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| **Week 1** |  |  |  |
| **Assignments** |  |  |  |
| **Week 1** | **Day 1** | 01 Jan 18 | Introduction -Organization and Management of phy.edu |
| **Week 1** | **Day 2** | 02 Jan 18 | Need and Importance of track |
| **Week 1** | **Day 3** | 03 Jan 18 | Characteristics of track |
| **Week 1** | **Day 4** | 04 Jan 18 | Care and Maintenance of track |
| **Week 1** | **Day 5** | 05 Jan 18 | Revision |
| **Week 1** | **Day 6** | 06 Jan 18 | Games practical |

**DPG DEGREE COLLEGE, GURUGRAM**

**LESSON PLAN FOR THE SEMESTER VI (A.Y.-2017-18)**

**Subject: Physical Education**

**NAME OF FACULTY: Ravinder Kumar (Assistant Professor)**

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| **Week 3** |  |  |  |
| **Assignments** |  |  |  |
| **Week 3** | **Day 1** | 15 Jan 18 | Meaning of sports management |
| **Week 3** | **Day 2** | 16 Jan 18 | Importance and scope of sports management |
| **Week 3** | **Day 3** | 17 Jan 18 | Importance and scope of sports management (continue) |
| **Week 3** | **Day 4** | 18 Jan 18 | Revision |
| **Week 3** | **Day 5** | 19 Jan 18 | Question and Answer |
| **Week 3** | **Day 6** | 20 Jan 18 | Game practical |

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| **Week 2** |  |  |  |
| **Assignments** |  |  |  |
| **Week 2** | **Day 1** | 08 Jan 18 | Conduct of Annual Athletic meet |
| **Week 2** | **Day 2** | 09 Jan 18 | Organization of an Athletic meet |
| **Week 2** | **Day 3** | 10 Jan 18 | Importance and Significance of Athletic meet |
| **Week 2** | **Day 4** | 11 Jan 18 | Importance and Significance of Athletic meet (continue) |
| **Week 2** | **Day 5** | 12 Jan 18 | Revision |
| **Week 3** | **Day 6** | 13 Jan 18 | Game practical |

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| **Week 4** |  |  |  |
| **Assignments** |  |  |  |
| **Week 4** | **Day 1** | 22 Jan 18 | Factors Influencing sports management |
| **Week 4** | **Day 2** | 23 Jan 18 | Factors Influencing sports management (continue) |
| **Week 4** | **Day 3** | 24 Jan 18 | Qualification and Qualities of physical education teachers |
| **Week 4** | **Day 4** | 25 Jan 18 | Duties of an official (pre-game , During game & post game) |
| **Week 4** | **Day 5** | 27 Jan 18 | Revision |
| **Week 4** | **Day 6** | 29 Jan 18 | Game practical |

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| **Week 5** |  |  |  |
| **Assignments** |  |  |  |
| **Week 5** | **Day 1** | 30 Jan 18 | Types of sports injuries |
| **Week 5** | **Day 2** | 31 Jan 18 | Common sports injuries |
| **Week 5** | **Day 3** | 01 Feb 18 | Revision |
| **Week 5** | **Day 4** | 02 Feb 18 | Sprain and Strain |
| **Week 5** | **Day 5** | 03 Feb 18 | Class test |
| **Week 5** | **Day 6** | 05 Feb 18 | Games practical |

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| **Week 6** |  |  |  |
| **Assignments** |  |  |  |
| **Week 6** | **Day 1** | 06 Feb 18 | Prevention of sports injury measures |
| **Week 6** | **Day 2** | 07 Feb 18 | Track Events and Field events |
| **Week 6** | **Day 3** | 08 Feb 18 | Athletics practical |
| **Week 6** | **Day 4** | 09 Feb 18 | Athletics practical (continue) |
| **Week 6** | **Day 5** | 10 Feb 18 | Games practice |
| **Week 6** | **Day 6** | 12 Feb 18 | Treatment for simple sports injuries |

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| **Week 7** |  |  |  |
| **Assignments** |  |  |  |
| **Week 7** | **Day 1** | 13 Feb 18 | Fracture and dislocation |
| **Week 7** | **Day 2** | **14 Feb 18** | **Prevention of sports injury and rehabilitation** |
| **Week 7** | **Day 3** | 15 Feb 18 | Sports injury and various factors |
| **Week 7** | **Day 4** | 16 Feb 18 | Treatment for simple sports injuries |
| **Week 7** | **Day 5** | 17 Feb 18 | Revision |
| **Week 7** | **Day 6** | 19 Feb 18 | Games practical |

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| **Week 8** |  |  |  |
| **Assignments** |  |  |  |
| **Week 8** | **Day 1** | 20 Feb 18 | Immediate care of injuries |
| **Week 8** | **Day 2** | 21 Feb 18 | Prevention of sports/Athletic injuries |
| **Week 8** | **Day 3** | 22 Feb 18 | Basic steps to reduce the risk of sports injuries |
| **Week 8** | **Day 4** | 23 Feb 18 | Principles of prevention of sports injury |
| **Week 8** | **Day 5** | 24 Feb 18 | Revision |
| **Week 8** | **Day 6** | 26 Feb 18 | Games practical |

