

# GDC Memorial College

Bahal (Bhiwani)

Affiliated to Ch. Bansi Lal University, Bhiwani

NAAC Accredited Grade "B" (Second Cycle)

Lesson Plan- July to November 2025

Name - Mr. Nikhilesh	Department - Physical
Class - B.P.E.S	Subject - SPORTS TRAINING-
Semester - 4th	Subject Code - 24UN-BPES-
Date	
<b>Week 1</b>	<b>UNIT-1(Physical Fitness)</b>
27-Jan	Meaning and definition of Physical Fitness
28-Jan	Meaning and definition of Physical Fitness
29-Jan	Meaning and definition of Physical Fitness
30-Jan	Importance of Physical Fitness
31-Jan	Importance of Physical Fitness
<b>Week 2</b>	
2-Feb	Importance of Physical Fitness
3-Feb	Importance of Physical Fitness
4-Feb	Factor Effecting Physical Fitness
5-Feb	Factor Effecting Physical Fitness
6-Feb	Factor Effecting Physical Fitness
7-Feb	Factor Effecting Physical Fitness
<b>Week 3</b>	
9-Feb	Role of Physical Fitness in Sports
10-Feb	Role of Physical Fitness in Sports
11-Feb	Role of Physical Fitness in Sports
12-Feb	Role of Physical Fitness in Sports
13-Feb	Role of Physical Fitness in Sports
14-Feb	Role of Physical Fitness in Sports
<b>Week 4</b>	<b>Unit-2: Component of Physical Fitness</b>
16-Feb	Strength: Meaning and Types
17-Feb	Strength: Meaning and Types
18-Feb	Strength: Meaning and Types
19-Feb	Strength: Meaning and Types
20-Feb	Methods of Improving Strength
21-Feb	Methods of Improving Strength
<b>Week 5</b>	
23-Feb	Methods of Improving Strength
24-Feb	Methods of Improving Strength
25-Feb	Speed: Meaning and Types
26-Feb	Speed: Meaning and Types
27-Feb	Speed: Meaning and Types
28-Feb	Speed: Meaning and Types
<b>Week 6</b>	
2-Mar	Methods of Improving Speed
3-Mar	Methods of Improving Speed
4-Mar	Methods of Improving Speed
5-Mar	Methods of Improving Speed
6-Mar	Methods of Improving Speed
7-Mar	Methods of Improving Speed
<b>Week 7</b>	<b>Unit-3: Component of Physical Fitness</b>
9-Mar	Endurance: Meaning and Types
10-Mar	Endurance: Meaning and Types
11-Mar	Endurance: Meaning and Types
12-Mar	Endurance: Meaning and Types
13-Mar	Methods of Improving Endurance
14-Mar	Methods of Improving Endurance
<b>Week 8</b>	
16-Mar	Methods of Improving Endurance
17-Mar	Methods of Improving Endurance
18-Mar	Flexibility & Co-coordinative abilities: Meaning and Types
19-Mar	Flexibility & Co-coordinative abilities: Meaning and Types
20-Mar	Flexibility & Co-coordinative abilities: Meaning and Types
21-Mar	Flexibility & Co-coordinative abilities: Meaning and Types
<b>Week 9</b>	
23-Mar	Methods of Improving Flexibility
24-Mar	Methods of Improving Flexibility
25-Mar	Methods of Improving Flexibility
26-Mar	Methods of Improving Flexibility
27-Mar	Methods of Improving Co-coordinative abilities
28-Mar	Methods of Improving Co-coordinative abilities
<b>Week 10</b>	
30-Mar	Methods of Improving Co-coordinative abilities
31-Mar	Methods of Improving Co-coordinative abilities
<b>Week 11</b>	<b>Unit 4: Periodization</b>
1-Apr	
2-Apr	Periodization and Importance of Periodization in Sports
3-Apr	Periodization and Importance of Periodization in Sports
4-Apr	Periodization and Importance of Periodization in Sports
<b>Week 11</b>	
6-Apr	Phases of Periodization
7-Apr	Phases of Periodization
8-Apr	Phases of Periodization
9-Apr	Phases of Periodization
10-Apr	Types of Periodization: Single
11-Apr	Types of Periodization: Single
<b>Week 12</b>	
13-Apr	Types of Periodization: Single
14-Apr	Types of Periodization: Double
15-Apr	Types of Periodization: Double
16-Apr	Types of Periodization: Double
17-Apr	Types of Periodization: Multiple
18-Apr	Types of Periodization: Multiple
<b>Week 13</b>	
20-Apr	Types of Periodization: Multiple
21-Apr	Training Cycles- Micro, Meso, Macro
22-Apr	Training Cycles- Micro
23-Apr	Training Cycles- Micro
24-Apr	Training Cycles- Meso
25-Apr	Training Cycles- Macro
<b>Week 14</b>	
27-Apr	REVISION
28-Apr	REVISION
29-Apr	REVISION
30-Apr	REVISION

