

Maharani Kishori Jat Kanya Mahavidyalya, Rohtak

Day Wise Lesson Plan for the session January 2018 to April 2018

Name of Associate Professor Dr. Mukesh Devi Goyal.....

Class M.P.Ed. 4th Sem...... Paper Subject Athletics, Care and Rehabilitation

January -

Week	Date	Topic Theory	Practical
1	01.01.18	Winter Vacation	
	02.01.18.	" "	
	03.01.18	" "	
	04.01.18	" "	
	05.01.18	Holiday	
2	06.01.18	Introduction of Paper	Hockey Specialized Game Athletics
	07.01.18	Sunday	
	08.01.18	Meaning of Safety appliances in sports	
	09.01.18	Uses of Safety " " "	
	10.01.18	Principles of safety education	
	11.01.18	Provision of safety rules in competitive sports	
	12.01.18	Revision of above	
	13.01.18	Test of above topic	
	14.01.18	Sunday	
	15.01.18	Meaning of Rehabilitation	
16.01.18	Objectives "		
17.01.18	Scope "		
18.01.18	Principle of "		
19.01.18	Revision of above topics		
20.01.18	Test of above "		
21.01.18	Sunday		
4	22.01.18	Vasant Panchami	Game: Wrestling Athletics
	23.01.18	Meaning of therapeutic modalities	
	24.01.18	Sir Chhoturam jayanti	
	25.01.18	Types of therapeutic modalities	
	26.01.18	Republic Day	
	27.01.18	Shortwave Diathermy: Meaning	
	28.01.18	Sunday	
	29.01.18	Effect of S. Diathermy	
30.01.18.	Procedure " "		
31.01.18	Holiday		

Goyal

Maharani Kishori Jat Kanya Mahavidyalya, Rohtak

Day Wise Lesson Plan for the session January 2018 to April 2018

Name of Associate Professor Dr. Mukesh Devi Goyal

Class M.P. Ed. 4th Sem. Paper/Subject Athletics, Care & Rehabilitation

February -

Week	Date	Topic	
1	01.02.18	Microwave Diathermy - meaning, concept	Practicals
	02.02.18	" " - Procedure	
	03.02.18	" " - Effect & Benefits	
	04.02.18	Sunday	
2	05.02.18	Ultra Sound - Introduction	Games: Basketball
	06.02.18	" " - procedure	
	07.02.18	" " - Effects	Athletics
	08.02.18	Revision: Microwave & Ultra Sound therapy	
	09.02.18	Cryotherapy :- Introduction, Benefits	
	10.02.18	" : Procedure	
	11.02.18	Sunday	
3	12.02.18	Contrast Bath	Games: Volleyball
	13.02.18	Contrast "	
	14.02.18	T. E. N.S.	Athletics
	15.02.18	T. E. N.S.	
	16.02.18	I. F. T.	
	17.02.18	I. F. T.	
	18.02.18	Sunday	
4	19.02.18	Aquatic Rehabilitation :- Introduction	Game :- Badminton
	20.02.18	" Exercise :- equipments	
	21.02.18	Aqua workout :- Introduction	Athletics
	22.02.18	" " :- Station	
	23.02.18	Revision of Aquatic Rehabilitation	
	24.02.18	Test	
25.02.18	Sunday		
5	26.02.18	Role / importance of aquatic Activity	Game: Kabaddi
	27.02.18	" " " "	
	28.02.18	Benefits of Exercise in water	Athletics

Goyal

Maharani Kishori Jat Kanya Mahavidyalya, Rohtak
 Day Wise Lesson Plan for the session January 2018 to April 2018
 Name of Associate Professor
 Class M.P. Ed. Uth Sem. Subject.....

