

**Maharani Kishori Jat Kanya Mahavidyalaya, Rohtak**

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

Name of Associate Professor ... M.S. Kusum Lata .....

Class ... B.P.Ed. (F) ..... Subject ... Kinesiology & Biomechanics .....

Week	Date	Topic
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	Meaning, definition and scope of Kinesiology
	07.01.18	Sunday
2	08.01.18	Importance of Kin.
	09.01.18	Application of Kin. in Phy. Edu. & Sports
	10.01.18	Test → of Scope and importance of Kin.
	11.01.18	Concept Sports Balanced Posture
	12.01.18	Posture Deformities
	13.01.18	Corrective exercise for Postural defects
	14.01.18	Sunday
	15.01.18	Test - Posture
3	16.01.18	Sprain and their treatment
	17.01.18	Group discussion on Sports Injuries
	18.01.18	Test - Sprain
	19.01.18	Strain and their treatment
	20.01.18	Test - Strain
	21.01.18	Sunday
	22.01.18	Basant Panchami
	23.01.18	Revision - Sprain and Strain
4	24.01.18	Contusion and their treatment
	25.01.18	Test - Contusion
	26.01.18	Republic Day
	27.01.18	Revision - Posture deformities
	28.01.18	Sunday
	29.01.18	Terminology of Various Types of Movement
5	30.01.18	Group discussion on movement
	31.01.18	Guru Ravidas Jayanti

Sign Kusumlata

Maharani Kishori Jat Kanya Mahavidyalaya, Rohtak

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

Name of Associate Professor ..Ms. Kusum Lata.....

Class ...B.P.Ed.(F)..... Subject...Kinesiology...& Biomechanics

Week	Date	Topic
1	01.02.18	Body Plane and their types
	02.02.18	Body Axis and their types.
	03.02.18	Test - Plane and Axis
	04.02.18	Sunday
2	05.02.18	Explain Spine.
	06.02.18	explain shoulder
	07.02.18	Revision spine and shoulder
	08.02.18.	Explain Hips and Presentation by students
	09.02.18	Explain Elbow
	10.02.18	Maharshi Dayanand Saraswati Jayanti
	11.02.18	Sunday
	12.02.18	Test spine and shoulder.
3	13.02.18	Maha Shivratri
	14.02.18	Revision - Hips and Elbow
	15.02.18	Explain knee and Presentation
	16.02.18	Revision and Presentation
	17.02.18	Explain Ankle and Presentation
	18.02.18	Sunday
	19.02.18	Test - Ankle
4	20.02.18	Doubts clear and Revision
	21.02.18	Structural classification of muscle
	22.02.18	doubts clear
	23.02.18	Functional classification of muscles
	24.02.18	Revisionx doubts clear.
	25.02.18	Sunday
	26.02.18	Technology of Muscular attachment
27.02.18	Test - muscles	
28.02.18	MDU Holidays	

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**Maharani Kishori Jat Kanya Mahavidyalya, Rohtak**

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

Name of Associate Professor .... Ms. Kusum Lata .....

Class .. B.P.Ed. (F) ..... Subject... Kinesiology and Biomechanics

Week	Date	Topic
1	01.03.18	MDU Holidays
	02.03.18	MDU Holidays
	03.03.18	MDU Holidays
	04.03.18	Sunday
2	05.03.18	Method of Assessing Joint ROM
	06.03.18	Test Functional classification
	07.03.18	Tech for increasing Joint Flexibility
	08.03.18	Revision
	09.03.18	Concept of Force
	10.03.18	doubt clear and Revision
	11.03.18	Sunday
3	12.03.18	Newton's Laws of motion
	13.03.18	Revision
	14.03.18	Test Newton's Laws of motion
	15.03.18	Equilibrium and Presentation by students
	16.03.18	Test - Force
	17.03.18	Revision Force and Equilibrium
	18.03.18	Sunday
4	19.03.18	Centre of Gravity
	20.03.18	doubts clear and Revision
	21.03.18	Shoulder Joint characteristics and
	22.03.18	Deltoid muscle and Presentation by students
	23.03.18	Shaheedi Diwas
	24.03.18	Latisimus dorsi muscle
	25.03.18	Sunday
5	26.03.18	Test Deltoid muscle
	27.03.18	Pectoralis major muscle
	28.03.18	Doubt clear of muscles
	29.03.18	Mahavir Jayanti
	30.03.18	Trapezius muscle
	31.03.18	Biceps Brachii muscle

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Maharani Kishori Jat Kanya Mahavidyalya, Rohtak

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

Name of Associate Professor ... Ms. Kusum Lata .....

