

# GDC Memorial College, Bahal (Bhiwani)

NAAC Accredited Grade "B"

Lesson Plan- Jan to June 2025

Name - Madan Mohan Yadav

Department - Physical Education

Class - BPES

Subject - Sports Physiotherapy

Semester - 6th

Subject Code - BPES 601

## UNIT-1

2-Jan-25 Meaning and definition of sports physiotherapy

3-Jan-25 Meaning and definition of sports physiotherapy

6-Jan-25 Importance of sport physiotherapy

7-Jan-25 Importance of sport physiotherapy

8-Jan-25 Importance of sport physiotherapy

9-Jan-25 Principles of sports physiotherapy

10-Jan-25 Principles of sports physiotherapy

13-Jan-25 Principles of sports physiotherapy

14-Jan-25 Principles of sports physiotherapy

15-Jan-25 Role of sports therapist in competitive sports

16-Jan-25 Role of sports therapist in competitive sports

17-Jan-25 Role of sports therapist in competitive sports

20-Jan-25 Role of sports therapist in competitive sports

21-Jan-25 Qualities of sports therapist

22-Jan-25 Qualities of sports therapist

23-Jan-25 Qualities of sports therapist

## UNIT-2

24-Jan-25 Meaning of sports injuries

27-Jan-25 Meaning of sports injuries

28-Jan-25 classification of sport injuries

29-Jan-25 classification of sport injuries

30-Jan-25 classification of sport injuries

31-Jan-25 classification of sport injuries

3-Feb-25 classification of sport injuries

4-Feb-25 causes and prevention of sports injuries

5-Feb-25 causes and prevention of sports injuries

6-Feb-25 causes and prevention of sports injuries

7-Feb-25 rehabilitation procedures of sports injuries

10-Feb-25 rehabilitation procedures of sports injuries

11-Feb-25 Principles and barriers to successful rehabilitation

12-Feb-25 Principles and barriers to successful rehabilitation

13-Feb-25 Principles and barriers to successful rehabilitation

## UNIT-3

14-Feb-25 Therapeutic modalities

17-Feb-25 Therapeutic modalities

18-Feb-25 Cryotherapy, its methods

20-Feb-25 Cryotherapy, its methods

21-Feb-25 Cryotherapy, its methods

24-Feb-25 contraindication in cryotherapy

25-Feb-25	contraindication in cryotherapy
27-Feb-25	contraindication in cryotherapy
28-Feb-25	uses of cryotherapy in sports injuries
3-Mar-25	uses of cryotherapy in sports injuries
4-Mar-25	Hydrotherapy, its methods
5-Mar-25	Hydrotherapy, its methods
6-Mar-25	contraindication in hydrotherapy
7-Mar-25	contraindication in hydrotherapy
10-Mar-25	contraindication in hydrotherapy
11-Mar-25	uses of hydrotherapy in sports injuries
12-Mar-25	uses of hydrotherapy in sports injuries
17-Mar-25	uses of hydrotherapy in sports injuries
18-Mar-25	Electrotherapy, its methods
19-Mar-25	Electrotherapy, its methods
20-Mar-25	contraindication in Electrotherapy
21-Mar-25	contraindication in Electrotherapy
24-Mar-25	contraindication in Electrotherapy
25-Mar-25	uses of Electrotherapy in sports injuries
26-Mar-25	uses of Electrotherapy in sports injuries
27-Mar-25	uses of Electrotherapy in sports injuries
	<b>UNIT-4</b>
28-Mar-25	Thermotherapy, its methods
31-Mar-25	Thermotherapy, its methods
1-Apr-25	contraindication in Thermotherapy
2-Apr-25	contraindication in Thermotherapy
3-Apr-25	uses of Thermotherapy in sports injuries
4-Apr-25	uses of Thermotherapy in sports injuries
7-Apr-25	Concept of massage
8-Apr-25	Concept of massage
9-Apr-25	its types and benefits of massage
10-Apr-25	its types and benefits of massage
11-Apr-25	Therapeutic exercises and their benefits
14-Apr-25	Therapeutic exercises and their benefits
15-Apr-25	Revision
16-Apr-25	Revision
17-Apr-25	Revision
18-Apr-25	Revision
21-Apr-25	Revision
22-Apr-25	Revision
23-Apr-25	Revision
24-Apr-25	Revision
25-Apr-25	Revision
28-Apr-25	Revision
29-Apr-25	Revision
30-Apr-25	Revision

