

LESSON PLAN

Name: Dr HARINDER SINGH KANG

Class: B.Sc(Phy.Ed., Health Ed. & Sports) 3rd Semester

Subject: Physiology of Exercise

| WEEK | DATE | TOPIC | PRACTICAL |
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| I | 1.01.2018 | EFFECTS OF EXERCISE ON EXCRETORY SYSTEM-INTRODUCTION | Harward step of cardio vascular fitness |
| | 2.01.2018 | Effects Of Exercise On Excretory System-on Lungs | Harward step of cardio vascular fitness |
| | 3.01.2018 | Effects Of Exercise On Excretory System-on Kidneys | Harward step of cardio vascular fitness |
| | 4.01.2018 | Effects Of Exercise On Excretory System-on Skin | Harward step of cardio vascular fitness |
| | 5.01.2018 | Diagrams of Lungs, Kidneys & Skin | Harward step of cardio vascular fitness |
| | 6.01.2018 | EFFECTS OF EXERCISE ON EXCRETORY SYSTEM- CONCLUSION | Harward step of cardio vascular fitness |
| | 7.01.2018 | SUNDAY | |
| II | 8.01.2018 | EFFECTS OF EXERCISE ON METABOLIC PROCESSES-INTRODUCTION | Harward step of cardio vascular fitness |
| | 9.01.2018 | Effects Of Exercise On Metabolic Processes- During Rest | Harward step of cardio vascular fitness |
| | 10.01.2018 | Effects Of Exercise On Metabolic Processes-During Exercise(Short duration & high intensity) | Harward step of cardio vascular fitness |
| | 11.01.2018 | Effects Of Exercise On Metabolic Processes-During Exercise(High Intensity lasting for several minutes) | Harward step of cardio vascular fitness |
| | 12.01.2018 | Effects Of Exercise On Metabolic Processes-During Exercise(Long duration exercises) | Harward step of cardio vascular fitness |
| | 13.01.2018 | Effects Of Exercise On Metabolic Processes-During rest | Harward step of cardio vascular fitness |
| | 14.01.2018 | SUNDAY | |
| III | 15.01.2018 | EFFECTS OF EXERCISE ON METABOLIC PROCESSES-INTRODUCTION | Harward step of cardio vascular fitness |
| | 16.01.2018 | EFFECTS OF EXERCISE ON ENDOCRINE SYSTEM-INTRODUCTION | Harward step of cardio vascular fitness |
| | 17.01.2018 | Effects Of Exercise On Endocrine System-on pituitary gland | Harward step of cardio vascular fitness |
| | 18.01.2018 | Effects Of Exercise On Endocrine System-on thyroid gland | Harward step of cardio vascular fitness |
| | 19.01.2018 | Effects Of Exercise On Endocrine System-on adrenal gland | Harward step of cardio vascular fitness |
| | 20.01.2018 | Effects Of Exercise On Endocrine System-on pancreas gland | Harward step of cardio vascular fitness |
| | 21.01.2018 | SUNDAY | |
| 1V | 22.01.2018 | BASANT PANCHMI | |
| | 23.01.2018 | Diagrams and location of various glands in human body | Harward step of cardio vascular fitness |

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| | 24.01.2018 | SIR CHOTURAM JAYANTI | |
| | 25.01.2018 | REPUBLIC DAY | |
| | 26.01.2018 | Diagrams and location of various glands in human body | Harward step of cardio vascular fitness |
| | 27.01.2018 | EFFECTS OF EXERCISE ON ENDOCRINE SYSTEM-CONCLUSION | Harward step of cardio vascular fitness |
| | 28.01.2018 | SUNDAY | |
| V | 29.01.2018 | REVISION UNIT –I | Harward step of cardio vascular fitness |
| | 30.01.2018 | REVISION UNIT –I | Harward step of cardio vascular fitness |
| | 31.01.2018 | CLASS TEST OF UNIT I | Harward step of cardio vascular fitness |
| | 1.02.2018 | STRUCTURE OF VOLUNTARY MUSCLE-INTRODUCTION | Effect of exercises on pulse rate |
| | 2.02.2018 | Structure Of Voluntary Muscle-Voluntary muscles | Effect of exercises on pulse rate |
| | 3.02.2018 | Structure Of Voluntary Muscle-involuntary muscles | Effect of exercises on pulse rate |
| VI | 4.02.2018 | SUNDAY | |
| | 5.02.2018 | Structure Of Voluntary Muscle-Cardiac muscles | Effect of exercises on pulse rate |
| | 6.02.2018 | Longitudinal structure of voluntary muscle | Effect of exercises on pulse rate |
| | 7.02.2018 | Cross sectional structure of voluntary muscle | Effect of exercises on pulse rate |
| | 8.02.2018 | STRUCTURE OF VOLUNTARY MUSCLE-CONCLUSION | Effect of exercises on pulse rate |
| | 9.02.2018 | STRUCTURAL CLASSIFICATION OF MUSCLE-INTRODUCTION | Effect of exercises on pulse rate |
| | 10.01.2018 | MAHARISHI DAYANAD SARASVATI JAYANTI | |
| VII | 11.02.2018 | SUNDAY | |
| | 12.02.2018 | Structural Classification Of Muscle-functional & structural | Effect of exercises on pulse rate |
| | 13.02.2018 | MAHA SHIVRATRI | |
| | 14.02.2018 | Functional Classification Of Muscle-Agonist, Antagonist, stabiliser & neutraliser | Effect of exercises on pulse rate |
| | 15.02.2018 | Structural Classification Of Muscle-Longitudinal, Quadrilateral Triangular & Fusiform | Effect of exercises on pulse rate |
| | 16.02.2018 | Structural Classification Of Muscle-Penniform, Bipenniform & Multipenniform | Effect of exercises on pulse rate |
| | 17.02.2018 | STRUCTURAL CLASSIFICATION OF MUSCLE- CONCLUSION | Effect of exercises on pulse rate |
| VIII | 18.02.2018 | SUNDAY | |
| | 19.02.2018 | NERVOUS CONTROL OF MUSCULAR CONTRACTION- INRODUCTION | Effect of exercises on pulse rate |
| | 20.02.2018 | Nervous Control Of Muscular | Effect of exercises on pulse |

