3. Health: Meaning, concept, importance, components 4. Health-related fitness: meaning and components.	9. Discussion of syllabus, pattern of examinations.  10. Organization of Yoga and meditation camps
01.10.24	31.10.24	1. Meaning and concept of healthy lifestyle 2. Concept of lifestyle diseases 3. Exercises and management of lifestyle diseases: heart disease, diabetes, osteoporosis, low back pain, high cholesterol and blood pressure 4. Exercises and weight management.	11. Organization of recreational activities
1.11.24	18.11.24	1. Meaning and concept of mental health 2. Exercises and management of mental health problems: depression, anxiety, stress and aggression. 3. Sports and society: role of sports	12. Camping and tracking

		for the development of social harmony.	
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