# GDC Memorial College, Bahal (Bhiwani)

NAAC Accredited Grade "B"

Lesson Plan- Jan to June 2025

Name - Madan Mohan Yadav Department - Physical Education

Class - BPES Subject - Sports Psychology (Elective)

Semester - 6th Subject Code - BPES 603

## UNIT-1

2-Jan-25	Meaning and definition of Sports Psychology
3-Jan-25	Meaning and definition of Sports Psychology
6-Jan-25	Meaning and definition of Sports Psychology
7-Jan-25	Meaning and definition of Sports Psychology
8-Jan-25	Nature and Importance of Sports Psychology
9-Jan-25	Nature and Importance of Sports Psychology
10-Jan-25	Nature and Importance of Sports Psychology
13-Jan-25	Components of Sports Psychology
14-Jan-25	Components of Sports Psychology
15-Jan-25	Components of Sports Psychology
16-Jan-25	Components of Sports Psychology
17-Jan-25	Psychological factors affecting sports performance
20-Jan-25	Psychological factors affecting sports performance
21-Jan-25	Psychological factors affecting sports performance
22-Jan-25	Psychological factors affecting sports performance
23-Jan-25	Psychological factors affecting sports performance

## UNIT-2

24-Jan-25	Meaning definition and nature of Learning
27-Jan-25	Meaning definition and nature of Learning
28-Jan-25	Meaning definition and nature of Learning
29-Jan-25	Theories of learning and their implications
30-Jan-25	Theories of learning and their implications
31-Jan-25	Theories of learning and their implications
3-Feb-25	i-Thorndike trail and error theory
4-Feb-25	i-Thorndike trail and error theory
5-Feb-25	i-Thorndike trail and error theory
6-Feb-25	i-Thorndike trail and error theory
7-Feb-25	i-Thorndike trail and error theory
10-Feb-25	ii-Pavlov classical conditioning theory
11-Feb-25	ii-Pavlov classical conditioning theory
12-Feb-25	ii-Pavlov classical conditioning theory
13-Feb-25	ii-Pavlov classical conditioning theory
14-Feb-25	ii-Pavlov classical conditioning theory
17-Feb-25	iii- Kohler insight learning theory
18-Feb-25	iii- Kohler insight learning theory
20-Feb-25	iii- Kohler insight learning theory
21-Feb-25	iii- Kohler insight learning theory
24-Feb-25	iii- Kohler insight learning theory
25-Feb-25	Laws of Learning
27-Feb-25	Laws of Learning

28-Feb-25	Laws of Learning
3-Mar-25	Laws of Learning
	<b>UNIT-3</b>
4-Mar-25	Meaning of Motivation, Types of Motivation
5-Mar-25	Meaning of Motivation, Types of Motivation
6-Mar-25	Meaning of Motivation, Types of Motivation
7-Mar-25	Meaning of Motivation, Types of Motivation
10-Mar-25	Basic motivational concept
11-Mar-25	Basic motivational concept
12-Mar-25	Basic motivational concept
17-Mar-25	Role of motivation in sports
18-Mar-25	Role of motivation in sports
19-Mar-25	Role of motivation in sports
20-Mar-25	Meaning and nature of Emotion
21-Mar-25	Meaning and nature of Emotion
24-Mar-25	Types of Emotion
25-Mar-25	Types of Emotion
26-Mar-25	Emotion and Sports Performance
27-Mar-25	Emotion and Sports Performance
	<b>UNIT-4</b>
31-Mar-25	Personality, types of Personality
1-Apr-25	Personality, types of Personality
2-Apr-25	Meaning of Stress, Symptoms of stress
3-Apr-25	Meaning of Stress, Symptoms of stress
4-Apr-25	Meaning of Stress, Symptoms of stress
7-Apr-25	Meaning of anxiety, Symptoms of Anxiety
8-Apr-25	Meaning of anxiety, Symptoms of Anxiety
9-Apr-25	Meaning of anxiety, Symptoms of Anxiety
10-Apr-25	Effect of stress and anxiety in sports
11-Apr-25	Effect of stress and anxiety in sports
14-Apr-25	Effect of stress and anxiety in sports
15-Apr-25	Revision
16-Apr-25	Revision
17-Apr-25	Revision
18-Apr-25	Revision
21-Apr-25	Revision
22-Apr-25	Revision
23-Apr-25	Revision
24-Apr-25	Revision
25-Apr-25	Revision
28-Apr-25	Revision
29-Apr-25	Revision
30-Apr-25	Revision

