

## LESSON PLAN

Class : B.A. II

Semester : 3<sup>rd</sup>

Paper : Physical Activity and Health

Session : 2020

Lectures	Topic
1.	Introduction regarding Physical Education.
2.	Co-relate Physical Education with Health
3.	Introduction of Concept of Health
4.	Meaning and definitions of Health
5.	Practical about Athletics
6.	Practical Detail about Track
7.	Introduction about Health Education
8.	Co-relate Health and Health Education
9.	Meaning and definitions of Health Education
10.	Aims of Health Education
11.	Practical Track and field
12.	Types of Track Events
13.	Objectives of Health Education
14.	Co-relate aims and objectives of Health Education
15.	Health and Physical fitness
16.	Explain the Components of Phy. fitness

Lectures	Topic
17.	What is WHO
18.	Co-relate WHO with Health
19.	UNICEF - United Nations children's Fund
20	Practical - Types of Track Events
21	Practical - How to make Track
22	Role of Physical Activity towards different dimension of Health
23	Same as above
24	Short Questions - Answers
25.	Long Answers with Test
<del>26</del>	<u>Unit 2</u>
26	Introduction about diet
27.	What is Balance diet
28.	Factors effecting diet
29.	Elements of balance diet
30	Practition - field events
31	Same as above
32.	Functions of balance diet
33.	Nutritional tips
34	Introduction about vegetarian diet
35.	Introduction about Non-Veg. diet.
36.	Comparision between Veg and Non-Veg.

Lectures	Topic
37.	Practical 4x100 M. Relay
38.	Same as above
	Unit- 3
39	Introduction regarding Posture
40	Concept of Posture
41	Value of Posture
42.	Same as above
43.	Causes of Poor Posture
44.	Same as above
45.	Types of postural deformities
46.	Same as above
47.	Causes of postural deformities
48.	Prevention of postural deformities
49	Practical - Volleyball
50	Same as above
51	General Principles of first aid
52	Same as above
53	Common first aid measures for:
	<ul style="list-style-type: none"> <li>Ⓐ Snake biting    Ⓑ Choking</li> <li>Ⓒ Drawing        Ⓓ Fainting</li> <li>Ⓔ Fracture</li> </ul>
55.	<ul style="list-style-type: none"> <li>Ⓕ Burs            Ⓖ Poison and Unconsciousness</li> <li>Ⓖ heat stroke</li> </ul>
56.	Short answers

Lectures	Topic
57	Practical - Badminton
58	Same as above
	Unit IV
59	Introduction regarding Exercise and life style disease
60	Exercise and obesity
61	How to impliment it in day to-day life.
62	Exercise and Heart disease
63	How to follow it in daily routine
64	Exercise and diabetes
65.	Useful in daily routine
66	Exercise and stress Management
67.	Tipes to be healthy and lead a healthy life.
68.	Same as above
69	Short answers.
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