

Lesson Plan for Course: B.A General (PEDG) Code: PEDGCOR04TCredit: 4

- Course coordinator: GOPAL GURIA
- Course Outcome
- CO₁: To learned the basic Knowledge of Health and Health Education.
- CO₂: To learned the History of Health and First-aid Management
- CO₃: To learned the basic Knowledge of test, measurement & Evaluation
- CO₄: To learned the basic Knowledge of AAHPERD Youth Fitness Test Kraus-Weber Muscular Strength Test t ,
- CO₅: To learned the basic Knowledge of Measurements of Body Compositions and Somatotype Assessment
- CO₆: To learned the basic Knowledge of Assessment of % body fat

Course planner

Sl	Course Topic	Teacher	Class-hour	Remarks*
Jan	<u>Unit- I: Introduction</u> 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) 1.5 Basic Nutrients: - Protein, Carbohydrates, Fat, Vitamins, Minerals and Water,	G.G	13	
	Kraus-Weber Muscular Strength Test		03	
Feb	Balance Diet, Athletic Diet, Standard Diet <u>Unit- II: Health and First-aid Management</u> 2.1. First aid- Meaning, definition, importance and golden rules of First-aid.	G.G	05	
	AAHPERD Youth Fitness Test		03	
Mar	2.2. Concept of sports injuries- Sprain, Muscle-pull, Dislocation, Fracture, Cramps, Shock, Burns and Artificial Respiration.	G.G	04	

	2.3. Safety Education: Safety at Home, School, College, Play-ground, Streets. Flat Foot.			
	Queens College Step Test		02	
Assessment: Mid-term Test				
Apr	2.4. Postural deformities- Causes and corrective exercise of Kyphosis, Lordosis, Scoliosis, Knock Knees and <u>Unit- III: Introduction Test, measurement & Evaluation</u> 3.1 3.1. Concept of test, measurement & Evaluation. 3.2. Criteria of good test.	G.G	08	
	Harvard Step Test		04	
May	3.3. Principles of Evaluation 3.4. Importance of Test, Measurement and Evaluation in Physical Education and Sports	G.G	10	
	Brady Volleyball Test		04	
Jun	<u>Unit- IV: Measurements of Body Compositions and Somatotype Assessment</u> 4.1 Body Mass Index (BMI)- Concept and method of measurement. 4.2. Body Fat- Concept and method of - Assessment of % body fat Lockhart and McPherson Badminton Skill Test Johnson Basketball Test Battery measurement. 4.3. Lean Body Mass (LBM)- Concept and method of measurement. 4.4. Somatotype- Concept and method of measurement	G.G	14	
	McDonald Soccer Test		04	
	Assessment: End-term Test		Total: 74 Hrs	

Resources :

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

For CBCS courses

*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).