# GDC Memorial College, Bahal (Bhiwani)

NAAC Accredited Grade "B"

Lesson Plan- Jan to June 2025

Name - Madan Mohan Yadav Department - Physical Education

Class - BPES Subject - Sports Management

Semester - 4th Subject Code - BPES 402

## UNIT-1

2-Jan-25	Meaning and Definition of Sports management
3-Jan-25	Meaning and Definition of Sports management
6-Jan-25	Meaning and Definition of Sports management
7-Jan-25	Basic principles of Sports management
8-Jan-25	Basic principles of Sports management
9-Jan-25	Basic principles of Sports management
10-Jan-25	Importance of Sports management
13-Jan-25	Importance of Sports management
14-Jan-25	Importance of Sports management
15-Jan-25	Career opportunity of Sports Management
16-Jan-25	Career opportunity of Sports Management
17-Jan-25	Career opportunity of Sports Management
20-Jan-25	Career opportunity of Sports Management

## UNIT-2

21-Jan-25	Meaning, Definition and characteristics of leadership
22-Jan-25	Meaning, Definition and characteristics of leadership
23-Jan-25	Meaning, Definition and characteristics of leadership
24-Jan-25	Meaning, Definition and characteristics of leadership
27-Jan-25	qualities of a leader
28-Jan-25	qualities of a leader
29-Jan-25	qualities of a leader
30-Jan-25	qualities of a leader
31-Jan-25	qualities of a leader
3-Feb-25	leadership training in Physical Education
4-Feb-25	leadership training in Physical Education
5-Feb-25	leadership training in Physical Education
6-Feb-25	leadership training in Physical Education
7-Feb-25	leadership training in Physical Education
10-Feb-25	Need and Importance of leadership in Physical Education
11-Feb-25	Need and Importance of leadership in Physical Education
12-Feb-25	Need and Importance of leadership in Physical Education
13-Feb-25	Need and Importance of leadership in Physical Education

## UNIT-3

14-Feb-25	Managerial Skills for Managerial Task- Personal
17-Feb-25	Managerial Skills for Managerial Task- Personal
18-Feb-25	Managerial Skills for Managerial Task- Personal
20-Feb-25	Interpersonal
21-Feb-25	Interpersonal
24-Feb-25	Conceptual

