

GAUR BRAHMAN DEGREE COLLEGE, ROHTAK

Syllabus Completion Performa/Lesson Plan: Batchelor of Arts Aided: 2025-26

Semester: 2nd

Subject Name: Health Education (Major)

Subject Code: 24PEDM401DS01

SYLLABUS DETAIL/LESSON PLAN				Month
Sr.No	Unit			
1	Unit-1	Fundamentals of Health and Health Education	☐ Meaning, Definition and Importance of Health ☐ Dimension of Health (Physical, Mental & Social Health), Factors influencing of health status ☐ Meaning, Definition & Importance of Health Education ☐ Aims, Objectives, Principles and Scopes of Health Education	January
2	Unit-2	Personal Hygiene and Health Services	☐ Meaning of Personnel Hygiene and its Importance ☐ Personal hygiene of the following: a) Teeth (b) Ears (c) Eyes (d) Skin (e) Nail & Fingers (f) Noose (g) Clothes ☐ Need and Importance of Health Services, Health Supervision ☐ Role of Health Educator	February
3	Unit-3	Communicable Diseases: Awareness and Prevention	☐ Meaning of Communicable diseases ☐ Mode of transmission, Symptoms & prevention of the following: (i) HIV/AIDS (ii) Hepatitis-B & C (iii) Malaria (iv) Tuberculosis (v) Cholera (vi) COVID-19 (vii) Chickenpox/ Shingles	March
4	Unit-4	First Aid and Emergency Care	☐ First Aid: Definition and importance of first aid in modern life, types of first aid, first aid box, ☐ Principle of first aid, Functions & Qualities of a good first aider. ☐ Common first-aid measures of following: a) Snake biting (b) Choking (c) Drowning (d) Fainting (e) Fracture (f) Burns (g) Poison and Unconsciousness (h) Heat Stroke	April

Mr. Ashu Kumar Assistant professor Deptt. Of Physical Education

Date: 18-12-25

GAUR BRAHMAN DEGREE COLLEGE, ROHTAK

Syllabus Completion Performa/Lesson Plan: Batchelor of Arts Aided: 2025-26

Semester: 2nd

Subject Name: Health Education (Major) Practical

Subject Code: 24PEDM401DS01

Sr.No	Unit	SYLLABUS DETAILS/LESSON PLAN	Month
1	Unit-1	CLO2: Students will be able to identify, set up, and properly use the various equipment required for shot put and the 100-meter race, ensuring safe and effective practice and competition.	January
2	Unit-2	CLO2: Students will be able to articulate the fundamental objectives of both shot put and the 100-meter race, understanding the key goals, techniques, and strategies of each event. CLO3: Students will be able to explain the official dimensions, rules, and regulations governing shot put and the 100-meter race, demonstrating a thorough understanding of the standards for each event.	February
3	Unit-3	CLO4: Students will be able to design and lead effective warm-up routines, including both general and sport specific exercises, to prepare for shot put and 100-meter race activities and reduce the risk of injury.	March
4	Unit-4	CLO5: Students will be able to perform and instruct a variety of skill drills for shot put (including stance and grip, glide, power position, release, and full throw) and the 100-meter race (including start, acceleration, high knee, stride length, and finish drills), enhancing technical proficiency and performance in both events. CLO6: Students will be able to execute and teach proper cool-down routines, including both general and sport specific exercises, to facilitate recovery and maintain flexibility after shot put and 100-meter race sessions.	April

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Semester: 2nd

Subject Name: Indigenous Games

Subject Code: 24PED402SE01

Sr.No	Unit	SYLLABUS DETAILS/LESSON PLAN		Month
1	Unit-1	Demonstration	Gatka – Demonstration, Practice and competition ☐ Mallkhamb ☐ Tug of War ☐ Dangal Kushti	January
2	Unit-2	Demonstration	☐ Carrom ☐ Surya Namaskar ☐ Ghoda Kabaddi	February
3	Unit-3	Demonstration	☐ Rassi – Kood ☐ Pitthoo ☐ Gilli Danda	March
4	Unit-4	Demonstration	☐ Chhupam-Chhupai ☐ Chor-Police ☐ Dog in Boon (Rumal Chappata) ☐ Langdi Tang	April

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Date: 18-12-22

GAUR BRAHMAN DEGREE COLLEGE, ROHTAK

Semester: 4th

Syllabus Completion Performa/Lesson Plan: Batchelor of Arts Aided: 2025-26

Subject Name: Sports Psychology (Major)

Subject Code: 25PEDM404DS01

Sr.No	Unit	SYLLABUS DETAILS/LESSON PLAN		Month
1	Unit-1	Basics of sports psychology	☐ Meaning and definition of psychology & sports psychology ☐ Importance and scope of sports psychology ☐ Relation between psychology & sports psychology ☐ Role of the sports psychologist	January
2	Unit-2	Motivation in sports	☐ Meaning and types of motivation ☐ Theories of motivation ☐ Techniques for enhancing motivation ☐ Relationship with motivation and performance	February
3	Unit-3	Stress and anxiety in sports	☐ Meaning and definition ☐ Causes of stress and anxiety ☐ Relationship between stress and anxiety ☐ Coping and management strategies	March
4	Unit-4	Personality and sports	☐ Meaning and types of personality ☐ Traits of personality ☐ Theories of personality ☐ Personality assessment tools	April

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Syllabus Completion Performa/Lesson Plan: Batchelor of Arts Aided: 2025-26

Semester: 4th

Subject Name: Practical (Psychological Skills Training)

Subject Code: 25PEDM404DS01

Sr.No	Unit	SYLLABUS DETAILS/LESSON PLAN	Month
1	Unit-1	Students will be able to understand the application of psychological principles in sports settings.	January
2	Unit-2	Students will be able to apply stress reduction strategies useful for performance under pressure.	February
3	Unit-3	Learners will be able to explore the influence of personality on individual sports behaviour.	March
4	Unit-4	Students will be able to assess basic psychological attributes through simple field tools.	April

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GAUR BRAHMAN DEGREE COLLEGE, ROHTAK

Syllabus Completion Performa/Lesson Plan: Batchelor of Arts Aided: 2025-26

Semester: 6th

Subject Name: Organization And management of Phy. Edu.

Subject Code:

Sr.No	Unit	SYLLABUS DETAILS/LESSON PLAN		Month
1	Unit-1	Track	• Need, importance & characteristics of Track, care and maintenance of ^{Track} • Conduct of Annual Athletic meet. • organization and conduct of Tournament.	January
2	Unit-2	Sports Management	• meaning, importance and scope of Sports management. • Factors influencing Sports management • Classification and Qualities of Phy. Edu Teachers. • Duties of an official (Pre-Jame and Post-Jame)	February
3	Unit-3	Sports Injuries	• prevention of sports injuries and Rehabilitation. sports injuries and Various Factors causing injuries • methods of prevention of sports injuries. meaning and scope of Rehabilitation, Facilities Available for Rehabilitation • Facilities Available for Rehabilitation. role of Phy. Edu. in Teachers in Rehabilitation.	March
4	Unit-4	Professional Preparation	• meaning of Professional Preparation, Definition and Significance of Professional Preparation in Phy. Edu. • Curriculum Design in Phy. Edu.	April

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