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NAAC Accredited Grade "B" (Second Cycle)

Lesson Plan- July to November 2025

<b>Name - Mr. Madan Mohan Yadav</b>		<b>Department - Physical Education</b>
<b>Class - B.P.E.S</b>		<b>Subject - Officiating and Coaching-</b>
<b>Semester - 4th</b>		<b>Subject Code - 24UN-BPES-402</b>
<b>Date</b>	<b>Unit 1</b>	
<b>Week 1</b>	History of the Archery and Lawn Tennis Game	
27-Jan	History of the Archery and Lawn Tennis Game	
28-Jan	History of the Archery and Lawn Tennis Game	
29-Jan	Development of the Archery and Lawn Tennis Game	
30-Jan	Development of the Archery and Lawn Tennis Game	
31-Jan	Development of the Archery and Lawn Tennis Game	
<b>Week 2</b>		
3-Feb	Dimensions and Layout of the Archery and Lawn Tennis Game	
4-Feb	Dimensions and Layout of the Archery and Lawn Tennis Game	
5-Feb	Dimensions and Layout of the Archery and Lawn Tennis Game	
6-Feb	Rules and Regulations of the Archery and Lawn Tennis Game	
7-Feb	Rules and Regulations of the Archery and Lawn Tennis Game	
<b>Week 3</b>		
10-Feb	Rules and Regulations of the Archery and Lawn Tennis Game	
11-Feb	Awards/ Trophies/ Tournaments in Archery and Lawn Tennis	
12-Feb	Awards/ Trophies/ Tournaments in Archery and Lawn Tennis	
13-Feb	<b>Unit-11</b>	
14-Feb	National and International Organisation and Federation of the Game (Handball, Lawn Tennis)	
<b>Week 4</b>		
17-Feb	National and International Organisation and Federation of the Game (Handball, Lawn Tennis)	
18-Feb	Qualification and Numbers of Official in the Game (Handball, Lawn Tennis)	
19-Feb	Qualification and Numbers of Official in the Game (Handball, Lawn Tennis)	
20-Feb	Qualification and Numbers of Official in the Game (Handball, Lawn Tennis)	
21-Feb	Qualification and Numbers of Official in the Game (Handball, Lawn Tennis)	
<b>Week 5</b>		
24-Feb	Scoresheet of the Game (Handball, Lawn Tennis)	
25-Feb	Scoresheet of the Game (Handball, Lawn Tennis)	
26-Feb	Criteria for the selection of the player (Handball, Lawn Tennis)	
27-Feb	Criteria for the selection of the player (Handball, Lawn Tennis)	
28-Feb	Criteria for the selection of the player (Handball, Lawn Tennis)	
<b>Week 6</b>	<b>Unit-111</b>	
3-Mar	History and Development of the Game (Kabaddi, Kho-Kho)	
4-Mar	History and Development of the Game (Kabaddi, Kho-Kho)	
5-Mar	History and Development of the Game (Kabaddi, Kho-Kho)	