25-Feb-25	Conceptual
27-Feb-25	Technical
28-Feb-25	Technical
3-Mar-25	Conjoined
4-Mar-25	Managerial Roles: Interpersonal Roles
5-Mar-25	Managerial Roles: Interpersonal Roles
6-Mar-25	Informational Roles
7-Mar-25	Informational Roles
10-Mar-25	Decision Making Roles
11-Mar-25	Decision Making Roles
12-Mar-25	Office Management: Meaning, nature (Centralized and Decentralized)
17-Mar-25	Office Management: Meaning, nature (Centralized and Decentralized)
18-Mar-25	Office Management: Meaning, nature (Centralized and Decentralized)
19-Mar-25	Office Management: Meaning, nature (Centralized and Decentralized)
20-Mar-25	functions of office management,
21-Mar-25	functions of office management,
24-Mar-25	functions of office management,
25-Mar-25	aspects of office management
26-Mar-25	aspects of office management
	<b>UNIT-4</b>
28-Mar-25	Financial Management: Introduction
31-Mar-25	Financial Management: Introduction
1-Apr-25	objective and scope of financial management
2-Apr-25	objective and scope of financial management
3-Apr-25	objective and scope of financial management
4-Apr-25	Principles of Financial Management in Physical Education and Sports
7-Apr-25	Principles of Financial Management in Physical Education and Sports
8-Apr-25	Principles of Financial Management in Physical Education and Sports
9-Apr-25	Budget, Types of Budget
10-Apr-25	Budget, Types of Budget
11-Apr-25	Budget, Types of Budget
14-Apr-25	Human Resource Management: Introduction, meaning, definition
15-Apr-25	Human Resource Management: Introduction, meaning, definition
16-Apr-25	planning, recruitment and Selection.
17-Apr-25	planning, recruitment and Selection.
18-Apr-25	planning, recruitment and Selection.
21-Apr-25	Revision
22-Apr-25	Revision
23-Apr-25	Revision
24-Apr-25	Revision
25-Apr-25	Revision
28-Apr-25	Revision
29-Apr-25	Revision
30-Apr-25	Revision

# GDC Memorial College, Bahal (Bhiwani)

NAAC Accredited Grade "B"

Lesson Plan- Jan to June 2025

Name - Madan Mohan Yadav

Department - Physical Education

Class - BPES

Subject - Officiating and Coaching-II

Semester - 2nd

Subject Code - 24UN-BPES-202

## UNIT-1

2-Jan-25 History and Development of the Game (Handball)

3-Jan-25 History and Development of the Game (Handball)

6-Jan-25 History and Development of the Game (Handball)

7-Jan-25 Dimensions and Layout of the Game (Handball)

8-Jan-25 Dimensions and Layout of the Game (Handball)

9-Jan-25 Dimensions and Layout of the Game (Handball)

10-Jan-25 Rules and Regulations of the Game (Handball)

13-Jan-25 Rules and Regulations of the Game (Handball)

14-Jan-25 Awards/ Trophies/ Tournaments (Handball)

15-Jan-25 Awards/ Trophies/ Tournaments (Handball)

16-Jan-25 History and Development of the Game (Cricket)

17-Jan-25 History and Development of the Game (Cricket)

20-Jan-25 History and Development of the Game (Cricket)

21-Jan-25 Dimensions and Layout of the Game (Cricket)

22-Jan-25 Dimensions and Layout of the Game (Cricket)

23-Jan-25 Dimensions and Layout of the Game (Cricket)

24-Jan-25 Rules and Regulations of the Game (Cricket)

27-Jan-25 Rules and Regulations of the Game (Cricket)

28-Jan-25 Awards/ Trophies/ Tournaments (Cricket)

29-Jan-25 Awards/ Trophies/ Tournaments (Cricket)

## UNIT-2

30-Jan-25 National and International Organization and Federation of the Game (Handball)

31-Jan-25 National and International Organization and Federation of the Game (Handball)

3-Feb-25 National and International Organization and Federation of the Game (Handball)

4-Feb-25 Qualification and Numbers of Official in the Game (Handball)

5-Feb-25 Qualification and Numbers of Official in the Game (Handball)

6-Feb-25 National and International Organization and Federation of the Game (cricket)

7-Feb-25 National and International Organization and Federation of the Game (cricket)

10-Feb-25 National and International Organization and Federation of the Game (cricket)

11-Feb-25 Qualification and Numbers of Official in the Game (cricket)

12-Feb-25 Qualification and Numbers of Official in the Game (cricket)

13-Feb-25 Criteria for the selection of the player (Handball)

14-Feb-25 Criteria for the selection of the player (Handball)

17-Feb-25 Criteria for the selection of the player (cricket)

18-Feb-25 Criteria for the selection of the player (cricket)

