

Amdanga Jugal Kishore Mahavidyalaya
Academic Session-2020-21
Physical Education
6th Semester: Lesson Plan
Part-A(Theory)
Subject Code-PEDGGECO2T

Month	Unit No.	Unit Name	Topic Name	Number of class	Assigned Teacher
Jän.21	I	Introduction	Concept, meaning and Dimension of health, definition, aims, objectives and principles of health education.	8	S.F.M
			Health agencies-WHO, UNESCO	4	
			Nutrition-Nutritional requirements for daily living, balance diet, health disorders due to deficiencies of vitamins and minerals.	8	
			Class Test	1	
Jän.21	II	Health and First-aid Mangementts	First aid - Meaning, definition, importance and golden rules of First-aid	4	W.A
			Concept of sports injuries- sprain, strain, fracture and dislocation. postural deformities-causes and corrective exercise of	6	
			kyphosis, lordosis, scoliosis, knock knees and flat foot.	6	
			Hypo-kinetic diseases and physical activities-obesity and diabetes.	4	
			Class Test	1	
Feb.21	III	Measurement of body compositions and somatotype assessment	Body mass index-concept and method of measurement.	4	S.F.M
			Body fat-concept and method of measurement, Lean body mass-concept and method of measurement.	8	
			Somatotype-concept and method assessment.	4	
Mär.21	Iv	Fitness test	Kraus-weber Muscular strength test.	2	W.A
			AAHPER youth fitness test, Queens college step test.	4	
			Harvard step test..	2	

Nature of Class
Online Mode
Lecture
Lecture
Formative Evaluation
Lecture
Lecture
Lecture
Lecture
Lecture
Formative Evaluation
Lecture
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