

**DEPARTMENT OF PHYSICAL EDUCATION  
LESSION PLAN  
SESSION 2023-24  
SEMESTER – IV**

**NAME OF TEACHER: KHAIRUZZAMAN MALLICK**

**PAPER ALLOTTED: PEDGCOR04T, PEDGCOR04P & PEDSSEC02M (SEC 2)**

<b>Month</b>	<b>Paper</b>	<b>Topic</b>	<b>No of classes</b>
<b>March 2024 (02.03.2024)</b>	<b>PEDGCOR04T</b>	<b>Introduction Test, measurement &amp; Evaluation. Criteria of good test. Importance of Test, Measurement and Evaluation in Physical Education and Sports</b>	<b>10</b>
	<b>PEDGCOR04P</b>	<b>Sports Skill Test : Lockhart and McPherson Badminton Skill Test Johnson Basketball Test Battery</b>	<b>15</b>
	<b>PEDSSEC02M (SEC 2)</b>	<b>GYMNASTICS : Forward Roll T-Balance Forward Roll with Split leg</b>	<b>10</b>
<b>April 2024</b>	<b>PEDGCOR04T</b>	<b>Measurements of Body Compositions and Somatotype Assessment. BMI, Lean Body Mass</b>	<b>10</b>
	<b>PEDGCOR04P</b>	<b>Sports Skill Test : McDonald Soccer Test Brady Volleyball Test</b>	<b>15</b>
	<b>PEDSSEC02M (SEC 2)</b>	<b>GYMNASTICS : Backward Roll Cart-Wheel Dive and Forward Roll Hand Spring</b>	<b>10</b>
<b>May 2024</b>	<b>PEDGCOR04T</b>	<b>Measurements of Body Compositions and Somatotype Assessment : Somatotype- Concept and method of measurement</b>	<b>10</b>
	<b>PEDSSEC02M (SEC 2)</b>	<b>GYMNASTICS : Head Spring Neck Spring Hand Stand and Forward Roll Summersault</b>	<b>10</b>
<b>June 2024</b>		<b>Internal Examination &amp; Class for Slow Learners</b>	
<b>July 2024</b>		<b>End Semester Examination</b>	
		<b>Total Classes</b>	<b>90</b>

**NAME OF TEACHER: PRADYUT KUMAR BISWAS**

**PAPER ALLOTTED: PEDGCOR04T, PEDGCOR04P & PEDSSEC02M (SEC 2)**

Month	Paper	Topic	No of classes
March 2024 (02.03.2024)	PEDGCOR04T	<b>Health Education :</b> Concept, definition and dimension of Health. Definition, aim, objectives and principles of Health Education. School Health Program- Health Service, Health Instruction, Health Supervision, Health appraisal and Health Record	5
	PEDGCOR04P	<b>Fitness Test :</b> Kraus-Weber Muscular Strength Test	5
	PEDGCOR04T	<b>Communicable Diseases&amp; Non-communicable Diseases</b> (Malaria, Cholera, Influenza and Chicken Pox, Obesity, Diabetes)	5
	PEDGCOR04P	<b>Fitness Test :</b> AAHPER Youth Fitness Test	8
	PEDSSEC02M (SEC 2)	<b>Yoga :</b> Asanas Standing Position ( Ardachandrasana , Brikshasana , Padahastasana ) Sitting Position ( Ardhakurmasana ,Paschimottanasana , Gomukhasana )	10
April 2024	PEDGCOR04T	<b>Basic Nutrients: - Protein, Carbohydrates, Fat, Vitamins, Minerals and Water, Balance Diet, Athletic Diet, Standard Diet</b>	8
	PEDGCOR04P	<b>Fitness Test :</b> Queens College Step Test	8
	PEDGCOR04T	<b>Health and First-aid Management :</b> First aid- Meaning, definition, importance and golden rules of First-aid	4
	PEDGCOR04T	<b>Concept of sports injuries- Sprain, Muscle-pull, Dislocation, Fracture, Cramps, Shock, Burns and Artificial Respiration.</b>	4
	PEDGCOR04P	<b>Fitness Test :</b> Harvard Step Test	5
	PEDSSEC02M (SEC 2)	<b>Yoga :</b> Asanas Supine Position (Setubandhasana , Halasana , Matsyasana ) Prone Position (Bhujangasana, Salvasana , Dhanurasana ) Inverted Position (Sarbangasana , Shirsasana, Bhagrasana )	10
May 2024	PEDGCOR04T	<b>Safety Education: Safety at Home, School, College, Play- ground, Streets.</b> <b>Postural deformities- Causes and corrective exercise of Kyphosis, Lordosis, Scoliosis, Knock Knees and Flat Foot.</b>	4
	PEDGCOR04P	<b>Assessment of % body fat</b>	4

	<b>PEDSSEC02M (SEC 2)</b>	<b>Pranayama : [Kapalbhati ,Bhramri , Anulam Vilom].</b>	<b>10</b>
<b>June 2024</b>		<b>Internal Examination &amp; Class for Slow Learners</b>	
<b>July 2024</b>		<b>End Semester Examination</b>	
		<b>Total Classes</b>	<b>90</b>