

TIKA RAM GIRLS COLLEGE SONEPAT

Lesson Plan Format

NAME OF ASSISTANT/ASSOCIATE PROFESSOR

Dr. SUMAN MAHAR

CLASS AND SECTION

B.Sc. Sports Science 1st year (2nd Sem.)

SUBJECT

Theory of Games

WEEK 1	DESCRIPTION
1.01.24	- History of Games -
2.01.24	- do -
3.01.24	- development of Games -
4.01.24	- do -
5.01.24	
6.01.24	- Role of Haryana's people in game -
WEEK 2	
8.01.24	Test
9.01.24	- Duties of officials -
10.01.24	- do -
11.01.24	- Pre-game, during the game & Post game
12.01.24	
13.01.24	- do -
WEEK 3	
15.01.24	Test
16.01.24	- Technical officials and their duties -
18.01.24	- do -
19.01.24	- Protective equipment used in games -
20.01.24	- do -
WEEK 4	
22.01.24	Test
23.01.24	- History of Badminton -
24.01.24	- do -
25.01.24	- Role of Haryana's people in games -
27.01.24	- do -
WEEK 5	
29.01.24	Test
30.01.24	- development of Badminton -

31.01.24	- do -
01.02.24	- Rules and Regulation -
02.02.24	- do -
03.02.24	- do -
WEEK 6	
05.02.24	- Organization of College meet -
06.02.24	- do -
07.02.24	- administration of athletics meet -
08.02.24	- do -
09.02.24	- do -
10.02.24	- Duties of officials in athletics meet -
WEEK 7	
12.02.24	- Test -
13.02.24	- Interpretation of rules & Regulation -
15.02.24	- do -
16.02.24	- Events mentioned of above -
17.02.24	- do -
WEEK 8	
19.02.24	- Test -
20.02.24	- Fundamentals of various events -
21.02.24	- About High-jump -
22.02.24	- do -
23.02.24	- do -
24.02.24	- Approach run -
WEEK 9	
26.02.24	- Test -
27.02.24	- About High-jump, take off -
28.02.24	- do -
29.02.24	- flight, landing off -
01.03.24	- do -
02.03.24	- About Relay races -
WEEK 10	
04.03.24	- Test -
05.03.24	- Dimension -
06.03.24	- do -
07.03.24	- marking of events given -
09.03.24	- do -
WEEK 11	

11.03.24	— Test —
12.03.24	— Define all about —
13.03.24	do —
14.03.24	— To Relay races, High Jump —
15.03.24	
16.03.24	— do —

WEEK 12

18.03.24	— History of Baseball —
19.03.24	do —
20.03.24	— Dimension of Rules —
21.03.24	
22.03.24	— marking of play field/area —

WEEK 13

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

WEEK 14

01.04.24	— Revision —
02.04.24	— About Archery, Weight lifting —
03.04.24	
04.04.24	— Rules & Regulations of games —
05.04.24	
06.04.24	— Technical officials, their duties —

WEEK 15

08.04.24	— Revision —
09.04.24	— Conduct of tournament —
10.04.24	do —
12.04.24	
13.04.24	— types of fixtures used in games —

WEEK 16

15.04.24	— Revision —
16.04.24	— offensive & regulations of the games —
18.04.24	do —
19.04.24	— Test —
20.04.24	— About all games Revision —

WEEK 17

22.04.24	- Revision of unit - II, III Games -
23.04.24	- Revision of unit - I, IV Games -
24.04.24	- Revision of unit - I, II Games -
25.04.24	- Revision of unit - I, II Games -
26.04.24	- Revision of unit - III, IV Games -
27.04.24	- do -

TIKA RAM GIRLS COLLEGE SONEPAT

Lesson Plan Format

NAME OF ASSISTANT/ASSOCIATE PROFESSOR SARITA KUMAR
 CLASS AND SECTION B.Sc. Sports 1st year (2nd Sem)
 SUBJECT Theory of Athletics

