

**KUMARI VIDYAVATI ANAND D.A.V College for Women,
Karnal**

Lesson Plan for the Even Semester

(January to May, 2025)

Name of the Teacher – Dr.Suman

Class- 2nd Semester

Subject- Health and Physical education

Paper- Basic Anatomy and Physiology

January, 2025 4th Week 20 Jan-25 Jan	Introduction of anatomy and physiology. Meaning and definition of anatomy and physiology.
26 Jan, 2025	Sunday, Republic Day
5th Week 27 Jan – 31 Jan	Importance of anatomy and physiology in physical education and Sports. Cell: Structure and properties.

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February, 2025 1st Week 1 Feb, 2025	Functions of cell
2 Feb, 2025	Sunday, Basant Panchmi
2nd Week 3 Feb – 8 Feb	Meaning of cell, tissues, organs and system
9 Feb, 2025	Sunday
3rd Week 10 Feb - 15 Feb	Meaning of Bone. Types of bone. Structure of skeletal system.
12 Feb, 2025 16 Feb, 2025	Guru Ravidas Jayanti Sunday
4th Week 17 Feb-22 Feb	Functions of skeletal system. Axial and perpendicular skeleton. Bones of the body.
23 Feb, 2025	Sunday
5th Week 24 Feb- 28 Feb	Meaning of joints. Types of joints. Bones of the body.
26 Feb, 2025	Maha Shivratri

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March, 2025 Week 1 March, 2025	1st	Synovial joints.
2 March, 2025		Sunday
2nd Week 3 March – 8 March		Types of synovial joints present in human body. Bones of the body.
3rd Week 9 March - 16 March		Holi Vacations
4th Week 17 March – 22 March		Meaning of muscles. Types of muscles present in human body. Identification of major muscles in the body.
23 March, 2025		Sunday, Shaheedi Diwas/ Martyrdom Day of Bhagat Singh, Rajguru & Sukhdev

5th Week 24 March – 29 March	Gross structure of skeletal muscle. Structural classification of skeletal muscles. Identification of major muscles in the body.
30 March, 2025	Sunday
6th Week 31 March, 2025	Id-ul- Fitr

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Paper- Basic Anatomy and Physiology.

April, 2025 1st Week 1 April – 5 April	Introduction of circulatory system. Constituents of blood. Functions of blood. Identification and names and location of different organs and systems.
6 April, 2024	Sunday, Ram Navmi
2nd Week 7 April - 12 April	Structured of heart. Types of blood circulation systematic pulmonary and coronary.
10 April, 2025 13 April, 2025 14 April, 2025	Mahavir Jayanti Sunday, Vaisakhi Dr. B.R. Ambedkar Jayanti
3rd Week 15 April - 19 April	Organs of digestive system.

	<p>Structure and function of digestive system.</p> <p>Process of food absorption, name and functions of various digestive juices and enzymes.</p>
20 April, 2025	Sunday
<p>4th Week</p> <p>21 April - 28 April</p>	Sessional Exams
<p>27 April, 2025</p> <p>29 April, 2025</p> <p>30 April, 2025</p>	<p>Sunday</p> <p>Parshuram Jayanti</p> <p>Akshya Tritya</p>

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Paper- Basic Anatomy and Physiology

May , 2025 1st Week 1 May - 3 May	Introduction of respiratory system. Organs of respiratory system. Functions of respiratory system.
4 May , 2025	Sunday
2nd Week 5 May – 10 May	Structure of respiratory system. Exchange of gases in the lungs and tissues. Organs of excretory system kidney and skin.
11 May, 2025	Sunday
3rd Week 12 May - 17 May	Parts and functions of urinary system. Structure and functions of skin.

