

# 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 Education
Class - B.P.E.S	Subject - SPORTS TRAINING-
Semester - 6th	Subject Code - BPES-602
Date	
<b>Week 1</b>	<b>Unit 1: Introduction</b>
27-Jan	Meaning, aim and characteristics of Sports training
28-Jan	Meaning, aim and characteristics of Sports training
29-Jan	Meaning, aim and characteristics of Sports training
30-Jan	Meaning, aim and characteristics of Sports training
31-Jan	Meaning, aim and characteristics of Sports training
<b>Week 2</b>	
2-Feb	Principles of Sports training
3-Feb	Principles of Sports training
4-Feb	Principles of Sports training
5-Feb	Basic Methods of Training
6-Feb	Basic Methods of Training
7-Feb	Basic Methods of Training
<b>Week 3</b>	<b>Unit-2: Warming Up Exercises and Conditioning</b>
9-Feb	Meaning, Types and Importance of Warming Up
10-Feb	Meaning, Types and Importance of Warming Up
11-Feb	Meaning, Types and Importance of Warming Up
12-Feb	Meaning, Types and Importance of Warming Up
13-Feb	Meaning and Importance of Conditioning
14-Feb	Meaning and Importance of Conditioning
<b>Week 4</b>	
16-Feb	Meaning and Importance of Conditioning
17-Feb	Cooldown and its benefits
18-Feb	Cooldown and its benefits
19-Feb	Cooldown and its benefits
20-Feb	Cooldown and its benefits
21-Feb	Load & Adaptation
<b>Week 5</b>	
23-Feb	Load & Adaptation
24-Feb	Load & Adaptation
25-Feb	Load & Adaptation
26-Feb	Overload
27-Feb	Overload
28-Feb	Overload
<b>Week 6</b>	<b>Unit-3: Periodisation</b>
2-Mar	Meaning of Physical fitness
3-Mar	Meaning of Physical fitness
4-Mar	Meaning of Physical fitness
5-Mar	Definition of Physical fitness
6-Mar	Definition of Physical fitness
7-Mar	Definition of Physical fitness
<b>Week 7</b>	
9-Mar	Definition of Physical fitness
10-Mar	Importance of Physical Fitness
11-Mar	Importance of Physical Fitness
12-Mar	Importance of Physical Fitness
13-Mar	Components of Physical Fitness
14-Mar	Components of Physical Fitness
<b>Week 8</b>	
16-Mar	Components of Physical Fitness
17-Mar	Components of Physical Fitness
18-Mar	Doping in Sports
19-Mar	Doping in Sports
20-Mar	Doping in Sports
21-Mar	Ergogenic Aids
<b>Week 9</b>	
23-Mar	Ergogenic Aids
24-Mar	Ergogenic Aids
<b>Week 10</b>	<b>Unit-4: Periodisation</b>
25-Mar	Periodisation
26-Mar	Periodisation
27-Mar	Periodisation
28-Mar	Periodisation
<b>Week 11</b>	
30-Mar	Importance of Periodisation in Sports
31-Mar	Importance of Periodisation in Sports
1-Apr	Importance of Periodisation in Sports
2-Apr	Importance of Periodisation in Sports
3-Apr	Single Periodisation
4-Apr	Single Periodisation
<b>Week 12</b>	
6-Apr	Single Periodisation
7-Apr	Single Periodisation
8-Apr	Double Periodisation
9-Apr	Double Periodisation
10-Apr	Double Periodisation
11-Apr	Double Periodisation
<b>Week 13</b>	
13-Apr	Triple Periodisation
14-Apr	Triple Periodisation
15-Apr	Triple Periodisation
16-Apr	Triple Periodisation
17-Apr	Triple Periodisation
18-Apr	Triple Periodisation
<b>Week 14</b>	
20-Apr	Training Plans
21-Apr	Training Plans
22-Apr	Training Plans
23-Apr	Training Plans
24-Apr	Long Term and Short Term
25-Apr	Long Term and Short Term
<b>Week 15</b>	
27-Apr	Long Term and Short Term
28-Apr	REVISION
29-Apr	REVISION
30-Apr	REVISION

