

Lesson Plan for Course: B.A General (PEDG) Code: PEDGCOR03T Credit: 4

- Course coordinator: GOPAL GURIA
- Course Outcome
 - ✓ CO1: To learn the basic anatomical structure of human body including various organs and its functions.
 - ✓ CO2: Effects of exercise on various systems of human body.
 - ✓ CO1: To learn the basic anatomical structure of human body including various organs and its functions.
 - ✓ CO2: Effects of exercise on various systems of human body.
 - ✓ CO1: To learn the basic Knowledge of **Musculo-skeletal System**
 - ✓ CO2: To learn the basic knowledge of **Circulatory and Respiratory System**
 - ✓ CO3: To learn the basic Knowledge of Assessment of : BMI, Heart rate , Blood Pressure
 - ✓ CO4: To learn the basic Knowledge of Assessment of : Respiratory Rate, Pick Flow Rate and Vital Capacity.
 - ✓ CO5: To learn the basic Knowledge of **Nervous and Endocrine System**
 - ✓ CO6: To learn the basic Knowledge of Body fat %

Course planner

Sl	Course Topic	Teacher	Class-hour	Remarks*
Jul	<u>Unit- I: Introduction</u> 1.1. Meaning and definition of Anatomy, Physiology and Exercise Physiology. 1.2. Importance of Anatomy, Physiology and Exercise Physiology in Physical Education.	G.G	02	
	Assessment of : BMI, Heart rate , Blood Pressure		02	
Aug	1.3. Human Cell- Structure and function. 1.4. Tissue- Types and functions. <u>Unit- II: Musculo-skeletal System</u> 2.1. Skeletal System- Structure of Skeletal System. Classification and location of bones and joints. Anatomical differences between male and female.	G.G	10	
	Assessment of : Respiratory Rate		06	
Sep	2.2. Muscular System- Type, location, function and structure of muscle. 2.3. Types of muscular contraction. 2.4. Effect of exercise on muscular system <u>Unit- III: Circulatory and Respiratory System</u> 3.1 Blood- Composition and function, Heart- Structure and functions. Mechanism of blood circulation through heart. Blood Pressure, Athletic Heart and Bradycardia	G.G	11	
	Pick Flow Rate and Vital Capacity.		05	

Assessment: Mid-term Test				
Oct	3.2. Effect of exercise on circulatory system. 3.3. Structure and function of Respiratory organs, Mechanism of Respiration Vital Capacity, O ₂ Debt and Second Wind	G.G	04	
	Anthropometric measurement (Length, wide)		02	
Nov	3.4. Effect of exercise on respiratory system <u>Unit- IV: Nervous and Endocrine System</u> 4.1. Meaning of Nervous System, Parts of Nervous System.	G.G	04	
	Anthropometric measurement (circumference of bones) ,		02	
Dec	4.2. system-structure of brain, spinal cord, Neuron, reflex action, Reciprocal Innervations. 4.3. Meaning of Endocrine Gland, Function and Location of pituitary, Thyroid and Adrenal Glands.	G.G	08	
	Body fat %		04	
Assessment: End-term Test			Total: 60 Hrs	

Resources :

1. Books: Human Physiology - C.C. Chatterjee
2. Other resources :

*Remarks will specify

- The nature of the class-topic (viz. Theoretical, Practical, and Tutorial).
- Methodology of teaching (whether using ICT, engaging students in group discussion, quiz etc. etc.)
- Different modes of assessment. (Please check UGC evaluation reforms).