

**KUMARIVIDYAVATI NANDD.A.V.COLLEGE FOR WOMEN,
KARNAL**

**Lesson Plan for the Odd Semester
(July to November, 2025)**

Name of the Teacher – Dr. Suman
Class – BA 1 Semester
Subject – Health and physical education
Paper – History and Foundation of Physical Education

July, 2025 4th Week 22 July – 26 July	Introduction of syllabus Introduction of physical education Meaning and definition of physical education
27 July, 2025	Sunday
5th Week 28 July – 30 July	Relationship of physical education with health, education and general education Kho - Kho
31 July	Shaheed Udham Singh Martyrdom Day

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**Lesson Plan for the Odd Semester
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Name of the Teacher – Dr. Suman

Class – BA 1 Semester

Subject – Health and physical education

Paper – History and Foundation of Physical Education

August, 2025 1 st Week 1 Aug – 2 Aug	Aims and objectives of physical education Kho- Kho
3 Aug, 2025	Sunday
2 nd Week 4 Aug – 8 Aug	Scope of physical education Need of physical education in modern society Misconceptions regarding physical education Kho-Kho
9 Aug, 2025 10 Aug, 2025	Raksha Bandhan Sunday
3 rd Week 11 Aug - 14 Aug	Physical education as an arts or science Physical education during Indus valley civilization Physical education during Vedic Period Kho- Kho
15 Aug, 2025 16 Aug, 2025 17 Aug, 2025	Independence Day Janmashtmi Sunday
4 th Week 18 Aug - 23 Aug	Physical education during early Hindu period Physical education during later Hindu period
24 Aug, 2025	Sunday
5 th Week 25 Aug - 30 Aug	Physical education during medieval period Physical education during British Period Kho- Kho
31 Aug, 2025	Sunday

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Class – BA 1 Semester

Subject–Health and physical education

Paper– History and Foundation of Physical Education

September, 2025 1 st Week 1 Sept – 6 Sept	Physical education after independence Concept and meaning of growth and development Badminton
7 Sept , 2025	Sunday
2 nd Week 8 Sept– 13 Sept	Meaning of chronological age Meaning of anatomical age Meaning of physiological age Meaning of mental age Principles of growth and development Badminton
14 Sept , 2025	Sunday
3 rd Week 15 Sept–20 Sept	Principles of growth and development Difference between growth and development Sectors affecting growth and development Badminton
21 Sept, 2025 22 Sept, 2025 23 Sept, 2025	Sunday Maharaja Agrasen Jayanti Shaheedi Divas/Haryana War Heroes' Martyrdom Day
4 th Week 24 Sept–27 Sept	Growth and development at various levels of childhood Qualification and responsibilities of physical education and sports professionals at various levels of Education
28 Sept, 2025	Sunday
5 th Week 29 Sept – 30 Sept, 2025	Qualification and responsibilities of Coach

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Subject – Health and physical education
Paper – History and Foundation of Physical Education

October, 2025 1 st Week 1 Oct – 4 Oct	Qualification and responsibilities of fitness trainers Qualification and responsibilities of yoga, instructor and others
2 Oct, 2025 5 Oct, 2025	Mahatma Gandhi Jayanti/Dussehra Sunday
2 nd Week 6 Oct – 11 Oct	Qualification and responsibilities as sports event managers Dance and recreation clubs in corporate sectors and others Badminton
7 Oct, 2025 12 Oct, 2025	Maharishi Valmiki Jayanti/Maharaja Ajmidh Jayanti Sunday
3 rd Week 13 Oct – 18 Oct	Qualification and responsibilities of sports journalist Qualification and responsibilities of commentators
19 Oct – 26 Oct	Vacations (Diwali)
5 th Week 27 Oct – 31 Oct	Qualification and responsibilities of technical officials researchers Health clubs, fitness centers, aerobic centers in corporate sectors and others

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Name of the Teacher – Dr. Suman

Class – BA 1 Semester

Subject – Health and physical education

Paper – History and Foundation of Physical Education

November, 2025 1 st Week 1 Nov, 2025 2 Nov, 2025	Haryana Day Sunday
2 nd Week 3 Nov-8 Nov	Sessional Exams
5 Nov, 2025 9 Nov, 2025	Guru Nanak Dev Jayanti Sunday
3 rd Week 10 Nov-15 Nov	Revision of unit 1 and unit 2
16 Nov, 2025	Sunday
4 th Week 17 Nov-22 Nov	Revision of unit 3 and 4
23 Nov, 2025	Sunday
5 th Week 24 November, 2025 Onwards	University Examinations

