

Amdanga Jugal Kishore Mahavidyalaya  
Academic Session-2020-21  
Physical Education  
3rd Semester: Lesson Plan  
Part-A(Theory)  
Subject Code-PEDGCOR03T

Month	Unit No.	Unit Name	Topic Name	Number of class	Assigned Teacher	Nature of Class
Jul.20	I	Introduction	Meaning and definition of anatomy, physiology and exercise physiology.	2	S.F.M	Lecture
			Importance of anatomy, physiology and exercise physiology in physical education.	2		Lecture
			Human cell- structure and function. Tissue- Types and function.	4		Lecture, Tutorial and PPT
Aug.20	II	Musculo skeletal system	Skeletal system-structure, classification and location of bones and joint.	4	W.A	Lecture
			Anatomical difference between male and female.	1		Lecture
Aug.20			Muscular system- Types, location, function and structure of muscle.	4		Lecture and PPT
			Types of Muscular contraction.	2		Lecture
			Effect of exercise on muscular system.	2		Lecture
			Class Test	1		Formative Evaluation
Aug.20	III	Circulatory and respiratory system	Blood-composition and function.	2	S.F.M	Lecture
			Heart-Structure, function, Mechanism of blood circulation through heart.	3		Lecture
			Blood pressure, Athletic heart and bradycardia.	3		Lecture and Tutorial
			Effect exercise of circulatory system.	2		Lecture
			Structure and function of respiratory organs, mechanism of respiration.	5		Lecture & Tutorial
			Vital capacity, O <sub>2</sub> dept, second wind	2		Lecture
			Effect of exercise on respiratory system.	2		Lecture
Dez.20	IV	Nervous and endocrine system	Meaning of nervous system, parts of nervous system	3	W.A	Lecture
			System-Structure of brain, spinal cord, Neuron Reflex action, Reciprocal innervations	1		Lecture & Tutorial
			Meaning of endocrine gland	1		Lecture
			Function and location-pituitary, Thyroid and Adrenal glands	2		Lecture