6-Mar	Dimensions and Layout of the Game (Kabaddi, Kho-Kho)	
7-Mar	Dimensions and Layout of the Game (Kabaddi, Kho-Kho)	
<b>Week 7</b>		
10-Mar	Dimensions and Layout of the Game (Kabaddi, Kho-Kho)	
11-Mar	Rules and Regulations of the Game (Kabaddi, Kho-Kho)	
12-Mar	Rules and Regulations of the Game (Kabaddi, Kho-Kho)	
13-Mar	Rules and Regulations of the Game (Kabaddi, Kho-Kho)	
14-Mar	Rules and Regulations of the Game (Kabaddi, Kho-Kho)	
<b>Week 8</b>		
17-Mar	Awards/ Trophies/ Tournaments (Kabaddi, Tackwondo)	
18-Mar	Awards/ Trophies/ Tournaments (Kabaddi, Tackwondo)	
19-Mar	Awards/ Trophies/ Tournaments (Kabaddi, Tackwondo)	
20-Mar	<b>Unit-IV</b>	
21-Mar	National and International Organisation and Federation of the Game (Kabaddi, Tackwondo)	
<b>Week 9</b>		
24-Mar	National and International Organisation and Federation of the Game (Kabaddi, Tackwondo)	
25-Mar	National and International Organisation and Federation of the Game (Kabaddi, Tackwondo)	
26-Mar	National and International Organisation and Federation of the Game (Kabaddi, Tackwondo)	
27-Mar	Qualification and Numbers of Official in the Game Kabaddi, Kho-Kho)	
28-Mar	Qualification and Numbers of Official in the Game Kabaddi, Kho-Kho)	
<b>Week 10</b>		
31-Mar	Qualification and Numbers of Official in the Game Kabaddi, Kho-Kho)	
1-Apr	Qualification and Numbers of Official in the Game Kabaddi, Kho-Kho)	
2-Apr	Qualification and Numbers of Official in the Game Kabaddi, Kho-Kho)	
3-Apr	Scoresheet of the Game (Kabaddi, Kho-Kho)	
4-Apr	Scoresheet of the Game (Kabaddi, Kho-Kho)	
<b>Week 11</b>		
7-Apr	Scoresheet of the Game (Kabaddi, Kho-Kho)	
8-Apr	Scoresheet of the Game (Kabaddi, Kho-Kho)	
9-Apr	Scoresheet of the Game (Kabaddi, Kho-Kho)	
10-Apr	Scoresheet of the Game (Kabaddi, Kho-Kho)	
11-Apr	Criteria for the selection of the player (Kabaddi, Kho-Kho)	
<b>Week 12</b>		
14-Apr	Criteria for the selection of the player (Kabaddi, Kho-Kho)	
15-Apr	Criteria for the selection of the player (Kabaddi, Kho-Kho)	
16-Apr	Criteria for the selection of the player (Kabaddi, Kho-Kho)	
17-Apr	Criteria for the selection of the player (Kabaddi, Kho-Kho)	
18-Apr	REVISION	
<b>Week 13</b>		
21-Apr	REVISION	
22-Apr	REVISION	
23-Apr	REVISION	
24-Apr	REVISION	
25-Apr	REVISION	
<b>Week 14</b>		
27-Apr	REVISION	
28-Apr	REVISION	
29-Apr	REVISION	
30-Apr	REVISION	