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<b>Lesson Plan- July to November 2025</b>	
<b>Name - Mr. Madan Mohan Yadav</b>	<b>Department - Physical</b>
<b>Class - B.P.E.S</b>	<b>Subject - RECREATION</b>
<b>Semester - 6th</b>	<b>Subject Code - BPES-604</b>
<b>Date</b>	
<b>Week 1</b>	<b>Unit 1</b>
27-Jan	Introduction to Recreation
28-Jan	Introduction to Recreation
29-Jan	Introduction to Recreation
30-Jan	Introduction to Recreation
31-Jan	Meaning of Recreation
<b>Week 2</b>	
2-Feb	Meaning of Recreation
3-Feb	Meaning of Recreation
4-Feb	Meaning of Recreation
5-Feb	Definitions of Recreation
6-Feb	Definitions of Recreation
7-Feb	Definitions of Recreation
<b>Week 3</b>	
9-Feb	Scope of Recreation
10-Feb	Scope of Recreation
11-Feb	Scope of Recreation
12-Feb	Importance of Recreation
13-Feb	Importance of Recreation
14-Feb	Importance of Recreation
<b>Week 4</b>	<b>Unit-2</b>
16-Feb	Need of Recreation for people
17-Feb	Need of Recreation for people
18-Feb	Need of Recreation for people
19-Feb	Need of Recreation for people
20-Feb	Value of Recreation
21-Feb	Value of Recreation
<b>Week 5</b>	
23-Feb	Value of Recreation
24-Feb	Value of Recreation
25-Feb	Wrong beliefs regarding Recreation
26-Feb	Wrong beliefs regarding Recreation
27-Feb	Wrong beliefs regarding Recreation
28-Feb	Wrong beliefs regarding Recreation
<b>Week 6</b>	<b>Unit-3</b>
2-Mar	Brief history of Recreational activities in India and in foreign countries
3-Mar	Brief history of Recreational activities in India and in foreign countries
4-Mar	Brief history of Recreational activities in India and in foreign countries
5-Mar	Brief history of Recreational activities in India and in foreign countries
6-Mar	Trends of Recreational activities in India
7-Mar	Trends of Recreational activities in India
<b>Week 7</b>	
9-Mar	Trends of Recreational activities in India
10-Mar	Recreational activities
11-Mar	Recreational activities
12-Mar	Recreational activities
13-Mar	Recreational activities
14-Mar	Recreational activities
<b>Week 8</b>	<b>Unit-4</b>
16-Mar	Organization and Administration of Recreation
17-Mar	Organization and Administration of Recreation
18-Mar	Organization and Administration of Recreation
19-Mar	Various branches of Recreation
20-Mar	Various branches of Recreation
21-Mar	Various branches of Recreation
<b>Week 9</b>	
23-Mar	Importance of economical
24-Mar	Importance of economical
25-Mar	Importance of economical
26-Mar	social points for bringing Unity in human being through Recreational activities
27-Mar	social points for bringing Unity in human being through Recreational activities
28-Mar	social points for bringing Unity in human being through Recreational activities
<b>Week 10</b>	<b>Unit-5</b>
30-Mar	Types of Recreation: Internal and External games
31-Mar	Types of Recreation: Internal and External games
1-Apr	Types of Recreation: Internal and External games
2-Apr	Types of Recreation: Internal and External games
3-Apr	Various hobbies, music, decoration, dance, reading, writing and story-telling
4-Apr	Various hobbies, music, decoration, dance, reading, writing and story-telling
<b>Week 11</b>	
6-Apr	Various hobbies, music, decoration, dance, reading, writing and story-telling
7-Apr	Various hobbies, music, decoration, dance, reading, writing and story-telling
8-Apr	Points for successful camps
9-Apr	Points for successful camps
10-Apr	Points for successful camps
11-Apr	Points for successful camps
<b>Week 12</b>	
13-Apr	Types of Recreational Leader
14-Apr	Types of Recreational Leader
15-Apr	Types of Recreational Leader
16-Apr	Types of Recreational Leader
17-Apr	Types of Recreational Leader
18-Apr	Types of Recreational Leader
<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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Lesson Plan- July to November 2025