Class ... B.P. Ed. (E) ..... Subject ... Kinesiology & Biomechanics

Week	Date	Topic
	01.04.18	Sunday
1	02.04.18	Elbow Joint junctions and characteristics
	03.04.18	Brachialis muscle
	04.04.18	Triceps muscle
	05.04.18	Revision and doubt clear
	06.04.18	Hip Joint
	07.04.18	Gluteus maximus
	08.04.18	Sunday
2	09.04.18	Test Hip Joint
	10.04.18	Knee Joint
	11.04.18	Gastrocnemius muscle and Presentation
	12.04.18	Hamstring muscles and Presentation
	13.04.18	Revisions and doubt clear
	14.04.18	Baisakhi / Ambedkar Jayanti
	15.04.18	Sunday
3	16.04.18	Biceps Femoris and Presentation
	17.04.18	Rectus Femoris and Presentation
	18.04.18	Parshuram Jayanti
	19.04.18	Sartorius muscle and Presentation
	20.04.18	Test
	21.04.18	Rectus abdominus
	22.04.18	Sunday
4	23.04.18	Sterno-cleidomastoid
	24.04.18	Test and Presentation by students
	25.04.18	Test and Presentation by students
	26.04.18	Presentation
	27.04.18	Presentation
	28.04.18	Presentation
	29.04.18	Sunday
	30.04.18	class discussion on muscles

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Maharani Kishori Jat Kanya Mahavidyalya, Rohtak

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

Name of Associate Professor ..M.S. Kusum Lata.....

Class ..M.P.Ed. (P)..... Subject..Bio-mechanics and Kinesiology.

Week	Date	Topic
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 subject
	07.01.18	Sunday
2	08.01.18	Concept, scope of Kinesiology
	09.01.18	Meaning Plane, Axis and Types
	10.01.18	Diarthrosis Joints and doubt clear.
	11.01.18	Shoulder Joint
	12.01.18	Trapezius and Rhomboid muscle
	13.01.18	Paratorati's major and minor muscles
	14.01.18	Sunday
	15.01.18	Test of muscles
3	16.01.18	Deltoid and supra spinatus muscle
	17.01.18	Biceps and Biceps Brachii muscle
	18.01.18	Elbow Joint, doubt clear
	19.01.18	Pronator Teres and Supinator muscle
	20.01.18	Triceps Brachii and Brachialis
	21.01.18	Sunday
	22.01.18	Basant Panchami
4	23.01.18	Test of Elbow Joint and muscles
	24.01.18	Pronator quadrates and Gastrocnemius
	25.01.18	Tibialis anterior and Posterior muscle
	26.01.18	Republic Day
	27.01.18	Extensor digitorum Longus and Soleus
	28.01.18	Sunday
	29.01.18	Extensor and Flexor Hallucis Longus
	30.01.18	Test and doubt clear.
31.01.18	Guru Ravidas Jayanti	

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Maharani Kishori Jat Kanya Mahavidyalaya, Rohtak