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NAAC Accredited Grade "B" (Second Cycle)

Lesson Plan- July to November 2025

Name - Mr. Sandeep Kumar Department - Physical  
Class - B.P.E.S Subject -Sports Nutrition and  
Semester - 4th Subject Code - 24UN-BPES-

Date	
<b>Week 1</b>	
<b>Unit-I (Introduction to Sports Nutrition)</b>	
27-Jan	Meaning and Definition of Sports Nutrition
28-Jan	Meaning and Definition of Sports Nutrition
29-Jan	Meaning and Definition of Sports Nutrition
30-Jan	Meaning and Definition of Sports Nutrition
31-Jan	Basic components of Nutrition
<b>Week 2</b>	
2-Feb	Basic components of Nutrition
3-Feb	Basic components of Nutrition
4-Feb	Factor to consider for developing nutrition plan
5-Feb	Factor to consider for developing nutrition plan
6-Feb	Factor to consider for developing nutrition plan
7-Feb	Factor to consider for developing nutrition plan
<b>Week 3</b>	
9-Feb	Balance diet and its components
10-Feb	Balance diet and its components
11-Feb	Balance diet and its components
12-Feb	Nutritional deficiencies
13-Feb	Nutritional deficiencies
14-Feb	Nutritional deficiencies
<b>Week 4</b>	
16-Feb	Understanding of malnutrition and nutritional supplements
17-Feb	Understanding of malnutrition and nutritional supplements
18-Feb	Understanding of malnutrition and nutritional supplements
19-Feb	<b>Unit-II</b>
20-Feb	Nutrients: Ingestion to energy metabolism
21-Feb	Nutrients: Ingestion to energy metabolism
<b>Week 5</b>	
23-Feb	Nutrients: Ingestion to energy metabolism
24-Feb	Carbohydrates, Protein, Fat-Meaning, classification and its function
25-Feb	Carbohydrates, Protein, Fat-Meaning, classification and its function
26-Feb	Carbohydrates, Protein, Fat-Meaning, classification and its function
27-Feb	Carbohydrates, Protein, Fat-Meaning, classification and its function
28-Feb	Role of carbohydrates, Fat and protein during exercise
<b>Week 6</b>	
2-Mar	Role of carbohydrates, Fat and protein during exercise
3-Mar	Role of carbohydrates, Fat and protein during exercise
4-Mar	Role of carbohydrates, Fat and protein during exercise
5-Mar	Vitamins, Minerals, Water - Meaning, classification and its function
6-Mar	Vitamins, Minerals, Water - Meaning, classification and its function
7-Mar	Vitamins, Minerals, Water - Meaning, classification and its function
<b>Week 7</b>	
9-Mar	Vitamins, Minerals, Water - Meaning, classification and its function
10-Mar	Vitamins, Minerals, Water - Meaning, classification and its function
11-Mar	Role of hydration during exercise
12-Mar	Role of hydration during exercise
13-Mar	Role of hydration during exercise
14-Mar	Role of hydration during exercise
<b>Week 8</b>	
16-Mar	Establishing daily caloric requirement and expenditure
17-Mar	Establishing daily caloric requirement and expenditure
18-Mar	Establishing daily caloric requirement and expenditure
19-Mar	<b>Unit-III(Nutrition and Weight Management)</b>
20-Mar	Obesity Definition, meaning, types and causes of obesity
21-Mar	Obesity Definition, meaning, types and causes of obesity
<b>Week 9</b>	
23-Mar	Obesity Definition, meaning, types and causes of obesity
24-Mar	Obesity Definition, meaning, types and causes of obesity
25-Mar	Obesity Definition, meaning, types and causes of obesity
26-Mar	Health risks associated with Obesity
27-Mar	Health risks associated with Obesity
28-Mar	Health risks associated with Obesity
<b>Week 10</b>	
30-Mar	Health risks associated with Obesity
31-Mar	Solutions for Overcoming Obesity
1-Apr	Solutions for Overcoming Obesity
2-Apr	Solutions for Overcoming Obesity
3-Apr	Solutions for Overcoming Obesity
4-Apr	Concept of BMI (Body mass index)
<b>Week 11</b>	
6-Apr	Concept of BMI (Body mass index)
7-Apr	Concept of BMI (Body mass index)
8-Apr	Dieting versus exercise for weight control
9-Apr	Dieting versus exercise for weight control
10-Apr	Dieting versus exercise for weight control
11-Apr	Common Myths about Weight Loss
<b>Week 12</b>	
13-Apr	Common Myths about Weight Loss
14-Apr	Common Myths about Weight Loss
15-Apr	Concept of weight management in modern era, Factor affecting weight management
16-Apr	Concept of weight management in modern era, Factor affecting weight management
17-Apr	Concept of weight management in modern era, Factor affecting weight management
18-Apr	Concept of weight management in modern era, Factor affecting weight management
<b>Week 13</b>	
<b>Unit-IV</b>	
20-Apr	Steps of planning of Weight Management
21-Apr	Steps of planning of Weight Management
22-Apr	Determination of desirable body weight
23-Apr	Determination of desirable body weight
24-Apr	Daily calorie intake and expenditure in weight management
25-Apr	Role of diet and exercise in weight management
<b>Week 14</b>	
27-Apr	Designing diet plan and exercise schedule for weight gain and loss
28-Apr	Balanced diet for Indian School Children
29-Apr	REVISION
30-Apr	REVISION

