

**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

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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
5	27.02.18	Test - muscles
	28.02.18	MDU Holidays

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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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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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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 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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 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
	19.02.18	Test Hamstring.
4	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
	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
3	12.03.18	Test Biomechanics importance
	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
4	19.03.18	Gravity and Centre of Gravity, Test
	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	Shaheed Diwas
	24.03.18	Spin and its types
	25.03.18	Sunday
5	26.03.18	Controlling Balance during movement
	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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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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