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

Name of Associate Professor ... Ms. Kusum Lata

Class ... M.P.Ed. (P) Subject ... Bio-mechanics and Kinesiology

Week	Date	Topic
1	01.02.18	Structural classification of muscles
	02.02.18	Functional
	03.02.18	Methods of studying action of muscles
	04.02.18	Sunday
2	05.02.18	Test and doubt clear
	06.02.18	Hip Joint
	07.02.18	Rectus femoris and sartorius muscle
	08.02.18	Test
	09.02.18	Gluteus maximus, minimus and medius
	10.02.18	Maharshi Dayanand Saraswati Jayanti
	11.02.18	Sunday
3	12.02.18	knee Joint
	13.02.18	Maha Shivratri
	14.02.18	Revision and doubt clear
	15.02.18	Hamstring group
	16.02.18	Revision
	17.02.18	Quadriceps group of muscles-2
	18.02.18	Sunday
4	19.02.18	Test Hamstring.
	20.02.18	Quadriceps groups of muscles. 2
	21.02.18	Adductor magnus and Longus
	22.02.18	Brevis
	23.02.18	Sartorius and Gastrocnemius
	24.02.18	Spinal column joint.
	25.02.18	Sunday
5	26.02.18	Levator scapula and Rectus abdominus
	27.02.18	sternocleidomastoid
	28.02.18	MDU Holidays

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**Maharani Kishori Jat Kanya Mahavidyalya, Rohtak**

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

Name of Associate Professor Ms. Kusum Lata

Class M.P.Ed.(C) Subject Sports Bio-mechanics and Kinesiology

Week	Date	Topic
1	01.03.18	MDU Holidays
	02.03.18	MDU Holidays
	03.03.18	MDU Holidays
	04.03.18	Sunday
2	05.03.18	Test of muscles and Presentation
	06.03.18	obliquus Internus and externus abdominis
	07.03.18	Revision and doubt clear
	08.03.18	Concept of Bio-mechanics
	09.03.18	Importance of " "
	10.03.18	Motion and Types
	11.03.18	Sunday
	12.03.18	Test Biomechanics importance
3	13.03.18	Distance and Displacement, Speed
	14.03.18	Velocity and Uniform acceleration
	15.03.18	Force and Momentum
	16.03.18	Pressure and Energy
	17.03.18	Mass and weight
	18.03.18	Sunday
	19.03.18	Gravity and Centre of Gravity, Test
4	20.03.18	Work and Power and Presentation
	21.03.18	Balance, Equi Equilibrium and stability
	22.03.18	Controlling balance in static positions
	23.03.18	Shaheedi Diwas
	24.03.18	Spin and its types
	25.03.18	Sunday
	26.03.18	Controlling Balance during movement
5	27.03.18	Effect of spin on speed of ball on the surface
	28.03.18	" " " " " of the ball in flight
	29.03.18	Mahavir Jayanti
	30.03.18	Magnus effect- its application in sports
31.03.18	Law of Inertia - Linear motion	

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Maharani Kishori Jat Kanya Mahavidyalya, Rohtak

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

Name of Associate Professor ... Ms. Kusum Lata .....

Class ... M.P.Ed. (P) ..... Subject ... Sports Bio-mechanics and Kinesiology

Week	Date	Topic
	01.04.18	Sunday
1	02.04.18	Law of moment of Inertia-angular motion
	03.04.18	Law of momentum and Presentation
	04.04.18	Law of angular momentum and Presentation
	05.04.18	Law of Action and Reaction Linear motion
	06.04.18	" " " " " Angular "
	07.04.18	Test
	08.04.18	Sunday
2	09.04.18	Aerodynamic drag forces
	10.04.18	skin friction
	11.04.18	Profile drag
	12.04.18	effect of stream line on drag
	13.04.18	Terminal Velocity
	14.04.18	Baisakhi / Ambedkar Jayanti
	15.04.18	Sunday
3	16.04.18	Revision and doubt clear
	17.04.18	Forces action on a system
	18.04.18	Parshuram Jayanti
	19.04.18	Reaction forces
	20.04.18	friction forces
	21.04.18	Centripetal and centrifugal and Presentation
	22.04.18	Sunday
4	23.04.18	Elastic forces
	24.04.18	<del>Inter</del> Internal and External forces and presentation
	25.04.18	Lever
	26.04.18	Mechanical Advantage and Disadvantage of Lever
	27.04.18	mechanical analysis of Walking
	28.04.18	" " " " Running
	29.04.18	Sunday
	30.04.18	Test and Presentations of students.