WEEK 1	DESCRIPTION
1.01.24	EXAM TIME
2.01.24	
3.01.24	
4.01.24	
5.01.24	
6.01.24	
WEEK 2	
8.01.24	PRACTICAL TIME
9.01.24	
10.01.24	
11.01.24	
12.01.24	
13.01.24	organization administration of College Athletics Meet do do
WEEK 3	
15.01.24	Duties of officials in athletics Meet do Interpretation of rules and regulations of the event mentioned above (Relay Races / High Jump) do
16.01.24	
18.01.24	
19.01.24	
20.01.24	
WEEK 4	
22.01.24	Fundamentals of various events:- 1) High Jump () Approach, Run Take off, Flight, landing off different techniques do do
23.01.24	
24.01.24	
25.01.24	
27.01.24	
WEEK 5	
29.01.24	Relay Races do
30.01.24	

31.01.24
01.02.24
02.02.24
03.02.24

Revision of Unit 1st
do
do

WEEK 6

05.02.24
06.02.24
07.02.24
08.02.24
09.02.24
10.02.24

Revision of Unit 1st & 2nd
do
do
Test from Unit 1st & Unit 2nd

WEEK 7

12.02.24
13.02.24
15.02.24
16.02.24
17.02.24

Dimension and marking of event
generabane
do
do
do

WEEK 8

19.02.24
20.02.24
21.02.24
22.02.24
23.02.24
24.02.24

do
Relay Races marking
do
do

WEEK 9

26.02.24
27.02.24
28.02.24
29.02.24
01.03.24
02.03.24

Equipment and their specification
used in various events mentioned above.
do
do
do

WEEK 10

04.03.24
05.03.24
06.03.24
07.03.24
09.03.24

Relay Races
do
do
do

WEEK 11

22.04.24
23.04.24
24.04.24
25.04.24
26.04.24
27.04.24

Revision
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Test
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TIKA RAM GIRLS COLLEGE SONEPAT

Lesson Plan Format

NAME OF ASSISTANT/ASSOCIATE PROFESSOR SAVITA KUMAR
 CLASS AND SECTION B.C. SPORTS Science 2nd year (4th Sem.)
 SUBJECT Physiology of EXERCISE

WEEK 1	DESCRIPTION
1.01.24	EXAM TIME
2.01.24	
3.01.24	
4.01.24	
5.01.24	
6.01.24	
WEEK 2	
8.01.24	PRACTICAL TIME
9.01.24	
10.01.24	
11.01.24	
12.01.24	
13.01.24	Definition of Exercise, Types of Exercise Benefits of Exercise
WEEK 3	
15.01.24	Meaning of Physiology and Exercise Physiology Importance & Functions of Exercise P.H.E & Sports
16.01.24	
18.01.24	
19.01.24	
20.01.24	
WEEK 4	
22.01.24	Long and Short term effects of Exercise on muscular system
23.01.24	
24.01.24	
25.01.24	
27.01.24	Revision
WEEK 5	
29.01.24	Physiology of Respiratory system Types of expiration
30.01.24	

31.01.24 Mechanism of inhibition and excitation
 01.02.24 effects of exercise on respiratory system
 02.02.24 do
 03.02.24 do — lungs & exercise.

WEEK 6

05.02.24 endocrine system
 06.02.24 do
 07.02.24 functioning of various endocrine glands.
 08.02.24 (Pituitary glands)
 09.02.24 do
 10.02.24 Thyroid gland, adrenal gland

WEEK 7

12.02.24 effects of exercise on the functioning of
 13.02.24 endocrine gland, nervous system
 15.02.24 do
 16.02.24 do
 17.02.24 do

WEEK 8

19.02.24 Cardio-vascular system!
 20.02.24 Adaptation of heart
 21.02.24 effect of exercise on heart
 22.02.24 changes in heart
 23.02.24 Blood, Blood pressure
 24.02.24 effect of exercise on excretory system.

