

TIKA RAM GIRLS COLLEGE SONEPAT

Lesson Plan Format

NAME OF ASSISTANT/ASSOCIATE PROFESSOR SARITA KUMAR
 CLASS AND SECTION B.P.E.D. 2nd Year [11th Sem.]
 SUBJECT 1) Measurement and Evaluation
2) Kinesiology and Biomechanics

| WEEK 1 | DESCRIPTION |
|---------------|--|
| 1.01.24 | |
| 2.01.24 | |
| 3.01.24 | |
| 4.01.24 | EXAM TIME |
| 5.01.24 | |
| 6.01.24 | |
| WEEK 2 | |
| 8.01.24 | - PRACTICAL TIME |
| 9.01.24 | |
| 10.01.24 | |
| 11.01.24 | Introduction to Test, Measurement & Evaluation Meaning of Test, Measurement & Evaluation in P.H.E |
| 12.01.24 | |
| 13.01.24 | |
| WEEK 3 | |
| 15.01.24 | Need and Importance of Test, Measurement and Evaluation in P.H.E |
| 16.01.24 | |
| 18.01.24 | |
| 19.01.24 | Principles of Evaluation |
| 20.01.24 | |
| WEEK 4 | |
| 22.01.24 | Criteria of a good Test Criteria of test, scientific authenticity, reliability, objectivity, validity & availability of norms |
| 23.01.24 | |
| 24.01.24 | |
| 25.01.24 | Type and classification of Test |
| 27.01.24 | |
| WEEK 5 | |
| 29.01.24 | Administration of test, advance preparation - Duties during testing - do - - Duties after testing |
| 30.01.24 | |

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| 31.01.24 | AAPER youth fitness test |
| 01.02.24 | - do - |
| 02.02.24 | - do - |
| 03.02.24 | Indiana motor fitness test |
| WEEK 6 | |
| 05.02.24 | - do - |
| 06.02.24 | JCR test |
| 07.02.24 | - do - |
| 08.02.24 | Lockhart and McCherson badminton test |
| 09.02.24 | - do - |
| 10.02.24 | - do - |
| WEEK 7 | |
| 12.02.24 | Johnson basketball test |
| 13.02.24 | - do - |
| 15.02.24 | - do - |
| 16.02.24 | Mc Donald soccer test |
| 17.02.24 | - do - |
| WEEK 8 | |
| 19.02.24 | S. A. I. volleyball test |
| 20.02.24 | S. A. I. Hockey test |
| 21.02.24 | Revision of Unit - I |
| 22.02.24 | - do - |
| 23.02.24 | Revision of Unit - II |
| 24.02.24 | - do - |
| WEEK 9 | |
| 26.02.24 | Revision of unit - III |
| 27.02.24 | - do - |
| 28.02.24 | Revision of unit - IV |
| 29.02.24 | - do - |
| 01.03.24 | - do - |
| 02.03.24 | - do - |
| WEEK 10 | |
| <u>Kinesiology and Biomechanics</u> | |
| 04.03.24 | Introduction, Concept of Kinesiology: Meaning, Definitions, Scope |
| 05.03.24 | Importance, Application of Kinesiology in PHE |
| 06.03.24 | Sports Balanced Posture: Common Posture, Deformities, corrective exercise for Posture Defect, Injuries |
| 07.03.24 | - do - |
| 09.03.24 | - do - |
| WEEK 11 | |

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|----------|--|
| 11.03.24 | Sprain, Strain & Contusion & their Treatment |
| 12.03.24 | Terminology of various types of Movement Around Joints |
| 13.03.24 | Body planes, Body axes and their types |
| 14.03.24 | - do - |
| 15.03.24 | Spine, shoulder, shoulder girdle, Hips, Elbows |
| 16.03.24 | - do - |

WEEK 12

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|----------|---|
| 18.03.24 | Knee, Ankle. |
| 19.03.24 | Structural classification of Muscles on the basis of attachment, |
| 20.03.24 | - do - |
| 21.03.24 | Functional classification of Muscles, Technology of Muscular Attachments, |
| 22.03.24 | Method of assessing a Joints Range of Motion, |

WEEK 13

---- HOLI BREAK ----

WEEK 14

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|----------|---|
| 01.04.24 | Technique for Increasing Joint Flexibility, Basic concept of Forces |
| 02.04.24 | motion, Newton's Laws, Equilibrium and center of gravity |
| 03.04.24 | - do - |
| 04.04.24 | characteristic & Functions of shoulder Joint & shoulder girdle Muscles |
| 05.04.24 | Deltoid, Latissimus Dorsi, Pectorals Major, Trapezius characteristics & Functions |
| 06.04.24 | - do - |

WEEK 15

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|----------|---|
| 08.04.24 | Biceps Brachii, Brachialis & Triceps Lower Extremity ch |
| 09.04.24 | characteristic & Functions of Hip joint |
| 10.04.24 | gluteus Maximus, characteristic & Function of knee joint, |
| 12.04.24 | - do - |
| 13.04.24 | Gastrocnemius Hamstrings, Biceps Femoris |
| | - do - |

WEEK 16

| | |
|----------|--|
| 15.04.24 | Rectus Femoris, vastus characteristics & Functions of individual Muscles |
| 16.04.24 | - do - |
| 18.04.24 | - do - |
| 19.04.24 | Sterno - cleidomastoid |
| 20.04.24 | - do - |

WEEK 17

22.04.24
23.04.24
24.04.24
25.04.24
26.04.24
27.04.24

Revision of unit - I.
- do -

Revision of unit - II
- do -

Revision of unit - III
Revision of unit - IV

TIKA RAM GIRLS COLLEGE SONEPAT

Lesson Plan Format

NAME OF ASSISTANT/ASSOCIATE PROFESSOR Savitri Kumar

CLASS AND SECTION B.P.E.D. 2nd Year (2nd sem).

