

Amdanga Jugal Kishore Mahavidyalaya
 Academic Session-2021-22
 Physical Education
 5th Semester (GE): Lesson Plan
 Part-B(Theory)
 Subject Code-PEDGGEC01T

Month	Unit No.	Unit Name	Topic Name	Number of class	Assigned Teacher	Nature of Class
Jul.21	I	Introduction	Meaning,definition and importance of physical education and sports, Aim, Objectives and scope of physical Education, Type of sports and their utility in physical education, Meaning, Definition and importance of physical fitness and Motor fitness. Difference between physical fitness and motor fitness. Components of physical fitness.	15	S.F.M	Lecture
July-aug 2021	II	Biological, Psychological and Sociological Foundations of Physical Education	Biological Foundation-Meaning and definition of growth and development. Factors affecting growth and development, Differences of growth and development, Principles of growth and development, Meaning and definition of Sociology. Social values and their Importance. Sociological Foundation Sports, Role of games and sports in National and international integration.	25	W.A	Lecture
Aug-Sep 2021	III	History of Physical Education	Historical development of Physical Education and sports in India-Pre-Independence period and post-Independence period, Ancient Olympic Game, Modern Olympic Games, Asian Games.	15	S.F.M	Lecture
Sep.21	IV	Exercise Sciences	Meaning, Definition and importance Exercise and Exercise Physiology, Effects of short and long term exercise on Muscular systems, Effects of short and long term exercise on Circulatory system, Effects of short and long term exercise on Respiratory System.	25	W.A	Lecture