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| | | Contraction- Neuron, Synapse & Brain | rate |
| | 21.02.2018 | NERVOUS CONTROL OF MUSCULAR CONTRACTION- CONCLUSION | Effect of exercises on pulse rate |
| | 22.02.2018 | ENERGY FOR MUSCULAR WORK- INTRODUCTION | Effect of exercises on pulse rate |
| | 23.02.2018 | Energy For Muscular Work- Biological Energy Cycles,ATP,CP & Glycogen | Effect of exercises on pulse rate |
| | 24.02.2018 | ENERGY FOR MUSCULAR WORK- CONCLUSION | Effect of exercises on pulse rate |
| IX | 25.02.2018 | SUNDAY | |
| | 26.02.2018 | REVISION UNIT –II | Effect of exercises on pulse rate |
| | 27.02.2018 | REVISION UNIT –II | Effect of exercises on pulse rate |
| | 28.02.2018 | CLASS TEST OF UNIT II | Effect of exercises on pulse rate |
| | 1.03.2018 | GURU RAVIDASS JAYANTI | |
| | 2.03.2018 | HOLI | |
| | 3.03.2018 | PHYSIOLOGICAL CONCEPT OF SPEED- INTRODUCTION | To test the vision by Snells vision chart |
| X | 4.03.2018 | SUNDAY | |
| | 5.03.2018 | Physiological Concept Of Speed- Conditional & Coordinative abilities | To test the vision by Snells vision chart |
| | 6.03.2018 | Physiological Concept Of Speed- Types of speed | To test the vision by Snells vision chart |
| | 7.03.2018 | Physiological Concept Of Speed- Training of speed | To test the vision by Snells vision chart |
| | 8.03.2018 | Physiological Concept Of Speed- Physiological factors effecting speed | To test the vision by Snells vision chart |
| | 9.03.2018 | PHYSIOLOGICAL CONCEPT OF SPEED- CONCLUSION | To test the vision by Snells vision chart |
| | 10.03.2018 | PHYSIOLOGICAL CONCEPT OF STRENGTH-INTRODUCTION | To test the vision by Snells vision chart |
| XI | 11.03.2018 | SUNDAY | |
| | 12.03.2018 | Physiological Concept Of Strength- Types of strength | To test the vision by Snells vision chart |
| | 13.03.2018 | Physiological Concept Of Strength- Training of strength | To test the vision by Snells vision chart |
| | 14.03.2018 | Physiological Concept Of Strength- Physiological factors effecting strength | To test the vision by Snells vision chart |
| | 15.03.2018 | PHYSIOLOGICAL CONCEPT OF STRENGTH- CONCLUSION | To test the vision by Snells vision chart |
| | 16.03.2018 | PHYSIOLOGICAL CONCEPT OF ENDURANCE-INTRODUCTION | To test the vision by Snells vision chart |
| | 17.03.2018 | Physiological Concept Of Endurance- Types of strength | To test the vision by Snells vision chart |
| XII | 18.03.2018 | SUNDAY | |
| | 19.03.2018 | Physiological Concept Of Endurance- Physiological factors effecting | To test the vision by Snells vision chart |