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Maharani Kishori Jat Kanya Mahavidyalya, Rohtak

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

Name of Associate Professor ... Ms. Kusum Lata .....

Class B.Sc. Sports Science. 4<sup>th</sup> Sem Subject... Physiology of Exercise

Week	Date	Topic
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 and chapter Explanations of Syllabus.
	07.01.18	Sunday
2	08.01.18	Meaning and definition of Exercise
	09.01.18	Types of Exercise
	10.01.18	Benefit of Exercise
	11.01.18	Revision and doubt clear.
	12.01.18	Meaning of Physiology
	13.01.18	Meaning of Exercise Physiology
	14.01.18	Sunday
	15.01.18	Importance of Exercise Physiology
3	16.01.18	Functions of Exercise Physiology
	17.01.18	Group discussion and Oral Test.
	18.01.18	Physiology of Muscular System.
	19.01.18	Effect of Exercise on Muscular System.
	20.01.18	Revision
	21.01.18	Sunday
	22.01.18	Basant Panchami
4	23.01.18	Long Term Effect on Muscular System.
	24.01.18	Revision
	25.01.18	Short Term effect on Muscular System.
	26.01.18	Republic Day
	27.01.18	Revision
	28.01.18	Sunday
	29.01.18	Revision of Unit
	30.01.18	Unit-1 <sup>st</sup> Test.
5	31.01.18	Guru Ravidas Jayanti

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Maharani Kishori Jat Kanya Mahavidyalya, Rohtak

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

Name of Associate Professor ..Ms...Kusumkanta.....

Class Bca..Sports...Sciences...Subject...Physiology...of...Exercise.

Week	Date	Topic
1	01.02.18	Introduction of Respiratory System.
	02.02.18	Physiology of Respiratory System.
	03.02.18	Types of Respiration
	04.02.18	Sunday
2	05.02.18	Mechanism of inhibition
	06.02.18	Revision and Problem Solving.
	07.02.18	Mechanism of Exhilation
	08.02.18	Effects of Exercise on Respiratory System.
	09.02.18	Lungs and Exercise.
	10.02.18	Maharshi Dayanand Saraswati Jayanti
	11.02.18	Sunday
	12.02.18	Test of Respiratory System.
3	13.02.18	Maha Shivratri
	14.02.18	Introduction of Endocrine System.
	15.02.18	Functioning of Various Endocrine Glands
	16.02.18	Physiology of Pituitary Glands
	17.02.18	Revision.
	18.02.18	Sunday
	19.02.18	Physiology of Thyroid Gland
4	20.02.18	Physiology of Adrenal Gland
	21.02.18	effect of exercise on the functioning of endocrine Gland
	22.02.18	Revision
	23.02.18	effect of Exercise on Nervous System.
	24.02.18	Revision.
	25.02.18	Sunday
	26.02.18	Revision of II <sup>nd</sup> Unit.
5	27.02.18	Test of II <sup>nd</sup> Unit.
	28.02.18	MDU Holidays

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Maharani Kishori Jat Kanya Mahavidyalaya, Rohtak

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

Name of Associate Professor .... M.A. Kusum Lata .....

Class . B.Sc. Sports Sc. II<sup>nd</sup> yr. .... Subject... Physiology of Exercise

