

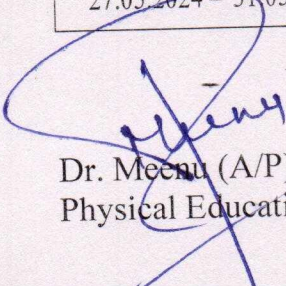
# GOVERNMENT COLLEGE BAUND KALAN (CHARKHI DADRI)

## LESSON PLAN EVEN SEMESTER

(FOR THE SESSION 2023-2024)

Name of the Assistant Professor:	Dr. Meenu
Class and Section :	BA-2 <sup>nd</sup> Semester
Subject:	Physical education Health, Hygiene & Nutrition

Week	Topics
06.02.2024 - 10.02.2024	Health
12.02.2024 - 17.02.2024	Health
19.02.2024 - 24.02.2024	Health
26.02.2024 - 02.03.2024	Hygiene
04.03.2024 - 09.03.2024	Hygiene
11.03.2024 - 16.03.2024	Hygiene
18.03.2024 - 23.03.2024	First-Aid
01.04.2024 - 06.04.2024	First-Aid
08.04.2024 - 13.04.2024	Balance Diet
15.04.2024 - 20.04.2024	Balance Diet
22.04.2024 - 27.04.2024	Communicable and non-communicable diseases.
29.04.2024 - 04.05.2024	Communicable and non-communicable diseases.
06.05.2024 - 11.05.2024	A.I.D.S
13.05.2024 - 18.05.2024	Hepatitis
20.05.2024 - 25.05.2024	Tuberculosis
27.05.2024 - 31.05.2024	Malaria

  
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Physical Education Department

  
Principal  
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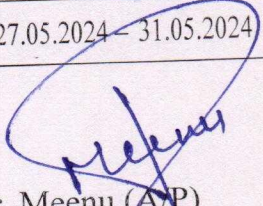
# GOVERNMENT COLLEGE BAUND KALAN (CHARKHI DADRI)

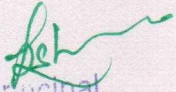
## LESSON PLAN EVEN SEMESTER

(FOR THE SESSION 2023-2024)

Name of the Assistant Professor:	Dr. Meenu
Class and Section :	BA-4 <sup>th</sup> Semester
Subject:	Physical education (Basic of Sports Training)

Week	Topics
06.02.2024 - 10.02.2024	Sports Training (Introduction meaning and definition) Aim & objective Basic methods (Continuous)
12.02.2024 - 17.02.2024	Sports Training (Repetition and Interval training)
19.02.2024 - 24.02.2024	Sports Training
26.02.2024 - 02.03.2024	Warming up and cooling down
04.03.2024 - 09.03.2024	Warming up and cooling down
11.03.2024 - 16.03.2024	Test and revision
18.03.2024 - 23.03.2024	Physical fitness (Importance)
01.04.2024 - 06.04.2024	Physical Fitness (Components and factors)
08.04.2024 - 13.04.2024	Physical Fitness
15.04.2024 - 20.04.2024	Massage
22.04.2024 - 27.04.2024	Exercise
29.04.2024 - 04.05.2024	Methods of warming up and Exercise
06.05.2024 - 11.05.2024	Massage
13.05.2024 - 18.05.2024	Fatigue
20.05.2024 - 25.05.2024	Fatigue
27.05.2024 - 31.05.2024	Fatigue

  
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## LESSON PLAN EVEN SEMESTER

(FOR THE SESSION 2023-2024)

Name of the Assistant Professor:	Dr. Meenu
Class and Section :	BA-6 <sup>th</sup> Semester
Subject:	Physical education (Health and Exercise)

Week	Topics
06.02.2024 - 10.02.2024	Health, fitness and wellness
12.02.2024 - 17.02.2024	Exercise therapy
19.02.2024 - 24.02.2024	Health, fitness and wellness.
26.02.2024 - 02.03.2024	Organization
04.03.2024 - 09.03.2024	Physical Fitness Components
11.03.2024 - 16.03.2024	Health Related Physical Fitness components
18.03.2024 - 23.03.2024	Health Related Physical Fitness components
01.04.2024 - 06.04.2024	BMI, Quetelet index formula and calculation
08.04.2024 - 13.04.2024	BMI, Quetelet index formula and calculation
15.04.2024 - 20.04.2024	Exercise Regime
22.04.2024 - 27.04.2024	Exercise Regime
29.04.2024 - 04.05.2024	FIIT Formula
06.05.2024 - 11.05.2024	FIIT Formula
13.05.2024 - 18.05.2024	Warming-Up
20.05.2024 - 25.05.2024	Cooling Down
27.05.2024 - 31.05.2024	Revision of previous topics

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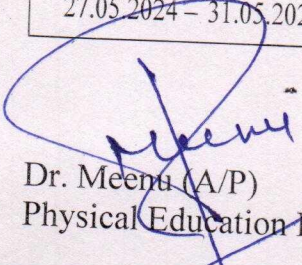
# GOVERNMENT COLLEGE BAUND KALAN (CHARKHI DADRA)


## LESSON PLAN EVEN SEMESTER

(FOR THE SESSION 2023-2024)

Name of the Assistant Professor:	Dr. Meenu
Class and Section :	BA-6 <sup>th</sup> Semester
Subject:	Physical education (Organization and Administration of physical education)

Week	Topics
06.02.2024 - 10.02.2024	Organization and Administration of physical education)
12.02.2024 - 17.02.2024	Organization and Administration of physical education)
19.02.2024 - 24.02.2024	Organization and Administration of physical education)
26.02.2024 - 02.03.2024	Equipment
04.03.2024 - 09.03.2024	Equipment test
11.03.2024 - 16.03.2024	Equipment
18.03.2024 - 23.03.2024	Gymnasium hall and swimming pool
01.04.2024 - 06.04.2024	Budget
08.04.2024 - 13.04.2024	Budget
15.04.2024 - 20.04.2024	Record and test
22.04.2024 - 27.04.2024	Record
29.04.2024 - 04.05.2024	Tournament
06.05.2024 - 11.05.2024	Tournament
13.05.2024 - 18.05.2024	Fixture
20.05.2024 - 25.05.2024	Fixture
27.05.2024 - 31.05.2024	Revision of previous topics

  
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