

Lesson Plan for Course: B.A General (PEDG) Code: PEDGCOR01T/PEDHGEC01T**& PEDGCOR01P/PEDHGEC01P, Credit: 6**

- Course coordinator: GOPAL GURIA
- Course Outcome
 - ✓ CO₁: To learned the basic Knowledge of physical education
 - ✓ CO₂: To learned the History of physical Education in India and out of India
 - ✓ CO₃: To learned the basic Knowledge of Sociological and Philosophical Foundations of Physical Education
 - ✓ CO₄: To learned the basic Knowledge of Olympic Movement, Asian Games and Commonwealth Games.
 - ✓ CO₅: To learned the basic Knowledge of Historical development of Physical Education and Sports in India
 - ✓ CO₆: To learned the basic Knowledge of Yoga Education.

Course planner

Sl	Course Topic	Teacher	Class-hour	Remarks*
Jul	<u>Unit- I: Introduction</u> 1.1. Meaning and definition of Physical Education. 1.2. Aim and objectives of Physical Education. 1.3. Modern concept and changing concepts of Physical Education. 1.4. Importance, Nature and scope of Physical Education.	G.G	02	
	Development of physical fitness through Calisthenics (Practical)		02	
Aug	<u>Unit- II: Biological ,Sociological and Philosophical Foundations of Physical Education</u> 2.1. Biological Foundation- Meaning and definition of growth and development. Factors affecting growth and development. Differences of growth and development Principles of growth and development. 2.2. Age- Chronological age, anatomical age, physiological age and mental age. 2.3. Sociological Foundation- Meaning and definition of Sociology, Society and Socialization. Role of games and sports in National and International integration. 2.4. Introduction of philosophies –	G.G	07	

	naturalism, pragmatism, realism, idealism.			
	Development of physical fitness through Calisthenics (Practical)		05	
Sep	<u>Unit- III: History of Physical Education</u> 3.1 Historical development of Physical Education and Sports in India- Pre-Independence period and Post-Independence period. 3.2. Olympic Movement- Ancient Olympic Games and Modern Olympic Games 3.3. Brief historical background of Asian Games and Commonwealth Games.	GG	06	
	Development of physical fitness through marching(Practical)		04	
Assessment: Mid-term Test				
Oct	NO CLASS	G.G	00	
	NO CLASS		00	
Nov	3.4. Modern and Ancient Historical perspectives: USA, UK, Greece, Rome, and India.	G.G	07	
	Development of physical fitness through marching & Aerobics (Practical)		04	
Dec	<u>Unit- IV: Yoga Education</u> 4.1. Meaning and definition of the term Yoga, types, aim, objectives and important of Yoga. 4.2. History of Yoga. 4.3.Astanga Yoga 4.4. Hatha Yoga.	G.G	05	
	Development of physical fitness through Aerobics (Practical)		04	
	Assessment: End-term Test		Total: 46 Hrs	