Week	Date	Topic
1	01.03.18	MDU Holidays
	02.03.18	MDU Holidays
	03.03.18	MDU Holidays
	04.03.18	Sunday
2	05.03.18	Introduction of Cardio-Vascular System.
	06.03.18	Adaptation of Heart.
	07.03.18	Effect on Exercise on Heart.
	08.03.18	Changes in Heart.
	09.03.18	Doubts and Problems Solving.
	10.03.18	Introduction of Blood
	11.03.18	Sunday
3	12.03.18	Blood Pressure
	13.03.18	Effect of Exercise on Blood.
	14.03.18	Effect of Exercise on Blood Pressure
	15.03.18	Revision of Blood & Blood Pressure
	16.03.18	Basic Physiology of Circulatory System.
	17.03.18	Effects of Exercise on Circulatory System.
	18.03.18	Sunday
4	19.03.18	Test of Circulatory System.
	20.03.18	Introduction of Excretory System
	21.03.18	Physiology of Excretory System
	22.03.18	Doubts and Problems Solving.
	23.03.18	Shaheed Diwas
	24.03.18	Functions of parts of Excretory System
	25.03.18	Sunday
5	26.03.18	Effect of Exercise on Excretory System
	27.03.18	do
	28.03.18	Doubts and Problems Solving.
	29.03.18	Mahavir Jayanti
	30.03.18	Revision of III <sup>rd</sup> Unit.
	31.03.18	Test of III <sup>rd</sup> Unit

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Maharani Kishori Jat Kanya Mahavidyalya, Rohtak

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

Name of Associate Professor ...Ms...Kusum..Lata.....

Class B.Sc. Sports Sc. III yr. Subject..Physiology...of...Exercise

Week	Date	Topic
	01.04.18	Sunday
1	02.04.18	Physiology of Digestive System
	03.04.18	do
	04.04.18	digestive process in mouth
	05.04.18	" " " Stomach
	06.04.18	doubt clear and Problem Solving
	07.04.18	Test
	08.04.18	Sunday
2	09.04.18	small and large intestine
	10.04.18	function of liver
	11.04.18	doubt clear and Problem Solving
	12.04.18	Test
	13.04.18	Effect of exercise on digestive system
	14.04.18	Baisakhi / Ambedkar Jayanti
	15.04.18	Sunday
3	16.04.18	Reflex action
	17.04.18	reciprocal intervention
	18.04.18	Parshuram Jayanti
	19.04.18	doubt clear and presentations
	20.04.18	Presentation and Revision
	21.04.18	Revision
	22.04.18	Sunday
4	23.04.18	Effect of exercise on Nervous system
	24.04.18	do
	25.04.18	presentation
	26.04.18	Unit - IV Test
	27.04.18	Revision and doubt clear
	28.04.18	Presentation
	29.04.18	Sunday
	30.04.18	Presentation

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**Maharani Kishori Jat Kanya Mahavidyalya, Rohtak**

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

Name of Associate Professor ... Ms. Kusum Lata .....

Class B.Sc. Sports Sc. III yr. Subject Theory of Games.

Week	Date	Topic
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	
	07.01.18	Sunday
2	08.01.18	Introduction of Subject
	09.01.18	Softball History
	10.01.18	— do —, Basket ball History
	11.01.18	
	12.01.18	
	13.01.18	
	14.01.18	Sunday
3	15.01.18	Basketball History
	16.01.18	Wrestling History
	17.01.18	Technical official and duties of Softball
	18.01.18	
	19.01.18	
	20.01.18	
	21.01.18	Sunday
4	22.01.18	Basant Panchami
	23.01.18	Basketball official and their duties
	24.01.18	Wrestling official and their duties
	25.01.18	
	26.01.18	Republic Day
	27.01.18	
	28.01.18	Sunday
5	29.01.18	Softball equipments
	30.01.18	Basketball equipments
	31.01.18	Guru Ravidas Jayanti

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Maharani Kishori Jat Kanya Mahavidyalya, Rohtak

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

Name of Associate Professor ...Ma...Kusum Lata.....

Class B.Sc. Sports Sc. III yr.... Subject.....Theory of Games

Week	Date	Topic
1	01.02.18	
	02.02.18	
	03.02.18	
	04.02.18	Sunday
2	05.02.18	Test and doubt clear
	06.02.18	Wrestling protective equipment
	07.02.18	presentation and doubt clear
	08.02.18	
	09.02.18	
	10.02.18	Maharshi Dayanand Saraswati Jayanti
	11.02.18	Sunday
3	12.02.18	Test Unit I
	13.02.18	Maha Shivratri
	14.02.18	Softball Dimension and marking
	15.02.18	
	16.02.18	
	17.02.18	
	18.02.18	Sunday
4	19.02.18	Basket ball Dimension and marking
	20.02.18	Revision and doubt clear
	21.02.18	Wrestling dimension and marking and presentation
	22.02.18	
	23.02.18	
	24.02.18	
25.02.18	Sunday	
5	26.02.18	Soft ball Rules and Regulations.
	27.02.18	Basketball Rules and Regulations
	28.02.18	MDU Holidays

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Maharani Kishori Jat Kanya Mahavidyalya, Rohtak

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

Name of Associate Professor .... Ms. Kusum Lata .....