Name - Mr. Sandeep Kumar Department - Physical

Class - B.P.E.S Subject -Sports

Semester - 6th Subject Code - BPES601

Date	
<b>UNIT-I</b>	
<b>Week 1</b>	
27-Jan	Meaning and definition of sports physiotherapy Importance of sport physiotherapy
28-Jan	Meaning and definition of sports physiotherapy Importance of sport physiotherapy
29-Jan	Meaning and definition of sports physiotherapy Importance of sport physiotherapy
30-Jan	Definition of sports physiotherapy Importance of sport physiotherapy
31-Jan	Definition of sports physiotherapy Importance of sport physiotherapy
<b>Week 2</b>	
2-Feb	Principles of sports physiotherapy
3-Feb	Principles of sports physiotherapy
4-Feb	Principles of sports physiotherapy
5-Feb	Role of sports therapist in competitive sports
6-Feb	Role of sports therapist in competitive sports
7-Feb	Role of sports therapist in competitive sports
<b>Week 3</b>	
9-Feb	Role of sports therapist in competitive sports
10-Feb	Role of sports therapist in competitive sports
11-Feb	Qualities of sports therapist
12-Feb	Qualities of sports therapist
13-Feb	Qualities of sports therapist
14-Feb	Qualities of sports therapist
<b>Unit-II</b>	
<b>Week 4</b>	
16-Feb	Meaning of sports injuries
17-Feb	Meaning of sports injuries
18-Feb	Meaning of sports injuries
19-Feb	Classification of sport injuries
20-Feb	Classification of sport injuries
21-Feb	Classification of sport injuries
<b>Week 5</b>	
23-Feb	Causes and prevention of sports injuries
24-Feb	Causes and prevention of sports injuries
25-Feb	Causes and prevention of sports injuries
26-Feb	Rehabilitation procedures of sports injuries
27-Feb	Rehabilitation procedures of sports injuries
28-Feb	Rehabilitation procedures of sports injuries
<b>Week 6</b>	
2-Mar	Rehabilitation procedures of sports injuries
3-Mar	Rehabilitation procedures of sports injuries
4-Mar	Principles and barriers to successful rehabilitation
5-Mar	Principles and barriers to successful rehabilitation
6-Mar	Principles and barriers to successful rehabilitation
7-Mar	Principles and barriers to successful rehabilitation
<b>Unit-III(Therapeutic modalities)</b>	
<b>Week 7</b>	
9-Mar	Cryotherapy and its methods
10-Mar	Cryotherapy and its methods
11-Mar	Cryotherapy and its methods
12-Mar	Contraindication in cryotherapy
13-Mar	Contraindication in cryotherapy
14-Mar	Contraindication in cryotherapy
<b>Week 8</b>	
16-Mar	Uses of cryotherapy in sports injuries
17-Mar	Uses of cryotherapy in sports injuries
18-Mar	Uses of cryotherapy in sports injuries
19-Mar	Hydrotherapy and its methods
20-Mar	Hydrotherapy and its methods
21-Mar	Hydrotherapy and its methods
<b>Week 9</b>	
23-Mar	Contraindication in hydrotherapy
24-Mar	Contraindication in hydrotherapy
25-Mar	Contraindication in hydrotherapy
26-Mar	Uses of hydrotherapy in sports injuries
27-Mar	Uses of hydrotherapy in sports injuries
28-Mar	Uses of hydrotherapy in sports injuries
<b>Week 10</b>	
30-Mar	Electrotherapy and its methods
31-Mar	Electrotherapy and its methods
1-Apr	Electrotherapy and its methods
2-Apr	Contraindication in Electrotherapy
3-Apr	Contraindication in Electrotherapy
4-Apr	Contraindication in Electrotherapy
<b>Week 11</b>	
6-Apr	Uses of Electrotherapy in sports injuries
7-Apr	Uses of Electrotherapy in sports injuries
8-Apr	Uses of Electrotherapy in sports injuries
9-Apr	Uses of Electrotherapy in sports injuries
<b>Unit-IV</b>	
<b>Week 12</b>	
10-Apr	Thermotherapy and its methods
11-Apr	Thermotherapy and its methods
12-Apr	Thermotherapy and its methods
13-Apr	Thermotherapy and its methods
14-Apr	Thermotherapy and its methods
15-Apr	Contraindication in Thermotherapy
16-Apr	Contraindication in Thermotherapy
17-Apr	Contraindication in Thermotherapy
18-Apr	Uses of Thermotherapy in sports injuries
<b>Week 13</b>	
20-Apr	Uses of Thermotherapy in sports injuries
21-Apr	Uses of Thermotherapy in sports injuries
22-Apr	Concept of massage and its types
23-Apr	Concept of massage and its types
24-Apr	Benefits of massage
25-Apr	Benefits of massage
<b>Week 14</b>	
27-Apr	Therapeutic exercises and their benefits
28-Apr	Therapeutic exercises and their benefits
29-Apr	REVISION
30-Apr	REVISION