18 May , 2025	Sunday
4th Week 19 May - 24 May	Revision of Unit 1 and 2
25 May , 2025	Sunday
5th Week 26 May - 31 May	Revision of Unit 3 and 4
29 May , 2025	Maharana Partap Jayanti
1 June, 2025 Onwards	University Examinations

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Lesson Plan for the Even Semester

(January to May, 2025)

Name of the Teacher – Dr.Suman

Class- 4 th Semester

Subject- Health and Physical education

Paper- Basic Physical Fitness

January, 2025 4th Week 20 Jan-25 Jan	Introduction to Physical fitness. Benefits of Physical fitness in sports and daily life. Meaning and types of aerobic activities.
26 Jan, 2025	Sunday, Republic Day
5th Week 27 Jan – 31 Jan	Meaning and types of anaerobic activities Exercises and heart rate zones for intensities of aerobic activities and anaerobic activities.

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Lesson Plan for the Even Semester

(January to May, 2025)

Name of the Teacher – Dr.Suman

Class- 4th Semester

Subject- Health and physical education

Paper- Basic Physical fitness

February, 2025 1st Week 1 Feb, 2025	Exercises and heart rate zones for intensity of aerobic and anaerobic activities
2 Feb, 2025	Sunday, Basant Panchmi
2nd Week 3 Feb – 8 Feb	WHO guidelines and recommendations of physical activities for children under 5 years of age, Children and adolescents aged 5 to 17 years and adults aged 18 to 64 years
9 Feb, 2025	Sunday
3rd Week 10 Feb - 15 Feb	Meaning and definition of warming up Principles of warming up

	Measuring hand Grip and leg and back strength by dynamometer.
12 Feb, 2025 16 Feb, 2025	Guru Ravidas Jayanti Sunday
4th Week 17 Feb-22 Feb	Physiological benefits of warming up. Psychological benefits of warming up Types of warming up
23 Feb, 2025	Sunday
5th Week 24 Feb- 28 Feb	Methods of warming up. Measuring flexibility by sit and reach test. Meaning and definition of cooling down.
26 Feb, 2025	Maha Shivratri

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Lesson Plan for the Even Semester

(January to May, 2025)

Name of the Teacher – Dr.Suman

Class- 4 th Semester

Subject- Health and Physical education

Paper- Basic of Physical fitness

March, 2025 Week 1st 1 March, 2025	Hand eye coordination test.
2 March, 2025	Sunday
2nd Week 3 March – 8 March	Principles of cooling down. Physiological benefits of cooling down. Psychological benefits of cooling down.
3rd Week 9 March - 16 March	Holi Vacations
4th Week 17 March – 22 March	Procedures of cooling down. Types of cooling down.
23 March, 2025	Sunday, Shaheedi Diwas/ Martyrdom Day of Bhagat Singh, Rajguru & Sukhdev

5th Week 24 March – 29 March	Meaning of health related components of physical fitness. Measuring agility by LUS agility obstacle course
30 March, 2025	Sunday
6th Week 31 March, 2025	Id-ul- Fitr

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Class- 4th Semester

Subject- Health and Physical education

Paper- Basic of Physical fitness

April, 2025 1st Week 1 April – 5 April	Cardiovascular fitness. Muscular strength.
6 April, 2024	Sunday, Ram Navmi
2nd Week 7 April - 12 April	Muscular endurance. Body composition.
10 April, 2025 13 April, 2025 14 April, 2025	Mahavir Jayanti Sunday, Vaisakhi Dr. B.R. Ambedkar Jayanti
3rd Week 15 April - 19 April	Flexibility. Meaning of skill related fitness components

20 April, 2025	Sunday
4th Week 21 April - 28 April	Sessional Exams
27 April, 2025 29 April, 2025 30 April, 2025	Sunday Parshuram Jayanti Akshya Tritya

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Class- 4th Semester

Subject- Health and Physical education

Paper- Basic Physical Fitness

May , 2025 1st Week 1 May - 3 May	Agility. Balance.
4 May , 2025	Sunday
2nd Week 5 May – 10 May	Neuromuscular, adaptations and cognitive abilities
11 May, 2025	Sunday
3rd Week 12 May - 17 May	Speed. Strength. Reaction time.