March

Week	Date	Topic	
1	01.03.18	Posture: Meaning, concept, definition	practical
	02.03.18	Good Posture	
	03.03.18	Its Value	
	04.03.18	Sunday	
2	05.03.18	Bad Posture	Game: Kho-Kho Athletics
	06.03.18	" " :- Causes	
	07.03.18	" " :- Its drawbacks	
	08.03.18	Postural deformities & Corrective exercises	
	09.03.18	" " "	
	10.03.18	" " "	
	11.03.18	Sunday	
3	12.03.18	Revision unit-III	Game: Football Athletics
	13.03.18	" "	
	14.03.18	Test "	
	15.03.18	Therapeutic exercise: Meaning, def. Introduction	
	16.03.18	" " " " "	
	17.03.18	" " " " "	
	18.03.18	Sunday	
	4	19.03.18	
20.03.18		" " "	
21.03.18		" " "	
22.03.18		Exercise Programme to strengthen the injury	
23.03.18		" " " "	
24.03.18		" " " "	
25.03.18		Sunday	
5	26.03.18	Revision	Revision of Game & Athletics.
	27.03.18	"	
	28.03.18	Test	
	29.03.18	Therapeutic exercise: Classification	
	30.03.18	" " "	
	31.03.18	" " "	

Sign

Prayab

Maharani Kishori Jat Kanya Mahavidyalaya, Rohtak

Day Wise Lesson Plan for the session January 2018 to April 2018

Name of Associate Professor

Class M. P. Ed. 4th Sem. Subject.....

April =

Week	Date	Topic	Practical
	01.04.18	Sunday	
1	02.04.18	Therapeutic exercise :- Effects	Game Revision
	03.04.18	" " "	Ath. "
	04.04.18	" " :- Used	
	05.04.18	" " :- "	
	06.04.18	" " Types	
	07.04.18	" " "	
	08.04.18	Sunday	
2	09.04.18	Active exercise	Game Revision
	10.04.18	" "	Ath. "
	11.04.18	Passive exercise	
	12.04.18	" "	
	13.04.18	massage : meaning, Introduction, definitions.	
	14.04.18	" " " "	
	15.04.18	Sunday	
3	16.04.18	Massage :- History	Game Revision
	17.04.18	" "	Ath. "
	18.04.18	" :- Precautions	
	19.04.18	" :- Benefits	
	20.04.18	" Therapy :- "	
	21.04.18	" " :- Role in competitions	
	22.04.18	Sunday	
4	23.04.18	Effect of massage on major system	Game Rev.
	24.04.18	" " " "	Ath. "
	25.04.18	Types of massage	
	26.04.18	" "	
	27.04.18	Techniques of massage	
	28.04.18	Revision	
	29.04.18	Sunday	
5	30.04.18	Revision	

Sign

Moyal

Maharani Kishori Jat Kanya Mahavidyalaya, Rohtak

Day Wise Lesson Plan for the session January 2018 to April 2018

Name of Associate Professor Dr. M. Kesh. Devi Goyal.....

Class B. P. Ed. 4th Sem. Paper. / Subject. Measurement & Evaluation - 401

Week	Date	Topic	Practicals	
January:	1	01.01.18	Winter vacation	
		02.01.18	Winter vacation	
		03.01.18	Winter vacation	
		04.01.18	Winter vacation	
		05.01.18	Winter vacation	
		06.01.18	Introduction of Paper	
		07.01.18	Sunday	
2	08.01.18	Meaning & Definition of Test in Phy. Edu.	Game demonstration Ath. & other Activity demonstr.	
	09.01.18	" " " "		
	10.01.18	" " " measurement "		
	11.01.18	" " " " "		
	12.01.18	" " " Evaluation "		
	13.01.18	" " " " "		
		14.01.18		Sunday
		15.01.18		Need and importance of Test, Mea. & Evaluation
3	16.01.18	" " " " "	Game, Athletic & other Activity demonstr.	
	17.01.18	" " " " "		
	18.01.18	" " " " "		
	19.01.18	" " " " "		
	20.01.18	" " " " "		
		21.01.18		Sunday
		22.01.18		Basant Panchami
4	23.01.18	Principles of Evaluation		
	24.01.18	" " "		
	25.01.18	" " "		
		26.01.18		Republic Day
		27.01.18		Revision of Unit-I
		28.01.18		Sunday
5	29.01.18	Revision of Unit-I		
	30.01.18	Test " "		
	31.01.18	Guru Ravidas Jayanti		

Sign

Goyal

Maharani Kishori Jat Kanya Mahavidyalya, Rohtak
 Day Wise Lesson Plan for the session January 2018 to April 2018
 Name of Associate Professor
 Class B.P.Ed: 4th Sem...... Subject.....