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**Lesson Plan for the Odd Semester
(July to November, 2025)**

Name of the Teacher – Dr. Suman
Class – B.A. III Sem.
Subject – Health and Physical Education
Paper – Exercise Physiology

July, 2025 4th Week 22 July – 26 July	Meaning of exercise physiology, anabolism, metabolism and catabolism Importance of exercise physiology in physical education Types of muscular contraction, isometric, isotonic and isokinetic
27 July, 2025	Sunday
5th Week 28 July – 30 July	Meaning of body composition Components of body composition
31 July	Shaheed Udham Singh Martyrdom Day

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**Lesson Plan for the Odd Semester
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Name of the Teacher – Dr. Suman
Class – B.A. III Sem.
Subject – Health and Physical Education
Paper – Exercise Physiology

August, 2025 1 st Week 1 Aug – 2 Aug	Components of body composition
3 Aug, 2025	Sunday
2 nd Week 4 Aug – 8 Aug	Effect of exercise on body composition Gross structure of skeleton muscles Functions of muscular system Introduction to football
9 Aug, 2025 10 Aug, 2025	Raksha Bandhan Sunday
3 rd Week 11 Aug – 14 Aug	Properties of slow twitch muscle fibers and fast twitch muscle fibers Football court specifications.
15 Aug, 2025 16 Aug, 2025 17 Aug, 2025	Independence Day Janmashtmi Sunday
4 th Week 18 Aug – 23 Aug	Meaning of aerobic and anaerobic activities General rules of football
24 Aug, 2025	Sunday
5 th Week 25 Aug – 30 Aug	Meaning of muscle tone and muscle hypertrophy General rules of football
31 Aug, 2025	Sunday

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Class – B.A. III Sem.
Subject – Health and Physical Education
Paper – Exercise Physiology

September, 2025 1 st Week 1 Sept – 6 Sept	Meaning of muscle atrophy Effect of exercise and training on muscular system Meaning of cardiovascular system Basic skills of football
7 Sept , 2025	Sunday
2 nd Week 8 Sept– 13 Sept	Functions of cardiovascular system Meaning of stroke volume Basic skills of football
14 Sept , 2025	Sunday
3 rd Week 15 Sept– 20 Sept	Meaning of heart rate, blood pressure and cardiac hypertrophy Introduction of wrestling
21 Sept, 2025 22 Sept, 2025 23 Sept, 2025	Sunday Maharaja Agrasen Jayanti Shaheedi Divas/Haryana War Heroes' Martyrdom Day
4 th Week 24 Sept– 27 Sept	Conduction system of heart Blood circulation in heart Mat specification of wrestling
28 Sept, 2025	Sunday
5 th Week 29 Sept – 30 Sept, 2025	Blood supply in heart

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Class – B.A. III Sem.
Subject – Health and Physical Education
Paper – Exercise Physiology

October, 2025 1 st Week 1 Oct – 4 Oct	Meaning of lung volume Inspiratory reserve volume Expiratory reserve volume General rules of wrestling
2 Oct, 2025 5 Oct, 2025	Mahatma Gandhi Jayanti/Dussehra Sunday
2 nd Week 6 Oct – 11 Oct	Meaning of tidal volume Residual volume Tidal lung capacity Inspiratory capacity General rules of wrestling
7 Oct, 2025 12 Oct, 2025	Maharishi Valmiki Jayanti/Maharaja Ajmidh Jayanti Sunday
3 rd Week 13 Oct – 18 Oct	Meaning of vital capacity Functional residual capacity Mechanism of breathing Basic skills of wrestling
19 Oct – 26 Oct	Vacations (Diwali)
5 th Week 27 Oct – 31 Oct	Diffusion of gases Exchange of gases in lungs and tissues Effect of exercise and training on respiratory system Basic skills of wrestling

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Class – B.A. III Sem.
Subject – Health and Physical Education
Paper – Exercise Physiology

November, 2025 1 st Week 1 Nov, 2025 2 Nov, 2025	Haryana Day Sunday
2 nd Week 3 Nov - 8 Nov	Sessional Exams
5 Nov, 2025 9 Nov, 2025	Guru Nanak Dev Jayanti Sunday
3 rd Week 10 Nov - 15 Nov	Revision of unit 1 and unit 2
16 Nov, 2025	Sunday
4 th Week 17 Nov - 22 Nov	Revision of unit 3 and unit 4
23 Nov, 2025	Sunday
5 th Week 24 November, 2025 Onwards	University Examinations

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**Lesson Plan for the Odd Semester
(July to November, 2025)**

Name of the Teacher– Dr. Suman

Class – B.A. V sem.