## UNIT-3

20-Feb-25 History and Development of the Game (Judo)

21-Feb-25 History and Development of the Game (Judo)

24-Feb-25 Dimensions and Layout of the Game (Judo)

25-Feb-25 Dimensions and Layout of the Game (Judo)

27-Feb-25	Rules and Regulations of the Game (Judo)
28-Feb-25	Rules and Regulations of the Game (Judo)
3-Mar-25	Awards/ Trophies/ Tournaments (Judo)
4-Mar-25	Awards/ Trophies/ Tournaments (Judo)
5-Mar-25	History and Development of the Game (Taekwondo)
6-Mar-25	History and Development of the Game (Taekwondo)
7-Mar-25	Dimensions and Layout of the Game (Taekwondo)
10-Mar-25	Dimensions and Layout of the Game (Taekwondo)
11-Mar-25	Rules and Regulations of the Game Taekwondo)
12-Mar-25	Rules and Regulations of the Game (Taekwondo)
17-Mar-25	Awards/ Trophies/ Tournaments (Taekwondo)
18-Mar-25	Awards/ Trophies/ Tournaments (Taekwondo)
	<b>UNIT-4</b>
19-Mar-25	National and International Organization and Federation of the Game (Judo)
20-Mar-25	National and International Organization and Federation of the Game (Judo)
21-Mar-25	Qualification and Numbers of Official in the Game (Judo)
24-Mar-25	Qualification and Numbers of Official in the Game (Judo)
25-Mar-25	Scoresheet of the Game (Judo)
26-Mar-25	Scoresheet of the Game (Judo)
27-Mar-25	Criteria for the selection of the player (Judo)
28-Mar-25	Criteria for the selection of the player (Judo)
31-Mar-25	National and International Organization and Federation of the Game (Taekwondo)
1-Apr-25	National and International Organization and Federation of the Game (Taekwondo)
2-Apr-25	Qualification and Numbers of Official in the Game (Taekwondo)
3-Apr-25	Qualification and Numbers of Official in the Game (Taekwondo)
4-Apr-25	Scoresheet of the Game (Taekwondo)
7-Apr-25	Scoresheet of the Game (Taekwondo)
8-Apr-25	Criteria for the selection of the player (Taekwondo)
9-Apr-25	Criteria for the selection of the player (Taekwondo)
10-Apr-25	Criteria for the selection of the player (Taekwondo)
11-Apr-25	Criteria for the selection of the player (Taekwondo)
14-Apr-25	Revision
15-Apr-25	Revision
16-Apr-25	Revision
17-Apr-25	Revision
18-Apr-25	Revision
21-Apr-25	Revision
22-Apr-25	Revision
23-Apr-25	Revision
24-Apr-25	Revision
25-Apr-25	Revision
28-Apr-25	Revision
29-Apr-25	Revision
30-Apr-25	Revision

# GDC Memorial College, Bahal (Bhiwani)

NAAC Accredited Grade "B"

Lesson Plan- Jan to June 2025

Name - Madan Mohan Yadav Department - Physical Education

Class - BPES

Subject -Yogic Science

Semester - 2nd

Subject Code - 2401N-BPES-MDC205

## UNIT-1

2-Jan-25	Historical development of Yoga
3-Jan-25	Historical development of Yoga
6-Jan-25	Historical development of Yoga
7-Jan-25	Historical development of Yoga
8-Jan-25	Meaning and definition of Yoga
9-Jan-25	Meaning and definition of Yoga
10-Jan-25	Aim and objectives of Yoga
13-Jan-25	Aim and objectives of Yoga
14-Jan-25	Aim and objectives of Yoga
15-Jan-25	Importance of Yoga
16-Jan-25	Importance of Yoga
17-Jan-25	Importance of Yoga