SUBJECT Officiating, Coaching & Theory of Games
Educational Technology and Methods of Teaching in Physical Eds.

| WEEK | DESCRIPTION |
|---------------|---|
| WEEK 1 | |
| 1.01.24 | 1st concept of Officiating: Meaning, Definition, Importance & Principles |
| 2.01.24 | - do - |
| 3.01.24 | Duties of Officials in general, Pre, During & Post game |
| 4.01.24 | - do - |
| 5.01.24 | - do - |
| 6.01.24 | Relation of Officials with Management, Players, Coaches & Spectators |
| WEEK 2 | |
| 8.01.24 | Measurement, Marking, Equipment, Technique & Rule Regulation for 400m, 800m. |
| 9.01.24 | - do - |
| 10.01.24 | - do - |
| 11.01.24 | Track & Field Event, (Technique) Preparation of score sheet of tracks & field |
| 12.01.24 | - do - |
| 13.01.24 | - do - |
| WEEK 3 | |
| 15.01.24 | Preparation of TA/DA bills Qualities of a good officials. |
| 16.01.24 | - do - |
| 18.01.24 | - do - |
| 19.01.24 | - do - |
| 20.01.24 | Measurement, Marking, Equipment, Basic Fundamentals, Rule & Regulation Kabaddi, |
| WEEK 4 | |
| 22.01.24 | Badminton, Judo, Kho-Kho Preparation of score-sheet of Kabaddi, |
| 23.01.24 | - do - |
| 24.01.24 | - do - |
| 25.01.24 | Badminton, Judo + Kho-Kho. |
| 27.01.24 | - do - |
| WEEK 5 | |
| 29.01.24 | Interval Method, Circuit Training Method, |
| 30.01.24 | - do - |

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| 31.01.24 | Weight Training Method, Fastlark Training Method, |
| 01.02.24 | - do - |
| 02.02.24 | Principle of Training |
| 03.02.24 | Doping and its Effects on sports Performance on the Health of an Athlete. |

WEEK 6

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|----------|---|
| 05.02.24 | - do - |
| 06.02.24 | Criteria for selection of College/University Team |
| 07.02.24 | Warming up, |
| 08.02.24 | - do - |
| 09.02.24 | - do - |
| 10.02.24 | cooling Down and its Physiological Effect |

WEEK 7

Educational Technology and Methods of Teaching in Physical Education

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|----------|-----------------------------|
| 12.02.24 | Revision of unit - I |
| 13.02.24 | - do - |
| 15.02.24 | Revision of unit - II |
| 16.02.24 | - do - |
| 17.02.24 | Revision of unit - III & IV |

WEEK 8

| | |
|----------|--|
| 19.02.24 | Education & Education Technology - Meaning, Definitions |
| 20.02.24 | - do - |
| 21.02.24 | Types of Education - Formal, Informal & Non-Formal education |
| 22.02.24 | - do - |
| 23.02.24 | Educative Process |
| 24.02.24 | - do - |

WEEK 9

| | |
|----------|---|
| 26.02.24 | - do - |
| 27.02.24 | Importance of Devices & Methods of Teaching |
| 28.02.24 | - do - |
| 29.02.24 | - do - |
| 01.03.24 | Lecture method, Command method, Demonstration method, |
| 02.03.24 | - do - |

WEEK 10

| | |
|----------|---|
| 04.03.24 | Imitation method, project method etc. |
| 05.03.24 | - do - |
| 06.03.24 | - do - |
| 07.03.24 | Whole method, whole-part-whole method, part-whole method, |
| 09.03.24 | - do - |

WEEK 11

| | |
|----------|--|
| 11.03.24 | - do - |
| 12.03.24 | Presentation Technique - Personal & technical preparation |
| 13.03.24 | - do - |
| 14.03.24 | Command - Meaning, Types and its uses in different situation |
| 15.03.24 | - do - |
| 16.03.24 | - do - |

WEEK 12

| | |
|----------|--|
| 18.03.24 | Teaching Aids - Meaning, Types, Importance |
| 19.03.24 | - do - |
| 20.03.24 | Criteria for selecting teaching aids |
| 21.03.24 | Teaching aid - Audio aids, Visual aids, Audio-visual aids, |
| 22.03.24 | - do - |

WEEK 13

----- HOLI BREAK -----

WEEK 14

| | |
|----------|---|
| 01.04.24 | Verbal, chalk board, charts, Model, slide projector, |
| 02.04.24 | - do - |
| 03.04.24 | Motion picture etc. |
| 04.04.24 | Teaching Techni. - do - |
| 05.04.24 | Team Teaching - Meaning, Principles & Advantage of team |
| 06.04.24 | - do - |

teaching

WEEK 15

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|----------|---|
| 08.04.24 | - do - |
| 09.04.24 | - do - |
| 10.04.24 | Difference between Teaching Methods & Teaching Aid. |
| 12.04.24 | - do - |
| 13.04.24 | - do - |
| | - do - |

WEEK 16

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|----------|---|
| 15.04.24 | Lesson Planning - Meaning, Type, Principles of lesson plan. |
| 16.04.24 | General and specific lesson plan |
| 18.04.24 | - do - |
| 19.04.24 | Micro Teaching - Meaning, Types & steps of micro teaching. |
| 20.04.24 | - do - |

WEEK 17

22.04.24

23.04.24

24.04.24

25.04.24

26.04.24

27.04.24

Revision of unit - I

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Revision of unit - II

Revision of unit - III

Revision of unit - IV