

LESSON PLAN FOR EVEN SEM
SESSION 2017-18

NAME OF ASSISTANT /ASSOCIATE PROFESSOR : Dr. Ranjit Singh
CLASS/SECTION : B.Sc. II Year, Sem. IV (Phy. Edu. & Sports Sciences)
SUBJECT: Theory Of Games & Sports (Basket Ball) & Vocational Oriented course Physiotherapy

Week	Date	Topics Theory
1	1-Jan-18	Fundamental skill of Basketball passing/ Types
	2-Jan-18	Two hand chest pass meaning & definition
	3-Jan-18	Techniques of chest pass
	4-Jan-18	Two hand Bounce pass meaning & definition
	5-Jan-18	Techniques of Bounce Pass
	6-Jan-18	Overhead pass meaning/ Definition
	7-Jan-18	Sunday
2	8-Jan-18	Side arms pass meaning/ definition
	9-Jan-18	Continued
	10-Jan-18	Techniques of side arm pass
	11-Jan-18	Hook pass Meaning/ Definition/ Techniques
	12-Jan-18	Back pass Meaning/ Definition/ Techniques
	13-Jan-18	Dribbling meaning / Definition
	14-Jan-18	Sunday
3	15-Jan-18	High dribbling meaning/ definition
	16-Jan-18	Techniques of high dribbling
	17-Jan-18	Low dribbling meaning/ definition
	18-Jan-18	Reverse dribbling meaning/ definition
	19-Jan-18	Revision/ Test/ assignment
	20-Jan-18	Shooting Meaning / Type
	21-Jan-18	Sunday
4	22-Jan-18	Vasant Panchami
	23-Jan-18	Lay-up shooting Meaning/ Definition/ types
	24-Jan-18	Sir Chotu Ram Jayanti
	25-Jan-18	Free shot meaning & technique
	26-Jan-18	Republic Day

	27-Jan-18	Hook shot meaning & technique
	28-Jan-18	Sunday
5	29-Jan-18	Jump shoot Meaning & technique
	30-Jan-18	Fouls & their Penalties
	31-Jan-18	Technical equipment used in Basketball
	1-Feb-18	Continued
	2-Feb-18	Techniques & tactics meaning & definition
	3-Feb-18	Types of tactics
	4-Feb-18	Sunday
6	5-Feb-18	Revision/ Test
	6-Feb-18	Offensive & Defensive Tactics
	7-Feb-18	Individual Tactics Meaning/ Definition
	8-Feb-18	Group Tactics meaning/ definition
	9-Feb-18	Group Tactics meaning/ definition
	10-Feb-18	Maharshi Dayanand Saraswati Jayanti
	11-Feb-18	Sunday
7	12-Feb-18	Motor Qualities related to Basketball
	13-Feb-18	Maha Shivratri
	14-Feb-18	Continued
	15-Feb-18	Officiating Meaning/ Definition
	16-Feb-18	Officials & their duties
	17-Feb-18	Rules of Basketball/ Interpretation
	18-Feb-18	Sunday
8	19-Feb-18	Continued
	20-Feb-18	Electrotherapy Meaning/ Definition
	21-Feb-18	Use of high frequency current
	22-Feb-18	Short wave diathermy
	23-Feb-18	Techniques & Benefits of Short wave diathermy
	24-Feb-18	Ultra sound therapy meaning/ definition
	25-Feb-18	Sunday
9	26-Feb-18	Techniques & benefits of ultra sound therapy
	27-Feb-18	Sports Injuries meaning/ Definition
	28-Feb-18	University vacation

	1-Mar-18	Guru Ravidas Birthday
	2-Mar-18	Holi
	3-Mar-18	University Vacation
	4-Mar-18	Sunday
10	5-Mar-18	Revision/ Test/ Assignment
	6-Mar-18	Preventions of sports injuries
	7-Mar-18	Hydrotherapy meaning/definition
	8-Mar-18	Hot Packs meaning & types
	9-Mar-18	Benefits of hot packs
	10-Mar-18	Mud Baths Meaning/ Definition
	11-Mar-18	Sunday
11	12-Mar-18	Techniques & Benefits of mud Baths
	13-Mar-18	Spring water baths meaning / definition
	14-Mar-18	Techniques/ Methods of spring water baths
	15-Mar-18	Benefits of spring water baths
	16-Mar-18	Under water exercises meaning/ concept
	17-Mar-18	Techniques of Underwater exercises
	18-Mar-18	Sunday
12	19-Mar-18	Benefits of Underwater exercises
	20-Mar-18	Massage therapy meaning/definitions
	21-Mar-18	Classification Of Massage
	22-Mar-18	Continued
	23-Mar-18	Shadeedi Diwas of Bhagat Singh, Rajguru & Sukhdev
	24-Mar-18	Lubricants used in Massages
	25-Mar-18	Sunday/Ram Navami
13	26-Mar-18	Qualities of a good Massager
	27-Mar-18	Techniques of a massage
	28-Mar-18	Upper extremities massage
	29-Mar-18	Mahavir Jayanti
	30-Mar-18	Lower extremities massage
	31-Mar-18	Revision/ Test/ Assignment
	1-Apr-18	Sunday

14	2-Apr-18	Exercise therapy meaning/definition
	3-Apr-18	Basic mechanical points , Centre of Gravity
	4-Apr-18	Line Of Gravity
	5-Apr-18	Planes & Axis
	6-Apr-18	Traction therapy meaning/ Definition
	7-Apr-18	Techniques of traction therapy
	8-Apr-18	Sunday
15	9-Apr-18	Benefits of Traction Therapy
	10-Apr-18	Continued
	11-Apr-18	Clarification Of Movements
	12-Apr-18	Clarification Of Movements and their effects
	13-Apr-18	Physiological Clarification Of Movements
	14-Apr-18	Dr. Ambedkar Jayanti/Vaisakhi
	15-Apr-18	Sunday
16	16-Apr-18	Revision/ Test
	17-Apr-18	
	18-Apr-18	Parshurama Jayanti
	19-Apr-18	
	20-Apr-18	
	21-Apr-18	
	22-Apr-18	Sunday
17	23-Apr-18	
	24-Apr-18	
	25-Apr-18	
	26-Apr-18	
	27-Apr-18	
	28-Apr-18	