## UNIT-2

20-Jan-25	Introduction of Astang Yoga
21-Jan-25	Introduction of Astang Yoga
22-Jan-25	Introduction of Astang Yoga
23-Jan-25	(YamNiyam, Aasan, Pranayama, Pratyahar, Dharana, Dhyan, Samadhi)
24-Jan-25	(YamNiyam, Aasan, Pranayama, Pratyahar, Dharana, Dhyan, Samadhi)
27-Jan-25	(YamNiyam, Aasan, Pranayama, Pratyahar, Dharana, Dhyan, Samadhi)
28-Jan-25	(YamNiyam, Aasan, Pranayama, Pratyahar, Dharana, Dhyan, Samadhi)
29-Jan-25	(YamNiyam, Aasan, Pranayama, Pratyahar, Dharana, Dhyan, Samadhi)
30-Jan-25	(YamNiyam, Aasan, Pranayama, Pratyahar, Dharana, Dhyan, Samadhi)
31-Jan-25	Types of Kriya
3-Feb-25	Types of Kriya
4-Feb-25	Neti, Nauli, Dhoti, Basti, Tratak and Kapalbhathi
5-Feb-25	Neti, Nauli, Dhoti, Basti, Tratak and Kapalbhathi
6-Feb-25	Neti, Nauli, Dhoti, Basti, Tratak and Kapalbhathi
7-Feb-25	Neti, Nauli, Dhoti, Basti, Tratak and Kapalbhathi
10-Feb-25	Neti, Nauli, Dhoti, Basti, Tratak and Kapalbhathi
11-Feb-25	Neti, Nauli, Dhoti, Basti, Tratak and Kapalbhathi

## UNIT-3

12-Feb-25	Neti, Nauli, Dhoti, Basti, Tratak and Kapalbhathi
13-Feb-25	Meaning, Definition of Asanas
14-Feb-25	Meaning, Definition of Asanas
17-Feb-25	Meaning, Definition of Asanas
18-Feb-25	Benefits of Asanas
20-Feb-25	Benefits of Asanas
21-Feb-25	Benefits of Asanas
24-Feb-25	Types of Asanas
25-Feb-25	Types of Asanas

27-Feb-25	Types of Asanas
28-Feb-25	Types of Asanas
3-Mar-25	Types of Asanas
4-Mar-25	Types of Asanas
5-Mar-25	Types of Asanas
6-Mar-25	Types of Asanas
7-Mar-25	Precautions and Perquisites for Asanas
10-Mar-25	Precautions and Perquisites for Asanas
11-Mar-25	Surya Namaskar
12-Mar-25	Surya Namaskar
17-Mar-25	its procedures and benefits
18-Mar-25	its procedures and benefits
19-Mar-25	its procedures and benefits
20-Mar-25	its procedures and benefits
	<b>UNIT-4</b>
21-Mar-25	Meaning and Definition of Pranayama
24-Mar-25	Meaning and Definition of Pranayama
25-Mar-25	Anuloma-Viloma Pranayama
26-Mar-25	Anuloma-Viloma
27-Mar-25	Anuloma-Viloma
28-Mar-25	Bhastrika
31-Mar-25	Bhastrika
1-Apr-25	Bhramari
2-Apr-25	Bhramari
3-Apr-25	Ujjai
4-Apr-25	Ujjai
7-Apr-25	Shitali
8-Apr-25	Shitali
9-Apr-25	Precautions and Benefits of Pranayama
10-Apr-25	Precautions and Benefits of Pranayama
11-Apr-25	Precautions and Benefits of Pranayama
14-Apr-25	Meaning and Benefits of Meditation
15-Apr-25	Meaning and Benefits of Meditation
16-Apr-25	Meaning and Benefits of Meditation
17-Apr-25	Revision
18-Apr-25	Revision
21-Apr-25	Revision
22-Apr-25	Revision
23-Apr-25	Revision
24-Apr-25	Revision
25-Apr-25	Revision
28-Apr-25	Revision
29-Apr-25	Revision
30-Apr-25	Revision

**G**

**Name - M**

**Class - B]**

**Semester -**

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**G**

**Name - M:**

**Class - BF**

**Semester -**

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<b>Name - M</b>
<b>Class - B</b>
<b>Semester -</b>
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