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| **Lesson plan 2024-25 (odd Sem) (22 July-22 Nov.2025)** |
| **Name of Assistant professor** | **Dr. Meenakshi kadian** |
| **Class** | **BA Final (5th Sem)**  |
| **Subject** | **Physical Education** |
| **Week, Month** | **Topics covered** | **Status/Remarks** |
| Week 1, 21 July - 27July | Psychology Aspects of Physical Edu :- Learning of Sports Activities , General Discussion about Psychological Aspects of Physical Edu. |  |
| Week 2, 29July- 03 August | Social Psychological foundation of Physical Edu. , Discussion of Physical Education syllabus , Practical & Theory syllabus  |  |
| Week 3, 05August- 10 August | Psycho- Physical unity of Human Being , Laws of learning their application to situation to playgrounds , Skills of Hockey game |  |
| Week 4, 12 August-17August | Theories of Play, Individual differences, adjustment, Motivation, Rules & regulation of Athletics  |  |
| Week 5, 19 August- 24 August | Discussion about topic covered, Presentation by students, Test & assignments  |  |
| Week 6,26August- 31 August | Sports socializing agency :- Sports as medium of socialization, Effects of Socio economic status on sports, Practical works , file & projects  |  |
| Week 7, 02 September – 07 September | Spectator & crowd behaviour ( Positive , negative & neutral , Sports & Economic tradition & influence behaviour Pattern  |  |
| Week 8, 09 September- 14 September | Test & assignments , Practical Lesson plan preparation , assignment preparation & project Work  |  |
| Week 9, 16 September-21 September | Conditioning :- Need & impotence of condition, method of conditioning , practical assignment & skill executions  |  |
| Week 10,23 September-28 September | Trianing :- Circuit Training, Interval Training , Fartlek training & weight training  |  |
| Week 11, 30 September- 05October  | Revision of syllabus , skill execution , basic skills of games & Athletic , Rules & regulation of athletics  |  |
| Week 12, 07 October- 12 October | Types of doping & Prevention of Doping  |  |
| Week 13, 14 October-19 October  | Hazard of smoking & drinking , Test & Assignment  |  |
| Week 14, 21 October- 26 October  | Presentation by students , Group discussion & measurement of various playgrounds  |  |
| **Diwali break (27 October-03November)** |
| Week 15, 04 November - 09 November | Prevention of smoking & drinking, Practice of conditioning exercise  |  |
| Week 16, 11 November-16 November | Quitting techniques of drinking & smoking habits  |  |
| Week 17, 18 November-22 November | Revision of syllabus & Test, Problem solving discussion  |  |