WEEK 9

26.02.24 Basic physiology of circulatory system
 27.02.24 effect of exercise
 28.02.24 do
 29.02.24 do
 01.03.24 Reception
 02.03.24

WEEK 10

04.03.24 Physiology of digestive system
 05.03.24 do
 06.03.24 do
 07.03.24 stages of digestive system
 09.03.24

WEEK 11

11.03.24	Mouth do Stomach do do
12.03.24	
13.03.24	
14.03.24	
15.03.24	
16.03.24	

WEEK 12

18.03.24	Small instinctive do Large instinctive do
19.03.24	
20.03.24	
21.03.24	
22.03.24	

WEEK 13

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

WEEK 14

01.04.24	function of liver do
02.04.24	
03.04.24	effect of exercise on digestive system do
04.04.24	
05.04.24	
06.04.24	

WEEK 15

08.04.24	Reflex action do
09.04.24	
10.04.24	Reciprocal intervention do
12.04.24	
13.04.24	

WEEK 16

15.04.24	effect of exercise on nervous system do do
16.04.24	
18.04.24	
19.04.24	
20.04.24	

WEEK 17

22.04.24	<p>Revision</p> <hr/> <p>Revision</p>
23.04.24	
24.04.24	
25.04.24	
26.04.24	
27.04.24	

TIKA RAM GIRLS COLLEGE SONEPAT

Lesson Plan Format

NAME OF ASSISTANT/ASSOCIATE PROFESSOR Dr. SUMAN MANNI
 CLASS AND SECTION B.Sc Sports Science 2nd Year (2114/2115 Sem.)
 SUBJECT Theory of Games
Theory of Athletics

WEEK 1	DESCRIPTION
1.01.24	- History of games -
2.01.24	- do -
3.01.24	development of games
4.01.24	- do -
5.01.24	
6.01.24	- Role of Haryana's people in game -
WEEK 2	
8.01.24	- Test -
9.01.24	- Duties of officials -
10.01.24	- do -
11.01.24	- Pre-game, during the game & Postgame
12.01.24	- do -
13.01.24	
WEEK 3	
15.01.24	- Test -
16.01.24	- Technical officials & their duties.
18.01.24	- do -
19.01.24	- Protective equipment used in games-
20.01.24	- do -
WEEK 4	
22.01.24	- Test -
23.01.24	- History of Table tennis
24.01.24	- Role of Haryana's people in games-
25.01.24	- do -
27.01.24	
WEEK 5	
29.01.24	- Test -
30.01.24	- Development of Table tennis

31.01.24	- do -
01.02.24	- Rules & Regulation -
02.02.24	
03.02.24	- do -
WEEK 6	
05.02.24	- organization of Athletic meet
06.02.24	- do -
07.02.24	- administration of Athletic meet
08.02.24	- do -
09.02.24	
10.02.24	Duties of officials in Athletic meet
WEEK 7	
12.02.24	- Test -
13.02.24	Dimension, rules of regulations -
15.02.24	- do -
16.02.24	Track & field events -
17.02.24	- do -
WEEK 8	
19.02.24	- Test -
20.02.24	- fundamentals of various events -
21.02.24	- Shotput - Holding, placement of shot -
22.02.24	- Hurdle - approach, take off, action of lead
23.02.24	- High Jump - approach, run, take off -
24.02.24	- do -
WEEK 9	
26.02.24	- Test -
27.02.24	- History of IAAF in India -
28.02.24	- organization & administration of Athletic -
29.02.24	- Teaching & training of athlete
01.03.24	- do -
02.03.24	
WEEK 10	
04.03.24	- Test -
05.03.24	- track & field events -
06.03.24	- (i) Hurdle (ii) High Jump
07.03.24	- (iii) shotput -
09.03.24	- do -
WEEK 11	

