

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 ,
- 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)	G.G	07	
	Kraus-Weber Muscular Strength Test		03	
Feb	1.5 Basic Nutrients: - Protein, Carbohydrates, Fat, Vitamins, Minerals and Water, Balance Diet, Athletic Diet, Standard Diet	G.G	06	
	Queens College Step Test		02	
Mar	<u>Unit- II: Health and First-aid Management</u> 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. 2.3. Safety Education: Safety at Home, School, College, Play-ground, Streets. Flat Foot.	G.G	13	

	AAHPERD Youth Fitness Test		07	
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. Harvard Step Test	G.G	11	
			06	
May	3.3. Principles of Evaluation 3.4. Importance of Test, Measurement and Evaluation in Physical Education and Sports <u>Unit- IV: Measurements of Body Compositions and Somatotype Assessment</u> 4.1 Body Mass Index (BMI)- Concept and method of measurement. Brady Volleyball Test	G.G	12	
			05	
Jun	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 McDonald Soccer Test	G.G	09	
			06	
	Assessment: End-term Test		Total: 87 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).

For CBCS courses

