

LESSON PLAN

Name: Dr HARINDER SINGH KANG

Class: B.Sc(Phy.Ed., Health Ed. & Sports) 5th Semester

Subject: Kinesiology

WEEK	DATE	TOPIC	PRACTICAL
I	1.01.2018	MEANING OF KINESIOLOGY – INRODUCTION	Movements on Sagittal plan- Flexion
	2.01.2018	Meaning of Kinesiology-definition by Cooper, Broer,Burke	Movements on Sagittal plan- Flexion
	3.01.2018	Meaning of Kinesiology- dictionary meaning of Kinesiology	Movements on Sagittal plan- Flexion
	4.01.2018	CONCLUSION OF MEANING OF KINESIOLOGY	Movements on Sagittal plan- Flexion
	5.01.2018	HISTORY OF KINESIOLOGY-Aristotle, Archemidies, Galen, Leonardo Da Vinci	Movements on Sagittal plan- Extension
	6.01.2018	History of Kinesiology- Galileo, Willam Harvay, Issac Newton,John Hunter,Charles Darwin.	Movements on Sagittal plan- Extension
	7.01.2018	SUNDAY	
II	8.01.2018	CONCLUSION OF HISTORY OF KINESIOLOGY	Movements on Sagittal plan- Extension
	9.01.2018	AIM OF KINESIOLOGY- INTRODUCTION	Movements on Sagittal plan- Extension
	10.01.2018	Aim and objectives of Kinesiology	Movements on Sagittal plan- Hyper flexion
	11.01.2018	Objectives of Kinesiology-Knowledge of human body	Movements on Sagittal plan- Hyper flexion
	12.01.2018	Objectives of Kinesiology-Neuro muscular coordination	Movements on Sagittal plan- Hyper flexion
	13.01.2018	Objectives of Kinesiology-Perfection of motor skills	Movements on Sagittal plan- Hyper flexion
	14.01.2018	SUNDAY	
III	15.01.2018	Objectives of Kinesiology-Avoiding & diagnosing the injuries	Movements on Sagittal plan- Hyper Extension
	16.01.2018	Objectives of Kinesiology- Rehabilitation	Movements on Sagittal plan- Hyper Extension
	17.01.2018	CONCLUSION OF AIM & OBJECTIVES OF AIM AND OBJECTIVES OF KINESIOLOGY	Movements on Sagittal plan- Hyper Extension
	18.01.2018	IMPORTANCE OF KINESIOLOGY IN PHY.ED.& SPORTS- INTRODUCTION	Movements on Sagittal plan- Hyper Extension
	19.01.2018	Importance of kinesiology-In the field of research &avoiding the injuries	Movements on Sagittal plan- Reduction of Hyper Flexion
	20.01.2018	Importance of kinesiology-Diagnosing the injuries the injuries & guiding the sportspersons	Movements on Sagittal plan- Reduction of Hyper Flexion
	21.01.2018	SUNDAY	
IV	22.01.2018	BASANT PANCHMI	
	23.01.2018	Importance of kinesiology-Analysis of human movements & evaluation of exercise	Movements on Sagittal plan- Reduction of Hyper Flexion

	24.01.2018	SIR CHOTURAM JAYANTI	
	25.01.2018	REPUBLIC DAY	
	26.01.2018	Importance of kinesiology -Scientific approach & factors effecting performance	Movements on Sagittal plan -Reduction of Hyper Flexion
	27.01.2018	Importance of kinesiology -Better stances ,knowledge of posture & better performance with less energy	Movements on Sagittal plan -Reduction of Hyper Extension
	28.01.2018	SUNDAY	
V	29.01.2018	REVISION UNIT –I	Movements on Sagittal plan -Reduction of Hyper Extension
	30.01.2018	REVISION UNIT –I	Movements on Sagittal plan -Reduction of Hyper Extension
	31.01.2018	CLASS TEST OF UNIT I	Movements on Sagittal plan -Reduction of Hyper Extension
	1.02.2018	FUNDAMENTAL CONCEPTS OF MOVEMENTS-INTRODUCTION	Movement on Frontal Plan -Abduction
	2.02.2018	Fundamental concepts - Centre of gravity	Movement on Frontal Plan -Abduction
	3.02.2018	Fundamental concepts -Line of gravity	Movement on Frontal Plan -Abduction
VI	4.02.2018	SUNDAY	
	5.02.2018	Fundamental concepts - Anatomical Position	Movement on Frontal Plan -Abduction
	6.02.2018	Fundamental concepts - Standard Standing Position	Movement on Frontal Plan -Abduction
	7.02.2018	Conclusion of Centre of gravity, line of gravity, Standing Positions	Movement on Frontal Plan -Adduction
	8.02.2018	Fundamental concepts - Plans and Axes	Movement on Frontal Plan -Adduction
	9.02.2018	Fundamental concepts - Axes	Movement on Frontal Plan -Adduction
	10.01.2018	MAHARISHI DAYANAD SARASVATI JAYANTI	
VII	11.02.2018	SUNDAY	
	12.02.2018	Conclusion of Plans & Axes	Movement on Frontal Plan -Adduction
	13.02.2018	MAHA SHIVRATRI	
	14.02.2018	Types of Plans - Sagittal Plan	Movement on Frontal Plan -Adduction
	15.02.2018	Types of Plans – Frontal Plan	Movement on Frontal Plan -Hyper Abduction
	16.02.2018	Types of Plans - Horizontal Plan	Movement on Frontal Plan -Hyper Abduction
	17.02.2018	Conclusion of Plans	Movement on Frontal Plan -Hyper Abduction
VIII	18.02.2018	SUNDAY	
	19.02.2018	Axes and its types	Movement on Frontal Plan -Hyper Abduction
	20.02.2018	Types of Axes - Sagittal Axis	Movement on Frontal Plan -Hyper Adduction