11.03.24	- Test -
12.03.24	- Define all about -
13.03.24	- do -
14.03.24	- Hurdle, snout put, High Jump -
15.03.24	
16.03.24	- do -
WEEK 12	
18.03.24	- history of suiting -
19.03.24	- do -
20.03.24	- Dimension of Rules -
21.03.24	
22.03.24	- Making of play field / area -
WEEK 13	
	----- HOLI BREAK -----
WEEK 14	
01.04.24	- Revision -
02.04.24	- about wrestling -
03.04.24	- do -
04.04.24	- Rules & Regulations of games -
05.04.24	
06.04.24	- Technical officials & their duties -
WEEK 15	
08.04.24	- Revision -
09.04.24	- conduct of tournament -
10.04.24	- do -
12.04.24	
13.04.24	- types of fixtures used in games -
WEEK 16	
15.04.24	- Test -
16.04.24	- offensive & regulations of the games -
18.04.24	- do -
19.04.24	- Test -
20.04.24	- About all games Revision -
WEEK 17	

22.04.24

- Revision of unit - II, III games -

23.04.24

- Revision of unit - I, IV games -

24.04.24

- Revision of unit - I, II games -

25.04.24

Revision of unit - III, IV games -

26.04.24

- do -

27.04.24

TIKA RAM GIRLS COLLEGE SONEPAT

Lesson Plan Format

NAME OF ASSISTANT/ASSOCIATE PROFESSOR SARITA KUMAR
 CLASS AND SECTION B.Sc. Sports Science 3rd year (6th Sem)
 SUBJECT Foundation of Sports Training
~~Sports Sociology~~

WEEK 1	DESCRIPTION
1.01.24	
2.01.24	
3.01.24	
4.01.24	
5.01.24	
6.01.24	
WEEK 2	
8.01.24	
9.01.24	
10.01.24	
11.01.24	Meaning & Definitions
12.01.24	do
13.01.24	Aims and objectives of Sports Training
WEEK 3	
15.01.24	Principles of Sports Training
16.01.24	do
18.01.24	do
19.01.24	Importance of sports Training
20.01.24	do
WEEK 4	
22.01.24	Training load
23.01.24	do
24.01.24	Load adaptation
25.01.24	do
27.01.24	do
WEEK 5	
29.01.24	Overload and Recovery
30.01.24	do

31.01.24	factors of load do do do
01.02.24	
02.02.24	
03.02.24	
WEEK 6	
05.02.24	Circuit Training do do Interval Training do
06.02.24	
07.02.24	
08.02.24	
09.02.24	
10.02.24	
WEEK 7	
12.02.24	Footlock Training do Plyometric Training do do
13.02.24	
15.02.24	
16.02.24	
17.02.24	
WEEK 8	
19.02.24	Sprint Training do Development of Motor Component Speed do
20.02.24	
21.02.24	
22.02.24	
23.02.24	
24.02.24	
WEEK 9	
26.02.24	Strength do do Endurance do
27.02.24	
28.02.24	
29.02.24	
01.03.24	
02.03.24	
WEEK 10	
04.03.24	flexibility do do do
05.03.24	
06.03.24	
07.03.24	
09.03.24	
WEEK 11	

11.03.24	agility do
12.03.24	do
13.03.24	do
14.03.24	Revisions
15.03.24	
16.03.24	

WEEK 12

18.03.24	Periodisation: Meaning
19.03.24	definition of periodisation
20.03.24	Importance of Periodisation
21.03.24	do
22.03.24	do

WEEK 13

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

WEEK 14

01.04.24	Single, double and Triple.
02.04.24	do
03.04.24	do
04.04.24	Periodisation,
05.04.24	do
06.04.24	do

WEEK 15

08.04.24	long term plan
09.04.24	do
10.04.24	do
12.04.24	
13.04.24	Short Term Plan

WEEK 16

15.04.24	do
16.04.24	Plan for competition, main and
18.04.24	pull up competitions.
19.04.24	
20.04.24	do

