

Amdanga Jugal Kishore Mahavidyalaya
Academic Session-2020-21
Physical Education
3rd Semester : Lesson Plan
Part-B(Practical)
Subject Code-PEDGCOR03P

Month	Unit No.	Unit Name	Topic Name	Number of class	Assigned Teacher	Nature of Class
Jul.20	I	Assesment	Meaning and definition,Importance,Prepared BMI chart	2	S.F.M	Lecture
			Measurement Procedurre	3		Laboratory/Practical
		Heart rate	Meaning and definition,resting heart rate,exercise heart rate,equipment.	2		Lecture
			Measurement Procedure	3		Laboratory/YouTube Video
		Blood Presure	Meaning and definition, classification, Low blood pressure, High Blood Pressure,equipment	2		Lecture
			Mesurment of Blood Pressure	3		Laboratory/Practical
		Respiratory rate	Meaning and definition, exerices and respiratory rate	1		Lecture
			Measurement of respiratory rate	2		Laboratory/Practical
Aug.20	II	Vital Capacity	Menanming and definition, factors, importance, exercise and Vital Capacity, equipment	2	W.A	Lecture
			Mesurement of Vital Capacity	2		Laboratory/Practical
			Noot Book Prepared	2		
		Anthropometric Mesurement	Meaning and importance	2		Lecture
			Tools and function	3		Lecture
			Anthropometric measurement- lenth,wide and circumference of bones.	10		Laboratory/YouTube Video
Sep.20	Body fat	Meaning, importance and equipment.	2	Lecture		
		Measurement procedure	4	Laboratory/Practical		
		Noot Book Prepared	2			
		Practical test	2			