

Lesson Plan

Name of Assistant Professor: Virendra Singh

Class: B.A.1st Year (1st Sem.)

Session: 2020-2021.

Subject: Principles and Foundation of Physical Education

Sr. No.	Months	Topics
1.	November December 2020	Definition, Objectives, Importance of Physical Education, Development of Ancient Olympic and national games. Biological Basis of physical Activities, Growth of Physical Education in India.
2.	January February 2021	Modern Olympic and Its progress, Performance of Indian players in Asian games and Olympics Games. Sports Awards in India for promote of sports.

Lesson Plan

Ch. Bansi Lal Govt. College for Women

Tosham (Bhiwani)

Name of Assistant Professor: Virendra Singh

Class: B.A.2nd Year (3rd Sem.)

Session: 2020-2021.

Subject: Physical activities and Health

Sr. No.	Months	Topics
1.	November December 2020	Meaning and definition of health and Health education and Its Importance, Health and physical fitness, Role of physical Activities towards different dimension of health, Balance diet and Factors and effecting diets, Function of balancing diet and nutritional tips, veg. and non-veg. diet.
2.	January February 2021	Posture and its Importance in our life cause of poor posture, Types of postural deformities and its treatment, General Principles of first-Aids.

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Ch. Bansi Lal Govt. College for Women

Tosham (Bhiwani)

Name of Assistant Professor: Virendra Singh

Class: B.A. 3rd Year (5th Sem.)

Session: 2020-2021.

Subject: Socio-Psychological Foundation of Physical Education

Sr. No.	Months	Topics
1.	November December 2020	Psychological Aspects of Physical Education, Learning, Law of Learning, Individual Differences motivation adjustment, Theory of Play. Sports Socializing Agency: Sports as medium of socialization, Effects of Socio –Economic Status, Sports and Economy, Traditions and sports, Conditioning and Its Importance in sports, Methods of conditioning.
2.	January February 2021	Doping, types of doping and prevention of doping, techniques of smoking and drinking habits.