

Amdanga Jugal Kishore Mahavidyalaya
Academic Session-2020-21
Physical Education
6th Semester: Lesson Plan
Part-A(Theory)
Subject Code-PEDGDSE03T

Month	Unit No.	Unit Name	Topic Name	Number of class	Assigned Teacher	Nature of Class
Jän.21	I	Introduction	Meaning and Definition of Psychology, Education,	2	S.F.M	Online Mode
			Meaning and definition of sports psychology, Important, Scope of Psychology,	5		Lecture
			Need for knowledge of sports psychology in the field of Physical Education.	4		Lecture
			Class Test	1		Formative Evaluation
Jän.21	II	Learning	Meaning and Definition of learning	2	W.A	Lecture
			Theories and Laws of learning, .	4		Lecture
			Learning Curve-Meaning and types	4		Lecture
			Transfer of learning-Meaning, definition and types.	4		Lecture
			Factors affecting transfer of learning.	2		Lecture & Tutorial
			Class Test	1		Formative Evaluation
Feb.21	III	Psychological factors	Motivation-Meaning, definition, types and importance of motivation in physical education and sports	4	S.F.M	Lecture
			Emotion-meaning, definition, types and importance of emotion in physical education and sports.	4		Lecture
			Personality-meaning, definition of types, personality traits, Roll of physical activities in the development of personality.	6		Lecture
Mär.21	Iv	Stress and Anxiety	stress-Meaning, definition and types of stress, causes of stress, effect of stress on sports performance.	4	W.A	Lecture
			Anxiety-meaning, definition and types of anxiety, effect of anxiety on sports performance.	5		Lecture
			Management of stress and anxiety through physical activity and sports.	4		Lecture