Class B.Sc. Sports Sc. III yr. Subject.... Theory of Games

Week	Date	Topic
1	01.03.18	MDU Holidays
	02.03.18	MDU Holidays
	03.03.18	MDU Holidays
	04.03.18	Sunday
2	05.03.18	Wrestling Rules and Regulations and presentation
	06.03.18	Softball fundamental skill
	07.03.18	Softball score sheet preparation
	08.03.18	
	09.03.18	
	10.03.18	
	11.03.18*	Sunday
3	12.03.18	Basketball Fundamental Skill and presentation
	13.03.18	Basketball score sheet
	14.03.18	Revision and doubt clear
	15.03.18	
	16.03.18	
	17.03.18	
	18.03.18	Sunday
4	19.03.18	Wrestling fundamental skill
	20.03.18	Wrestling score sheet
	21.03.18	Revision and doubt clear
	22.03.18	
	23.03.18	Shaheedi Diwas
	24.03.18	
	25.03.18	Sunday
5	26.03.18	Test and doubt clear
	27.03.18	Softball injuries and prevention
	28.03.18	Revision and doubt clear
	29.03.18	Mahavir Jayanti
	30.03.18	
	31.03.18	

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

Name of Associate Professor ...Ms. Kusum Lata.....

Class B.Sc. Sports Sc. III yr..... Subject...Theory of Games

Week	Date	Topic
	01.04.18	Sunday
1	02.04.18	Basketball injuries and prevention
	03.04.18	Rivision and presentation
	04.04.18	Wrestling injuries and prevention
	05.04.18	
	06.04.18	
	07.04.18	
	08.04.18	Sunday
2	09.04.18	Test Unit - II
	10.04.18	Presentation and doubt clear
	11.04.18	Presentation and doubt clear
	12.04.18	
	13.04.18	
	14.04.18	Baisakhi / Ambedkar Jayanti
	15.04.18	Sunday
3	16.04.18	Test - Unit - III
	17.04.18	Rivision and presentation
	18.04.18	Parshuram Jayanti
	19.04.18	
	20.04.18	
	21.04.18	
	22.04.18	Sunday
4	23.04.18	class Group discussion on Softball
	24.04.18	" " " " Basketball
	25.04.18	" " " " Wrestling
	26.04.18	
	27.04.18	
	28.04.18	
	29.04.18	Sunday
	30.04.18	syllabus rivision and doubt clear

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Maharani Kishori Jat Kanya Mahavidyalya, Rohtak

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

Name of Associate Professor ... Ms. Kusum Lata .....

Class ... B.Sc. Sports Science III<sup>yr</sup> Subject ... Theory of Athletics

Week	Date	Topic
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 Subject
	07.01.18	Sunday
2	08.01.18	
	09.01.18	
	10.01.18	
	11.01.18	Triple Jump Teaching and Coaching
	12.01.18	Revision and doubt clear
	13.01.18	Hammer Throw Teaching and coaching
	14.01.18	Sunday
3	15.01.18	
	16.01.18	
	17.01.18	
	18.01.18	Test Triple Jump and doubt clear Hammer
	19.01.18	selection tech. of an athlete for triple Jump
	20.01.18	" " " " " for Hammer throw
	21.01.18	Sunday
	22.01.18	Basant Panchami
	23.01.18	
	24.01.18	
	25.01.18	Triple Jump safety equipment
	26.01.18	Republic Day
	27.01.18	Hammer throw safety equipment
	28.01.18	Sunday
5	29.01.18	
	30.01.18	
	31.01.18	Guru Ravidas Jayanti

Signature  
Kusum Lata

**Maharani Kishori Jat Kanya Mahavidyalya, Rohtak**

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

Name of Associate Professor ..Ms. Kusum Lata.....

