

**Lesson Plan for Course: B.A General (PEDG) Code: PEDGCOR04T Credit: 4**

- Course coordinator: GOPAL GURIA
- Course Outcome
- CO<sub>1</sub>: To learn the basic Knowledge of Health and Health Education.
- CO<sub>2</sub>: To learn the History of Health and First-aid Management
- CO<sub>3</sub>: To learn the basic Knowledge of test, measurement & Evaluation
- CO<sub>4</sub>: To learn the basic Knowledge of AAHPERD Youth Fitness Test Kraus-Weber Muscular Strength Test
- CO<sub>5</sub>: To learn the basic Knowledge of Measurements of Body Compositions and Somatotype Assessment
- CO<sub>6</sub>: To learn the basic Knowledge of Assessment of % body fat

**Course planner**

Sl	Course Topic	Teacher	Class-hour	Remarks*
Jan	<b><u>Unit- I: Introduction</u></b> 1.1. Concept, definition and dimension of Health. 1.2. Definition, aim, objectives and principles of Health Education. 1.3. School Health Program- Health Service, Health Instruction, Health Supervision, Health appraisal and Health Record 1.4.. Communicable Diseases& Non-communicable Diseases (Malaria, Cholera, Influenza and Chicken Pox, Obesity, Diabetes)	G.G	13	
	Kraus-Weber Muscular Strength Test		10	
Feb	1.5 Basic Nutrients: - Protein, Carbohydrates, Fat, Vitamins, Minerals and Water, Balance Diet, Athletic Diet, Standard Diet <b><u>Unit- II: Health and First-aid Management</u></b> 2.1. First aid- Meaning, definition, importance and golden rules of First-aid.2.2. Concept of sports injuries- Sprain, Muscle-pull, Dislocation, Fracture, Cramps, Shock, Burns and Artificial Respiration.	G.G	17	
	AAHPERD Youth Fitness Test		06	
Mar	2.3. Safety Education: Safety at Home, School, College, Play-ground, Streets. 2.4. Postural deformities- Causes and corrective exercise of Kyphosis, Lordosis, Scoliosis, Knock Knees and Flat Foot. <b><u>Unit- III: Introduction Test, measurement &amp; Evaluation</u></b> 3.1 3.1. Concept of test, measurement & Evaluation. 3.2. Criteria of good test. 3.3. Principles of Evaluation.	G.G	16	
	Queens College Step Test & Harvard Step Test		08	
Assessment: Mid-term Test				

Apr	3.4. Importance of Test, Measurement and Evaluation in Physical Education and Sports <b>. Unit- IV: Measurements of Body Compositions and Somatotype Assessment</b> 4.1 Body Mass Index (BMI)- Concept and method of measurement. 4.2. Body Fat- Concept and method of	G.G	17	
	Assessment of % body fat  Lockhart and McPherson Badminton Skill Test Johnson Basketball Test Battery		06	
May	measurement. 4.3. Lean Body Mass (LBM)- Concept and method of measurement. 4.4. Somatotype- Concept and method of measurement	G.G	07	
	McDonald Soccer Test Brady Volleyball Test		02	
Jun	-	G.G	00	
	-		00	
<b>Assessment: End-term Test</b>			Total: 102 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).