

LESSON PLAN FOR EVEN SEM
SESSION 2017-18

NAME OF ASSISTANT /ASSOCIATE PROFESSOR : Dr. Ranjit Singh

CLASS/SECTION : B.Sc. III Year, Sem. VI (Phy. Edu. & Sports Sciences)

**SUBJECT: Theory Of Games & Sports (Kho-Kho) & Vocational Oriented course
Physiotherapy**

Week	Date	Topics Theory
1	1-Jan-18	Rules Of Kho-Kho
	2-Jan-18	Rules Of Kho-Kho
	3-Jan-18	Continued
	4-Jan-18	Factors affecting sports performance
	5-Jan-18	Factors affecting sports performance
	6-Jan-18	Centre of Gravity
	7-Jan-18	Sunday
2	8-Jan-18	Line of Gravity
	9-Jan-18	Tie Break in Kho-Kho
	10-Jan-18	Officiating meaning/ Definition
	11-Jan-18	Principles of officiating
	12-Jan-18	Continued
	13-Jan-18	Warming up meaning/ Definition
	14-Jan-18	Sunday
3	15-Jan-18	Importance of warming up
	16-Jan-18	Cooling down meaning
	17-Jan-18	Benefits of cooling down
	18-Jan-18	Continued
	19-Jan-18	Revision/ Test/Assignment
	20-Jan-18	Methods/ Aspects of warming up
	21-Jan-18	Sunday
4	22-Jan-18	Vasant Panchami
	23-Jan-18	Duties of various officials in kho-kho
	24-Jan-18	Sir Chotu Ram Jayanti
	25-Jan-18	Duties before the game
	26-Jan-18	Republic Day

	27-Jan-18	Duties during the game
	28-Jan-18	Sunday
5	29-Jan-18	Duties after the game
	30-Jan-18	Sitting in square & its methods
	31-Jan-18	Types of Kho-Kho
	1-Feb-18	Giving Kho & its methods
	2-Feb-18	Continued
	3-Feb-18	Techniques & tactics meaning/ Definition
	4-Feb-18	Sunday
6	5-Feb-18	Attacking tactics / Types
	6-Feb-18	Continued
	7-Feb-18	Defensive tactics/ Types
	8-Feb-18	Defensive tactics/ Types
	9-Feb-18	Types of Kho-Kho & Tapping
	10-Feb-18	Maharshi Dayanand Saraswati Jayanti
	11-Feb-18	Sunday
7	12-Feb-18	Components of physical fitness
	13-Feb-18	Maha Shivratri
	14-Feb-18	Components of physical fitness
	15-Feb-18	Revision/ Test / Assignment
	16-Feb-18	Sports injuries meaning/ Definition
	17-Feb-18	Types of sports injuries
	18-Feb-18	Sunday
8	19-Feb-18	Prevention of sports injuries
	20-Feb-18	Continued
	21-Feb-18	Causes & treatment of joint sprain
	22-Feb-18	Causes & treatment of muscle strain
	23-Feb-18	Causes & treatment of dislocation & fracture
	24-Feb-18	Treatment of Contusion
	25-Feb-18	Sunday
9	26-Feb-18	Causes & treatment of exposed injuries
	27-Feb-18	Massage Therapy 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	Physiological effects of general massage on muscular system
	6-Mar-18	Physiological effects of general massage on nervous system
	7-Mar-18	Postural deformities / Types
	8-Mar-18	Bow Legs meaning/ Definition
	9-Mar-18	Causes & corrective exercises for bow-legs
	10-Mar-18	Knocking-Knees meaning/ Concepts
	11-Mar-18	Sunday
11	12-Mar-18	Causes & corrective exercises for Knock knee
	13-Mar-18	Flat foot meaning & types
	14-Mar-18	Causes of flat foot
	15-Mar-18	Corrective exercises for flat foot
	16-Mar-18	Continued
	17-Mar-18	Continued
	18-Mar-18	Sunday
12	19-Mar-18	Circulatory systems meaning organs
	20-Mar-18	Congenital abnormalities meaning/definition
	21-Mar-18	Causes & treatment of Congenital abnormalities
	22-Mar-18	Continued
	23-Mar-18	Shadeedi Diwas of Bhagat Singh, Rajguru & Sukhdev
	24-Mar-18	Hyper tension meaning/ Definition
	25-Mar-18	Sunday/Ram Navami
13	26-Mar-18	Causes & treatment of hyper tension
	27-Mar-18	Anemia Introduction/ Definition
	28-Mar-18	Continued
	29-Mar-18	Mahavir Jayanti
	30-Mar-18	Arthritics meaning & types
	31-Mar-18	Spondylitis meaning & types
	1-Apr-18	Sunday

14	2-Apr-18	Revision/ Test
	3-Apr-18	Causes & Treatment of Spondylitis
	4-Apr-18	Continued
	5-Apr-18	Derived position meaning/types
	6-Apr-18	Arms & Legs position & type
	7-Apr-18	Neck & trunk position & types
	8-Apr-18	Sunday
15	9-Apr-18	Duties of physiotherapists before surgery
	10-Apr-18	Duties of physiotherapists After surgery
	11-Apr-18	Surgery meaning & types
	12-Apr-18	Derived Position by head & Types
	13-Apr-18	Revision / Test
	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	