Class B.Sc. Sports Sc. III. Yr. .... Subject...Theory...of...Athlete

Week	Date	Topic
1	01.02.18	Triple Jump Dimension and Marking
	02.02.18	Hammer throw " " "
	03.02.18	Test Hammer throw and doubt clear
	04.02.18	Sunday
2	05.02.18	
	06.02.18	
	07.02.18	
	08.02.18	Rules and Regulation of Triple Jump
	09.02.18	" " " " Hammer Throw
	10.02.18	Maharshi Dayanand Saraswati Jayanti
	11.02.18	Sunday
3	12.02.18	
	13.02.18	Maha Shivratri
	14.02.18	
	15.02.18	Group discussion on Triple and Hammer
	16.02.18	Triple Jump official duties and official
	17.02.18	Hammer throw official and their duties
18.02.18	Sunday	
4	19.02.18	
	20.02.18	
	21.02.18	
	22.02.18	Presentation by student and doubt clear
	23.02.18	Test Triple jump Rules
	24.02.18	Presentation and doubt clear
	25.02.18	Sunday
5	26.02.18	
	27.02.18	
	28.02.18	MDU Holidays

Sign *Kusum Lata*

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

Name of Associate Professor ... Ms. Kusum Lata  
 Class B.Sc. Sports Sc. III<sup>rd</sup> ... Subject ... Theory of Athletics

Week	Date	Topic
1	01.03.18	MDU Holidays
	02.03.18	MDU Holidays
	03.03.18	MDU Holidays
	04.03.18	Sunday
2	05.03.18	
	06.03.18	
	07.03.18	
	08.03.18	Text Unit I
	09.03.18	Fundamental Skill of Triple Jump
	10.03.18	doubt clear and Revision
	11.03.18	Sunday
3	12.03.18	
	13.03.18	
	14.03.18	
	15.03.18	Test UNIT - II
	16.03.18	Fundamental skill of Hammer Throce
	17.03.18	doubt clear and Revision
	18.03.18	Sunday
4	19.03.18	
	20.03.18	
	21.03.18	
	22.03.18	Techniques of Triple Jump
	23.03.18	Shaheedi Diwas
	24.03.18	Techniques of Hammer Throce
	25.03.18	Sunday
5	26.03.18	
	27.03.18	
	28.03.18	
	29.03.18	Mahavir Jayanti
	30.03.18	Test
	31.03.18	Test

Sign Kusumlata

Maharani Kishori Jat Kanya Mahavidyalya, Rohtak

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

Name of Associate Professor ... Ms. Kusum Lata ...

Class B.Sc. Sports Sc. III Yr. Subject Theory of Athletics

Week	Date	Topic
	01.04.18	Sunday
1	02.04.18	
	03.04.18	
	04.04.18	
	05.04.18	Triple Jump Injuries and prevention
	06.04.18	presentation and doubt clear
	07.04.18	Text
	08.04.18	Sunday
2	09.04.18	
	10.04.18	
	11.04.18	
	12.04.18	Hammer Throw Injuries and prevention
	13.04.18	presentation and doubt clear
	14.04.18	Baisakhi / Ambedkar Jayanti
	15.04.18	Sunday
3	16.04.18	
	17.04.18	
	18.04.18	Parshuram Jayanti
	19.04.18	Text
	20.04.18	Presentation and doubt clear
	21.04.18	Presentation " " "
	22.04.18	Sunday
4	23.04.18	
	24.04.18	
	25.04.18	
	26.04.18	Class Group discussion on Triple Jump
	27.04.18	Presentations
	28.04.18	Class Group discussion on Hammer Throw
	29.04.18	Sunday
	30.04.18	

Signature  
Kusum Lata