	21.02.2018	Types of Axes- Frontal Axis	Movement on Frontal Plan- Hyper Adduction
	22.02.2018	Types of Axes- Vertical Axis	Movement on Frontal Plan- Hyper Adduction
	23.02.2018	Conclusion of Axes	Movement on Frontal Plan- Hyper Adduction
	24.02.2018	CONCLUSION O FUNDAMENTAL CONCEPTS OF MOVEMENTS	Movement on Frontal Plan- Reduction of Hyper Abduction
IX	25.02.2018	SUNDAY	
	26.02.2018	REVISION UNIT –II	REVISION OF PRACTICALS
	27.02.2018	REVISION UNIT –II	REVISION OF PRACTICALS
	28.02.2018	CLAS TEST OF UNIT II	REVISION OF PRACTICALS
	1.03.2018	GURU RAVIDASS JAYANTI	
	2.03.2018	HOLI	
	3.03.2018	MOVEMENTS ON SAGITTAL PLAN WITH FRONTAL AXIS- INTRODUCTION	Movement on Frontal Plan- Reduction of Hyper Adduction
X	4.03.2018	SUNDAY	
	5.03.2018	Movements on Sagittal plan- Flexion & Extension	Movement on Frontal Plan- Reduction of Hyper Adduction
	6.03.2018	Movements on Sagittal plan-Hyper Flexion & Hyper Extension	Movement on Frontal Plan- Reduction of Hyper Adduction
	7.03.2018	Movements on Sagittal plan- Reduction of Hyper flexion & Reduction of Hyper Extension	Movement on Frontal Plan- Reduction of Hyper Adduction
	8.03.2018	CONCLUSION OF MOVEMENTS ON SAGITTAL PLAN	Movement on Horizontal Plan- Medial Rotation
	9.03.2018	MOVEMENTS ON FRONTAL PLAN WITH SAGITTAL AXIS- INTRODUCTION	Movement on Horizontal Plan- Medial Rotation
	10.03.2018	Movement on Frontal Plan- Abduction & Adduction	Movement on Horizontal Plan- Medial Rotation
XI	11.03.2018	SUNDAY	
	12.03.2018	Movement on Frontal Plan-Hyper Abduction & Hyper Adduction	Movement on Horizontal Plan- Medial Rotation
	13.03.2018	Movement on Frontal Plan- Reduction of Hyper Abduction & Reduction of Hyper Adduction	Movement on Horizontal Plan- Lateral Rotation
	14.03.2018	CONCLUSION OF MOVEMENTS ON FRONTAL PLAN	Movement on Horizontal Plan- Lateral Rotation
	15.03.2018	MOVEMENTS ON HORIZONTAL PLAN WITH VERTICAL AXIS- INTRODUCTION	Movement on Horizontal Plan- Lateral Rotation
	16.03.2018	Movements on Horizontal Plan- Medial Rotation & Lateral Rotation	Movement on Horizontal Plan- Lateral Rotation
	17.03.2018	Movements on Horizontal Plan- Supination & Pronation	Movement on Horizontal Plan- Supination
XII	18.03.2018	SUNDAY	
	19.03.2018	Movements on Horizontal Plan- Inversion & Eversion	Movement on Horizontal Plan- Supination