Week	Date	Topic	Practicals
1	01.02.18	Criteria of good Test	
	02.02.18	" " "	
	03.02.18	" " "	
	04.02.18	Sunday	
	05.02.18	Criteria of tests, Scientific authenticity	
2	06.02.18	" " " "	Game Lesson Fault Correction Ath. " " " Other Activities " "
	07.02.18	" " " "	
	08.02.18	" " " "	
	09.02.18	" " " "	
	10.02.18	" " " "	
	11.02.18	Sunday	
	12.02.18	Types and Classification of test	
3	13.02.18	" " "	Game, Athletics, other activities fault correction
	14.02.18	" " "	
	15.02.18	" " "	
	16.02.18	" " "	
	17.02.18	" " "	
	18.02.18	Sunday	
	19.02.18	Administration of test, advance preparation	
4	20.02.18	" " " "	Game, Athletics, other activities fault correction
	21.02.18	" " " "	
	22.02.18	" " " "	
	23.02.18	" " " "	
	24.02.18	" " " "	
	25.02.18	Sunday	
	26.02.18	Revision of Unit-II	
5	27.02.18	" " "	Game, Ath., other activities Fault corrections
	28.02.18	Test " "	

Royal

Maharani Kishori Jat Kanya Mahavidyalya, Rohtak
 Day Wise Lesson Plan for the session January 2018 to April 2018

Name of Associate Professor

Class B. P. Ed. 4th Sem. Subject.....

March →

Week	Date	Topic	Practicals
1	01.03.18	Physical and motor Fitness Tests: Concept	
	02.03.18	" " " " "	
	03.03.18	" " " " "	
	04.03.18	Sunday	
2	05.03.18	A A H P E R Youth fitness fest	Game Skill Practice Ath " " Other Activities "
	06.03.18	" " " "	
	07.03.18	" " " "	
	08.03.18	" " " "	
	09.03.18	" " " "	
	10.03.18	" " " "	
	11.03.18	Sunday	
	3	12.03.18	
13.03.18		" " " "	
14.03.18		" " " "	
15.03.18		" " " "	
16.03.18		" " " "	
17.03.18		" " " "	
18.03.18		Sunday	
4		19.03.18	J C R Test
	20.03.18	" "	
	21.03.18	" "	
	22.03.18	" "	
	23.03.18	" "	
	24.03.18	" "	
	25.03.18	Sunday	
5	26.03.18	Revision of unit III	Game = Skill Practice Ath. " " Other : " " Activ. " "
	27.03.18	" "	
	28.03.18	" "	
	29.03.18	Revision / Test	
	30.03.18	" "	
	31.03.18	" "	

Sign

Prayal

Maharani Kishori Jat Kanya Mahavidyalya, Rohtak
 Day Wise Lesson Plan for the session January 2018 to April 2018

Name of Associate Professor

Class B.P.Ed. 4th Sem. Subject

April

Week	Date	Topic	Practicals
	01.04.18	Sunday	
1	02.04.18	Sports skill Test: Introduction	Game Lesson Ath. & other activity
	03.04.18	" " "	
	04.04.18	Lackhart and McPherson Badminton Test	
	05.04.18	" " " "	
	06.04.18	" " " "	
	07.04.18	" " " "	
	08.04.18	Sunday	
2	09.04.18	Johnson Basketball test	Game, Ath. & other activity Lesson Practice
	10.04.18	" " "	
	11.04.18	" " "	
	12.04.18	McDonald Soccer test	
	13.04.18	" " "	
	14.04.18	" " "	
	15.04.18	Sunday	
3	16.04.18	S.A.I. Volleyball test	Game, Ath. & other activity Lesson Practice
	17.04.18	" " "	
	18.04.18	" " "	
	19.04.18	S.A.I. Hockey test	
	20.04.18	" " "	
	21.04.18	" " "	
	22.04.18	Sunday	
4	23.04.18	Revision of Unit IV	Game, Ath. & other activity Lesson Practice
	24.04.18	" " "	
	25.04.18	" " "	
	26.04.18	Test / Re. " "	
	27.04.18	Test of Unit IV	
	28.04.18	Revision	
29.04.18	Sunday		
5	30.04.18	Revision	

Sign

Arjet