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| | | endurance | |
| | 20.03.2018 | PHYSIOLOGICAL CONCEPT OF ENDURANCE-CONCLUSION | To test the vision by Snells vision chart |
| | 21.03.2018 | PHYSIOLOGICAL CONCEPT OF AGILITY-INTRODUCTION | To test the vision by Snells vision chart |
| | 22.03.2018 | Physiological Concept Of Agility-Types of Coordinative abilities | To test the vision by Snells vision chart |
| | 23.03.2018 | SAHEEDI DIWAS | |
| | 24.03.2018 | Physiological Concept Of Agility-Types of agility | To test the vision by Snells vision chart |
| XIII | 25.03.2018 | SUNDAY/RAM NAVAMI | |
| | 26.03.2018 | Physiological Concept Of Agility-Physiological factors effecting Agility | To test the vision by Snells vision chart |
| | 27.03.2018 | PHYSIOLOGICAL CONCEPT OF AGILITY-CONCLUSION | To test the vision by Snells vision chart |
| | 28.03.2018 | REVISION UNIT –III | To test the vision by Snells vision chart |
| | 29.03.2018 | MAHAVIR JAYANTI | |
| | 30.03.2018 | REVISION UNIT –III | To test the vision by Snells vision chart |
| | 31.03.2018 | CLASS TEST OF UNIT –III | To test the vision by Snells vision chart |
| XIV | 1.04.2018 | SUNDAY | |
| | 2.04.2018 | PHYSIOLOGICAL CONCEPTS-INTRODUCTION | To test the colour vision by Ischihara colour vision booklets |
| | 3.04.2018 | Physiological Concepts-Vital capacity | To test the colour vision by Ischihara colour vision booklets |
| XV | 4.04.2018 | Physiological Concepts-Second wind | To test the colour vision by Ischihara colour vision booklets |
| | 5.04.2018 | Physiological Concepts-Oxygen Debt | To test the colour vision by Ischihara colour vision booklets |
| | 6.04.2018 | PHYSIOLOGICAL CONCEPTS-CONCLUSION | To test the colour vision by Ischihara colour vision booklets |
| | 7.04.2018 | PHYSIOLOGICAL BASIS OF WARMING UP-INTRODUCTION | To test the colour vision by Ischihara colour vision booklets |
| | 8.04.2018 | SUNDAY | |
| | 9.04.2018 | Physiological Basis Of Warming Up-General & specific warming up | To test the colour vision by Ischihara colour vision booklets |
| | 10.04.2018 | Physiological Basis Of Warming Up-Factors effecting warming up(Speed of contraction and relaxation of muscles & supply of Oxygen) | To test the colour vision by Ischihara colour vision booklets |
| XVI | 11.04.2018 | Physiological Basis Of Warming Up-Factors effecting warming | To test the colour vision by Ischihara colour vision |

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| | | up(Vascular resistance & accumulation of waste products) | booklets |
| | 12.04.2018 | Physiological Basis Of Warming Up-Factors effecting warming up(Effectiveness of nervous system & oxygen consumption) | To test the colour vision by Ischihara colour vision booklets |
| | 13.04.2018 | PHYSIOLOGICAL BASIS OF WARMING UP-CONCLUSION | To test the colour vision by Ischihara colour vision booklets |
| | 14.04.2018 | BASAKHI/AMBEDKAR JAYANTI | |
| | 15.04.2018 | SUNDAY | |
| | 16.04.2018 | PHYSIOLOGICAL CONCEPT OF FATIGUE-INTRODUCTION | To test the colour vision by Ischihara colour vision booklets |
| | 17.04.2018 | Physiological Concept Of Fatigue-Types of fatigues | To test the colour vision by Ischihara colour vision booklets |
| XVII | 18.04.2018 | PARSURAM JAYANTI | |
| | 19.04.2018 | Physiological Concept Of Fatigue-factors effecting fatigue(Efficiency of respiratory system, accumulation of waste products, Dehydration & Hyperthermia) | To test the colour vision by Ischihara colour vision booklets |
| | 20.04.2018 | Physiological Concept Of Fatigue-factors effecting fatigue(depletion of muscular and liver glycogen & loss of electrolytes) | To test the colour vision by Ischihara colour vision booklets |
| | 21.04.2018 | PHYSIOLOGICAL CONCEPT OF FATIGUE- CONCLUSION | To test the colour vision by Ischihara colour vision booklets |
| | 22.04.2018 | SUNDAY | |
| | 23.04.2018 | ENVIRONMENTAL FACTORS AFFECTING SPORTS PERFORMANCE-INTRODUCTION | To test the colour vision by Ischihara colour vision booklets |
| | 24.04.2018 | Environmental Factors Affecting Sports Performance-Pollution,weather,temperature,wind | To test the colour vision by Ischihara colour vision booklets |
| XVIII | 25.04.2018 | Environmental Factors Affecting Sports Performance-air pressure,altitude playing surfaces | To test the colour vision by Ischihara colour vision booklets |
| | 26.04.2018 | ENVIRONMENTAL FACTORS AFFECTING SPORTS PERFORMANCE-CONCLUSION | To test the colour vision by Ischihara colour vision booklets |
| | 27.04.2018 | REVISION UNIT-I,II | REVISION OF PRACTICALS |
| | 28.04.2018 | REVISION UNIT-III,IV | REVISION OF PRACTICALS |
| | 29.04.2018 | SUNDAY | |
| | 30.04.2018 | CLASS TEST UNITS I,II,III & IV | REVISION OF PRACTICALS |
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