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NAAC Accredited Grade "B" (Second Cycle)

Lesson Plan- July to November 2025

Name - Mr. Sandeep Kumar	Department - Physical Education
Class - B.P.E.S	Subject -Athletic Care and Rehabilitation
Semester - 4th	Subject Code - 24UN-BPES-404
Date	
<b>Week 1</b>	<b>UNIT-I</b>
27-Jan	Meaning & concept of Athletic care & Rehabilitation
28-Jan	Meaning & concept of Athletic care & Rehabilitation
29-Jan	Meaning & concept of Athletic care & Rehabilitation
30-Jan	Meaning & concept of Athletic care & Rehabilitation
31-Jan	Importance of Athletic care & Rehabilitation
<b>Week 2</b>	
2-Feb	Importance of Athletic care & Rehabilitation
3-Feb	Importance of Athletic care & Rehabilitation
4-Feb	Importance of Athletic care & Rehabilitation
5-Feb	Role of Athletic trainer in Rehabilitation process
6-Feb	Role of Athletic trainer in Rehabilitation process
7-Feb	Role of Athletic trainer in Rehabilitation process
<b>Week 3</b>	
9-Feb	Role of Athletic trainer in Rehabilitation process
10-Feb	Common athlete injuries - Types of wound exposed and unexposed wound.
11-Feb	Common athlete injuries - Types of wound exposed and unexposed wound.
12-Feb	Common athlete injuries - Types of wound exposed and unexposed wound.
13-Feb	Common athlete injuries - Types of wound exposed and unexposed wound.
14-Feb	Common athlete injuries - Types of wound exposed and unexposed wound.
<b>Week 4</b>	<b>UNIT-II</b>
16-Feb	Sports Injuries:- Meaning and their classification
17-Feb	Sports Injuries:- Meaning and their classification
18-Feb	Sports Injuries:- Meaning and their classification
19-Feb	Sports Injuries:- Meaning and their classification
20-Feb	Sprain & Strain: Meaning, symptoms & their treatment
21-Feb	Sprain & Strain: Meaning, symptoms & their treatment
<b>Week 5</b>	
23-Feb	Sprain & Strain: Meaning, symptoms & their treatment
24-Feb	Dislocation & fracture: meaning, symptoms & their treatment
25-Feb	Dislocation & fracture: meaning, symptoms & their treatment
26-Feb	Dislocation & fracture: meaning, symptoms & their treatment
27-Feb	Dislocation & fracture: meaning, symptoms & their treatment
28-Feb	Strapping & Aiding equipment for Sprain, Strain, Dislocation and Fracture
<b>Week 6</b>	
2-Mar	Strapping & Aiding equipment for Sprain, Strain, Dislocation and Fracture
3-Mar	Strapping & Aiding equipment for Sprain, Strain, Dislocation and Fracture
4-Mar	<b>UNIT-III</b>
5-Mar	Inspection of injury site:- palpation, component of palpation
6-Mar	Inspection of injury site:- palpation, component of palpation
7-Mar	Inspection of injury site:- palpation, component of palpation
<b>Week 7</b>	
9-Mar	Special test for identifying nature of injury
10-Mar	Special test for identifying nature of injury
11-Mar	Special test for identifying nature of injury
12-Mar	Special test for identifying nature of injury
13-Mar	PRICE treatment & its effects
14-Mar	PRICE treatment & its effects
<b>Week 8</b>	PRICE treatment & its effects
16-Mar	PRICE treatment & its effects
17-Mar	PRICE treatment & its effects
18-Mar	PRICE treatment & its effects
19-Mar	Therapeutic modalities: Cryotherapy
20-Mar	Therapeutic modalities: Cryotherapy
21-Mar	Therapeutic modalities: Cryotherapy
<b>Week 9</b>	
23-Mar	Therapeutic modalities: Hydrotherapy
24-Mar	Therapeutic modalities: Hydrotherapy
25-Mar	Therapeutic modalities: Hydrotherapy
26-Mar	Therapeutic modalities: Hydrotherapy
27-Mar	<b>UNIT-IV</b>
28-Mar	Meaning of Exercise therapy
<b>Week 10</b>	
30-Mar	Meaning of Exercise therapy
31-Mar	Meaning of Exercise therapy
1-Apr	Meaning of Exercise therapy
2-Apr	Definition of Exercise therapy
3-Apr	Definition of Exercise therapy
4-Apr	Definition of Exercise therapy
<b>Week 11</b>	
6-Apr	Importance of exercise therapy
7-Apr	Importance of exercise therapy
8-Apr	Importance of exercise therapy
9-Apr	Importance of exercise therapy
10-Apr	Strengthening exercise and their effects
11-Apr	Strengthening exercise and their effects
<b>Week 12</b>	
13-Apr	Strengthening exercise and their effects
14-Apr	Strengthening exercise and their effects
15-Apr	Stretching exercise and their effects
16-Apr	Stretching exercise and their effects
17-Apr	Stretching exercise and their effects
18-Apr	Stretching exercise and their effects
<b>Week 13</b>	
20-Apr	REVISION
21-Apr	REVISION
22-Apr	REVISION
23-Apr	REVISION
24-Apr	REVISION
25-Apr	REVISION
<b>Week 14</b>	
27-Apr	REVISION
28-Apr	REVISION
29-Apr	REVISION
30-Apr	REVISION