WEEK 17

do

22.04.24
23.04.24
24.04.24
25.04.24
26.04.24
27.04.24

Revision

Revision

TIKA RAM GIRLS COLLEGE SONEPAT

Lesson Plan Format

NAME OF ASSISTANT/ASSOCIATE PROFESSOR

L. D. Suman Mann

CLASS AND SECTION

B.Sc. Sports Science 3rd Year (6th Sem)

SUBJECT

Theory of Games & Theory of Athletics

WEEK 1	DESCRIPTION
1.01.24	- History of games
2.01.24	- do -
3.01.24	- development of games
4.01.24	- do -
5.01.24	- do -
6.01.24	- Role of Haryana's people in game -
WEEK 2	
8.01.24	- Test -
9.01.24	- Duties of officials -
10.01.24	- do -
11.01.24	- Pre game, during the game & Post game -
12.01.24	- do -
13.01.24	- do -
WEEK 3	
15.01.24	- Test -
16.01.24	- Technical officials and their duties -
18.01.24	- do -
19.01.24	- Protective equipment used in games -
20.01.24	- do -
WEEK 4	
22.01.24	- Test -
23.01.24	- History of softball -
24.01.24	- Role of Haryana's people in games -
25.01.24	- do -
27.01.24	- do -
WEEK 5	
29.01.24	- Test -
30.01.24	- Development of softball -

31.01.24	do
01.02.24	Rules of Regulation
02.02.24	do
03.02.24	
WEEK 6	
05.02.24	Organisation of Athletics meet
06.02.24	do
07.02.24	Administration of Athletics meet
08.02.24	do
09.02.24	
10.02.24	Duties of officials in Athletics meet
WEEK 7	
12.02.24	Test
13.02.24	Interpretation of Rules & Regulation
15.02.24	do
16.02.24	
17.02.24	Events mentioned of above
WEEK 8	
19.02.24	Test
20.02.24	Fundamentals of various events
21.02.24	About Triple Jump, Hammer Throw
22.02.24	do
23.02.24	do
24.02.24	Protective equipments used in games
WEEK 9	
26.02.24	Test
27.02.24	About Triple Jump, Hammer Throw
28.02.24	do
29.02.24	Fundamental skill of Triple Jump, Hammer Throw
01.03.24	
02.03.24	About Triple Jump and Hammer Throw
WEEK 10	
04.03.24	Test
05.03.24	Techniques of Triple Jump and Hammer Throw
06.03.24	do
07.03.24	Test
09.03.24	
WEEK 11	
	do

11.03.24	- Major Injuries and their Prevention in Triple Jump -
12.03.24	<u>do</u>
13.03.24	Dimension and marking of Triple jump and Hammer Throw
14.03.24	- rest -
15.03.24	
16.03.24	selection of an athlete for: Triple jump and Hammer Throw

WEEK 12

18.03.24	History of Games (Basketball)
19.03.24	<u>do</u>
20.03.24	- Technicals officials and their duties of Basketball -
21.03.24	<u>do</u>
22.03.24	Role of Haryana's people in games

WEEK 13

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

WEEK 14

01.04.24	Development of Basketball
02.04.24	- Test -
03.04.24	
04.04.24	Dimension of Basketball
05.04.24	<u>do</u>
06.04.24	- Rules and Regulations of Basketball

WEEK 15

08.04.24	History of Wrestling
09.04.24	- <u>do</u> -
10.04.24	- Technicals officials and their duties of Wrestling -
12.04.24	<u>do</u>
13.04.24	Role of Haryana's people in games

WEEK 16

15.04.24	Development of Wrestling
16.04.24	- <u>do</u> -
18.04.24	Dimension of Wrestling
19.04.24	Rules and Regulations of Basketball
20.04.24	- Test -

WEEK 17

22.04.24
23.04.24
24.04.24
25.04.24
26.04.24
27.04.24

- Revision of Unit - 4 -
- Revision of Unit - 3 -
- Revision of Unit - 2 -
- Revision of Unit - 1 -