18 May , 2025	Sunday
4th Week 19 May - 24 May	Revision of Unit 1 and 2
25 May , 2025	Sunday
5th Week 26 May - 31 May	Revision of Unit 3 and 4
29 May , 2025	Maharana Partap Jayanti
1 June, 2025 Onwards	University Examinations

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Lesson Plan for the Even Semester

(January to April, 2025)

Name of the Teacher – Dr.Suman

Class- 6th Semester

Subject- Health and Physical education

Paper- Theory and Practical

January, 2025 1st Week 1 Jan – 4 Jan	Concept of motivation. Meaning and definition of motivation.
5 Jan, 2025 6 Jan, 2025	Sunday Shri Guru Gobind Singh Ji Jayanti
2nd Week 6 Jan – 11 Jan	Types of motivation. Importance of motivation in sports. Introduction to pranayama.
12 Jan,2025	Sunday
3rd Week 13 Jan – 18 Jan	Introduction to socialization. Meaning and definition of socialization. Bhramari Pranayam.
19 Jan,2025	Sunday

<p>January, 2025 4th Week 20 Jan-25 Jan</p>	<p>Socialization through Sports. Effect of social behavior on performance of sports person. Anulom vilom Pranayam.</p>
<p>26 Jan, 2025</p>	<p>Sunday, Republic Day</p>
<p>5th Week 27 Jan – 31 Jan</p>	<p>Concept of sports training. Meaning and definition of sports training.</p>

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Lesson Plan for the Even Semester

(January to April, 2025)

Name of the Teacher – Dr.Suman

Class- 6th Semester

Subject- Health and Physical education

Paper- Theory and Practical

February, 2025 1st Week 1 Feb, 2025	Kapal Bhati.
2 Feb, 2025	Sunday, Basant Panchmi
2nd Week 3 Feb – 8 Aug	Factors affecting Sports training. Types of sports training. Ground specifications of volleyball.
9 Feb, 2025	Sunday
3rd Week 10 Feb - 15 Feb	Circuit training method. Interval training method. General rules of volleyball.

12 Feb, 2025 16 Feb, 2025	Guru Ravidas Jayanti Sunday
4th Week 17 Feb-22 Feb	Continuous training method. Introduction to doping. General skills of volleyball.
23 Feb, 2025	Sunday
5th Week 24 Feb- 28 Feb	Meaning of doping. Types of doping. Effects of doping on health.
26 Feb, 2025	Maha Shivratri

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Name of the Teacher – Dr.suman

Class- 6th Semester

Subject- Health and Physical education

Paper- Theory and Practical

March, 2025 Week 1 March, 2025	1st	Introduction to biomechanics.
2 March, 2025		Sunday
2nd Week 3 March – 8 March		Meaning and definition of sports biomechanics. Typing off different types of bandages.
3rd Week 9 March - 16 March		Holi Vacations
4th Week 17 March – 22 March		Importance of biomechanics in the field of sports. Typing of different types of arm slings.
23 March, 2025		Sunday, Shaheedi Diwas/Martyrdom Day of Bhagat Singh, Rajguru & Sukhdev

5th Week 24 March – 29 March	Sessional Exams
30 March, 2025	Sunday
6th Week 31 March, 2025	Id-ul- Fitr

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Subject- Health and Physical education

Paper- Theory and Practical

April, 2025 1st Week 1 April – 5 April	Newton's laws of motion. Application of Newton's laws of motion in sports. Concept of First Aid
6 April, 2024	Sunday
2nd Week 7 April - 12 April	Meaning of levers. Types of Levers. Application of levers in the field of sports. First' Aid for different injuries.
10 April, 2025 13 April, 2025 14 April, 2025	Mahavir Jayanti Sunday Dr. B.R.Ambedkar Jayanti
3rd Week 15 April - 19 April	Organs and structure of digestive system. Mechanism of food digestion. Effects of exercise on digestive system.

20 April, 2025	Sunday
4th Week 21 April - 26 April	Revision of syllabus
27 April, 2025	Sunday
5th Week 28 April, 2025	Revision of Syllabus
29 April, 2025 30 April, 2025	Parshuram Jayanti Akshya Tritya