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<b>NAAC Accredited Grade "B" (Second Cycle)</b>	
<b>Lesson Plan- July to November 2025</b>	
<b>Name - Mrs. Jyoti Sharma</b>	<b>Department - Physical Education</b>
<b>Class - B.P.E.S</b>	<b>Subject - Computer Application</b>
<b>Semester - 4th</b>	<b>Subject Code - 24UN-BPES-AEC405</b>
<b>Date</b>	
<b>Week 1</b>	<b>UNIT-I</b>
27-Jan	Meaning and definition of Computer
28-Jan	Components of a Computer System
<b>Week 2</b>	
2-Feb	Central Processing Unit
3-Feb	Input and output devices, mouse, scanner, printer, Keyboard
4-Feb	Use of Computer Applications in Physical Education
<b>Week 3</b>	<b>UNIT-II</b>
9-Feb	Concept of Memory
10-Feb	Primary and Secondary memory
11-Feb	RAM and ROM
<b>Week 4</b>	
16-Feb	Units of memory byte, kilobytes, megabytes, gigabytes
17-Feb	Storage devices, hard disc, CD ROM and DVD
18-Feb	Storage devices, hard disc, CD ROM and DVD
<b>Week 5</b>	<b>UNIT-III</b>
23-Feb	Basic Windows Accessories and MS Word Introduction to word processor
24-Feb	Basic Windows Accessories and MS Word Introduction to word processor
25-Feb	Creating and saving a document
<b>Week 6</b>	
2-Mar	Creating and saving a document
3-Mar	Editing and formatting a document
4-Mar	Editing and formatting a document
<b>Week 7</b>	
9-Mar	Printing a document
10-Mar	Printing a document
11-Mar	Adding headers and footers
<b>Week 8</b>	
16-Mar	Adding headers and footers
17-Mar	Numbering pages
18-Mar	Numbering pages
<b>Week 9</b>	<b>UNIT-IV</b>
23-Mar	MS Excel & MS Power Point
24-Mar	MS Excel & MS Power Point
25-Mar	Ms-Excel-Opening-Saving-Editing File
<b>Week 10</b>	
30-Mar	Ms-Excel-Opening-Saving-Editing File
31-Mar	Mathematical Problems - Addition, Subtraction, Multiplication, Division
1-Apr	Mathematical Problems - Addition, Subtraction, Multiplication, Division
<b>Week 11</b>	
6-Apr	Ms Power Point Opening - Creating Saving
7-Apr	Ms Power Point Opening - Creating Saving
8-Apr	Ms Power Point - Deleting Slides/Templates
<b>Week 12</b>	
13-Apr	Ms Power Point - Deleting Slides/Templates
14-Apr	Slide Show - Important Feature of Power point Presentation
15-Apr	Slide Show - Important Feature of Power point Presentation
<b>Week 13</b>	
20-Apr	REVISION
21-Apr	REVISION
22-Apr	REVISION
<b>Week 14</b>	
27-Apr	REVISION
28-Apr	REVISION
29-Apr	REVISION