	20.03.2018	Movements on Horizontal Plan- Dorsi Flexion & Planter Flexion	Movement on Horizontal Plan- Supination
	21.03.2018	CONCLUSION OF MOVEMENTS ON HORIZONTAL PLAN	Movement on Horizontal Plan- Supination
	22.03.2018	STRUCTURAL CLASSIFICATION OF MUSCLES- INTRODUCTION	Movement on Horizontal Plan- Pronation
	23.03.2018	SAHEEDI DIWAS	
	24.03.2018	Classification of Muscles- Functional (Agonist, Antagonist, Stabliser & Neutraliser)	Movement on Horizontal Plan- Pronation
XIII	25.03.2018	SUNDAY/RAM NAVAMI	
	26.03.2018	Structural Classification of Muscles- Longitudinal, Quadrilateral, & Triangular & Fusiform	Movement on Horizontal Plan- Pronation
	27.03.2018	Structural Classification of Muscles- Peniform, Bipeniform & Multi Penniform	Movement on Horizontal Plan- Pronation
	28.03.2018	REVISION UNIT –III	Movement on Horizontal Plan Inversion
	29.03.2018	MAHAVIR JAYANTI	
	30.03.2018	REVISION UNIT –III	Movement on Horizontal Plan Inversion
	31.03.2018	CLASS TEST OF UNIT –III	Movement on Horizontal Plan Inversion
XIV	1.04.2018	SUNDAY	
	2.04.2018	STRUCTURE OF MOTOR ACTION-INTRODUCTION	Movement on Horizontal Plan Inversion
	3.04.2018	Structure of motor action- Cyclic	Movement on Horizontal Plan- Eversion
XV	4.04.2018	Structure of motor action-Acyclic	Movement on Horizontal Plan- Eversion
	5.04.2018	Structure of motor action- movement combination	Movement on Horizontal Plan- Eversion
	6.04.2018	Structure of motor action- Movement combination phases(preparatory, main & recovery)	Movement on Horizontal Plan- Eversion
	7.04.2018	CONCLUSION OF MOTOR ACTION	Movement on Horizontal Plan- Planter Flexion
	8.04.2018	SUNDAY	
	9.04.2018	QUALITIES OF MOTOR MOVEMENTS-INTRODUCTION	Movement on Horizontal Plan- Planter Flexion
	10.04.2018	Qualities of Motor Movements- Movement Rhythm	Movement on Horizontal Plan- Planter Flexion
	11.04.2018	Qualities of Motor Movements- Movement Coupling	Movement on Horizontal Plan- Planter Flexion
	12.04.2018	Qualities of Motor Movements- Movement flow	Movement on Horizontal Plan- Dorsi Flexion
	13.04.2018	Qualities of Motor Movements- Movement amplitude	Movement on Horizontal Plan- Dorsi Flexion

	14.04.2018	BASAKHI/AMBEDKAR JAYANTI	
	15.04.2018	SUNDAY	
	16.04.2018	RECIPROCAL INNERVATION & INHABITATION-INTRODUCTION	Movement on Horizontal Plan- Dorsi Flexion
	17.04.2018	Reciprocal innervation- Agonist and Antagonist muscles	Movement on Horizontal Plan- Dorsi Flexion
XVII	18.04.2018	PARSURAM JAYANTI	
	19.04.2018	Reciprocal inhabitation-Stabiliser & Neutraliser muscles	Revision of Movements on Sagittal Plan
	20.04.2018	CONCLUSION OF RECIPROCAL INNERVATION & INHABITATION	Revision of Movements on Sagittal Plan
	21.04.2018	ALL OR NONE LAW	Revision of Movements on Sagittal Plan
	22.04.2018	SUNDAY	
	23.04.2018	MUSCLES TONE- INTRODUCTION	Revision of Movements on Frontal Plan
	24.04.2018	IMPORTANCE OF MUSCLE TONE	Revision of Movements on Frontal Plan
XVIII	25.04.2018	REVISION UNIT-I	Revision of Movements on Frontal Plan
	26.04.2018	REVISION UNIT-II	Revision of Movements on Horizontal Plan
	27.04.2018	REVISION UNIT-III	Revision of Movements on Horizontal Plan
	28.04.2018	REVISION UNIT-IV	Revision of Movements on Horizontal Plan
	29.04.2018	SUNDAY	
	30.04.2018	CLASS TEST UNITS I,II,III & IV	Revision of Practicals