

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

NAME OF TEACHER: KHAIRUZZAMAN MALLICK

PAPER ALLOTTED: PEDGCOR03T, PEDGCOR03P&PEDSSEC01M (SEC)

Month	Paper	Topic	No of classes
September 2023 (25.09.23)	PEDGCOR03T	Introduction of Anatomy, Physiology & Exercise Physiology	2
	PEDSSEC01M (SEC)	Field events :High jump: Approach Run, Take-off, Bar Clearance (Straddle) and Landing.	6
October 2023	PEDGCOR03T	Human cell and tissue : Structure, function & types.	6
	PEDGCOR03P	Assessment of BMI, Heart rate,	3
	PEDGCOR03T	Musculo – Skeletal System : Skeletal System	10
	PEDGCOR03P	Assessment of Blood Pressure, Respiratory Rate, Pick Flow Rate	12
	PEDSSEC01M (SEC)	Field events : Shot put: Holding the Shot, Placement, Initial Stance, Glide, Delivery Stance and Recovery (Perry O'Brien Technique). Discus Throw: Holding the Discus, Initial Stance, Primary Swing, Turn, Release and Recovery (Rotation in the circle).	12
October 2023		PUJA VACATION (19.10.2023 to 15.11.2023)	
	PEDGCOR03T	Location of Bones & Joints	6
	PEDGCOR03P	Assessment of Vital Capacity.	8
	PEDGCOR03T	Musculo – Skeletal System : Muscular System	10
	PEDSSEC01M (SEC)	Field events :Javelin Throw: Grip, Carry, Release and Recovery (3/5 Impulse stride).	12
1st Week of Dec 2023	PEDGCOR03T	Effect of exercise on Muscular System	3
4th Week of		Internal Examination &	

Dec 2023		Class for Slow Learners	
January 2024		End Semester Examination	
		Total Classes	90

NAME OF TEACHER: PRADYUT KUMAR BISWAS

PAPER ALLOTTED: PEDGCOR03T, PEDGCOR03P & PEDSSEC01M (SEC)

Month	Paper	Topic	No of classes
September 2023 (25.09.23)	PEDGCOR03T	Circulatory System :Blood- Composition and function, Heart- Structure and functions. Mechanism of blood circulation through heart	5
	PEDGCOR03P	Anthropometric measurement : Length of bone.	5
	PEDSSEC01M (SEC)	Track Events : Starting Techniques: Standing start and Crouch start (its variations) use of Block, Acceleration with proper running techniques, Finishing technique: Run Through, Forward Lunging and Shoulder Shrug,	6
October 2023	PEDGCOR03T	Blood Pressure, Athletic Heart and Bradycardia, Effect of exercise on circulatory system,	6
	PEDGCOR03P	Anthropometric measurement : Length of bone.	5
	PEDGCOR03T	Respiratory System : Respiration, Vital Capacity, O2 Debt and Second Wind, Effect of exercise on respiratory system.	6
	PEDGCOR03P	Anthropometric measurement :wide of bones.	8
	PEDSSEC01M (SEC)	Track Events : Relay Race: Starting, Baton Holding, Carrying, Baton Exchange in between zone, and Finishing.	12
October 2023		PUJA VACATION (19.10.2023 to 15.11.2023)	
November 2023	PEDGCOR03T	Nervous System :Meaning of Nervous System, Parts of Nervous System.	5
	PEDGCOR03P	Anthropometric measurement : circumference of bones.	8
	PEDGCOR03T	System-structure of brain, spinal cord, Neuron, reflex action, Reciprocal Innervations.	4
	PEDGCOR03P	Measurement of Body fat%.	4
	PEDSSEC01M (SEC)	Field events : Long Jump: Approach Run, Take-off, Flight in the air (Hang Style/Hitch Kick) and Landing.	12
1st Week of Dec 2023	PEDGCOR03T	Endocrine System :Meaning of Endocrine Gland, Function and Locationof pituitary, Thyroid and Adrenal	4

		Glands.	
4th Week of Dec 2023		Internal Examination & Class for Slow Learners	
January 2024		End Semester Examination	
		Total Classes	90