Subject– Sports Training

Paper– B23-PHY.ED-501

July, 2025 4 th Week 22 July–26 July	Introduction to Sports Training Aims and Objectives of Sports Training
27 July, 2025	Sunday
5 th Week 28 July–30 July	Principles of Sports Training Harvard step test
31 July	Shaheed Udham Singh Martyrdom Day

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Name of the Teacher– Dr. Suman

Class – B.A. V sem.

Subject– Sports Training

Paper– B23-PHY.ED-501

August, 2025 1 st Week 1 Aug – 2 Aug	Aims and Sports Training Harvard step test
3 Aug, 2025	Sunday
2 nd Week 4 Aug – 8 Aug	Characteristics of Sports Training Physical Fitness meaning And Definition
9 Aug, 2025 10 Aug, 2025	Raksha Bandhan Sunday
3 rd Week 11 Aug - 14 Aug	Importance of Physical Fitness Types of Physical Fitness
15 Aug, 2025 16 Aug, 2025 17 Aug, 2025	Independence Day Janmashtmi Sunday
4 th Week 18 Aug - 23 Aug	Types of Physical Fitness Components of Physical Fitness
24 Aug, 2025	Sunday
5 th Week 25 Aug - 30 Aug	Components of Physical Fitness Bend and Reach Test
31 Aug, 2025	Sunday

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Name of the Teacher– Dr. Suman

Class – B.A. V sem.

Subject– Sports Training

Paper– B23-PHY.ED-501

September, 2025 1 st Week 1 Sept – 6 Sept	Meaning Definition and Importance of Training Load Bend and Reach Test
7 Sept , 2025	Sunday
2 nd Week 8 Sept– 13 Sept	Types of Training Load Bend and Reach Test
14 Sept , 2025	Sunday
3 rd Week 15 Sept–20 Sept	Factors Affecting Training Load Functions of Training Load
21 Sept, 2025 22 Sept, 2025 23 Sept, 2025	Sunday Maharaja Agrasen Jayanti Shaheedi Divas/Haryana War Heroes' Martyrdom Day
4 th Week 24 Sept–27 Sept	Introduction to Training Plans Meaning of Training Plans
28 Sept, 2025	Sunday
5 th Week 29 Sept – 30 Sept, 2025	Types of Training Plan

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Class – B.A. V sem.

Subject– Sports Training

Paper– B23-PHY.ED-501

October, 2025 1 st Week 1 Oct – 4 Oct	Macro Training Plan Explosive Strength Test
2 Oct, 2025 5 Oct, 2025	Mahatma Gandhi Jayanti/Dussehra Sunday
2 nd Week 6 Oct-11 Oct	Meso Training Plan Micro Training Plan Explosive Strength Test
7 Oct, 2025 12 Oct, 2025	Maharishi Valmiki Jayanti/Maharaja Ajmidh Jayanti Sunday
3 rd Week 13 Oct-18 Oct	Training Session Plan Principles of Formulation of Training Plan Explosive Strength Test
19 Oct – 26 Oct	Vacations (Diwali)
5 th Week 27 Oct- 31 Oct	Principles of Formulation of Training Plans Factors Affecting Training Plans

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Class – B.A. V sem.

Subject– Sports Training

Paper– B23-PHY.ED-501

November, 2025 1 st Week 1 Nov, 2025 2 Nov, 2025	Haryana Day Sunday
2 nd Week 3 Nov-8 Nov	Sessional Exams
5 Nov, 2025 9 Nov, 2025	Guru Nanak Dev Jayanti Sunday
3 rd Week 10 Nov-15 Nov	Factors Affecting Training Plans Revision of Unit I and Unit II
16 Nov, 2025	Sunday
4 th Week 17 Nov-22 Nov	Revision of Unit III and IV
23 Nov, 2025	Sunday
5 th Week 24 November, 2025 Onwards	University Examinations