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| **Week 9** |  |  |  |
| **Assignments** |  |  |  |
| **Week 9** | **Day 1** | 27 Feb 18 | Meaning and scope of rehabilitation |
| **Week 9** | **Day 2** | 28 Feb 18 | Facilities available for rehabilitation |
| **Week 9** | **Day 3** | 01 Mar 18 | Role of physical education teacher in rehabilitation |
| **Week 9** | **Day 4** | 03 Mar 18 | Meaning and scope of rehabilitation (continue) |
| **Week 9** | **Day 5** | 05 Mar 18 | Revision |
| **Week 9** | **Day 6** | 06 Mar 18 | Games practical |

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| **Week 10** |  |  |  |
| **Assignments** |  |  |  |
| **Week 10** | **Day 1** | 07 Mar 18 | Meaning of professional preparation |
| **Week 10** | **Day 2** | 08 Mar 18 | Meaning of professional preparation (continue) |
| **Week 10** | **Day 3** | **09 Mar 18** | **Definition and significance of profession preparation in Phy Edu** |
| **Week 10** | **Day 4** | 10 Mar 18 | Revision |
| **Week 10** | **Day 5** | 12 Mar 18 | Question and Answer |
| **Week 10** | **Day 6** | 13 Mar 18 | Games practical |

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| **Week 11** |  |  |  |
| **Assignments** |  |  |  |
| **Week 11** | **Day 1** | 14 Mar 18 | Curriculum design in physical education |
| **Week 11** | **Day 2** | 15 Mar 18 | Curriculum design in physical education (continue) |
| **Week 11** | **Day 3** | 16 Mar 18 | Revision |
| **Week 11** | **Day 4** | 17 Mar 18 | Practical work |
| **Week 11** | **Day 5** | 19 Mar 18 | Overall Revision |
| **Week 11** | **Day 6** | 20 Mar 18 | Need ,Importance and Characteristics of track |

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| **Week 12** |  |  |  |
| **Assignments** |  |  |  |
| **Week 12** | **Day 1** | 21 Mar 18 | Care and Maintenance of track |
| **Week 12** | **Day 2** | 22 Mar 18 | Conduct of Annual Athletic meet |
| **Week 12** | **Day 3** | 23 Mar 18 | Organization and conduct of tournament |
| **Week 12** | **Day 4** | 24 Mar 18 | Class test |
| **Week 12** | **Day 5** | 26 Mar 18 | Games practical |
| **Week 12** | **Day 6** | 27 Mar 18 | Meaning , importance and scope of sports management |

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| **Week 13** |  |  |  |
| **Assignments** |  |  |  |
| **Week 13** | **Day 1** | 28 Mar 18 | Factors influencing sports management |
| **Week 13** | **Day 2** | 29 Mar 18 | Qualification and qualities of physical education teachers |
| **Week 13** | **Day 3** | 30 Mar 18 | Duties of an official |
| **Week 13** | **Day 4** | 31 Mar 18 | Prevention of sports injury and rehabilitation |
| **Week 13** | **Day 5** | 02 Apr 18 | Sports injury and various factors causing injuries |
| **Week 13** | **Day 6** | 03 Apr 18 | Games practical |

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| **Week 14** |  |  |  |
| **Assignments** |  |  |  |
| **Week 14** | **Day 1** | 04 Apr 18 | Principles of prevention of sports injury |
| **Week 14** | **Day 2** | 05 Apr 18 | Meaning and scope of rehabilitation |
| **Week 14** | **Day 3** | 06 Apr 18 | Facilities available for rehabilitation |
| **Week 14** | **Day 4** | 07 Apr 18 | Role of physical education teacher in rehabilitation |
| **Week 14** | **Day 5** | 09 Apr 18 | Revision |
| **Week 14** | **Day 6** | 10 Apr 18 | Class test |

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| **Week 15** |  |  |  |
| **Assignments** |  |  |  |
| **Week 15** | **Day 1** | 11 Apr 18 | Meaning of professional preparation |
| **Week 15** | **Day 2** | 12 Apr 18 | Definition and significance of professional preparation |
| **Week 15** | **Day 3** | 13 Apr 18 | Curriculum design in physical education |
| **Week 15** | **Day 4** | 14 Apr 18 | Revision |
| **Week 15** | **Day 5** | 15 Apr 18 | Class test |
| **Week 15** | **Day 6** | 16 Apr 18 | Games practical |

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| **Week 16** |  |  |  |
| **Assignments** |  |  |  |
| **Week 16** | **Day 1** | 17 Apr 18 | Model test paper practice |
| **Week 16** | **Day 2** | 18 Apr 18 | Final revision for exam |
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