**DEPARTMENT OF PHYSICAL EDUCATION**

**KURUKSHETRA UNIVERSITY, KURUKSHETRA**

**DR.(MRS.) USHA RANI**

**LESSON PLAN OF M.P.ED.-IVTH SEMESTER**

**PAPER: V – SCIENTIFIC PRINCIPLES OF SPORTS TRAINING**

27.01.2015 Introduction of various Bio-Motor Abilities i.e. Strength, Speed, Flexibility Endurance, Coordinative abilities.

28.01.2015 Meaning, importance and factors affecting strength.

29.01.2015 Different forms of strength.

- Maximum Strength

- Explosive Strength

- Strength Endurance

02.02.2015 Different forms of strength.

04.02.2015 Methods of Strength improvement.

05.02.2015 Various Physical Exercises with additional resistance/Physical Exercises with one’s own body weight.

18.02.2015 Different weight training programmes i.e. – Isotonic, Isometric and Isokinetic Weight training methods.

19.02.2015 Other methods includes - using special and competition exercise with higher or changed resistance in training.

**DR.(MRS.) USHA RANI**

**LESSON PLAN OF M.P.ED.-2nd SEMESTER**

**PAPER: III – ANATOMY AND PHYSIOLOGY**

22.01.2015 Blood and its functions.

23.01.2015 Composition of Blood.

28.01.2015 Blood Presssure: Systolic and Diastolic

29.01.2015 Factors affecting Blood Pressure.

30.01.2015 Measurement of Blood Pressure.

31.01.2015 Anatomy of Heart.

04.02.2015 Pericardium, Walls of Heart, Chambers of Heart.

05.02.2015 Valves of the Heart, Blood Vessels attached to Heart.

06.02.2015 Circulation of Blood: Systematic Circulation,

07.02.2015 Pulmonary Circulation.

18.02.2015 Coronary Circulation.

19.02.2015 Mechanism of Heart Contraction.

20.02.2015 Cardiac Cycle.

21.02.2015 Supervision of Class-room Theory Lessons taken by M.P.Ed. 4th Semester students.

**DEPARTMENT OF PHYSICAL EDUCATION**

**KURUKSHETRA UNIVERSITY, KURUKSHETRA**

**PROF. RAKAM SINGH**

**LESSON PLAN OF M.P.Ed. 4TH SEMESTER**

**Paper VI th. Opt. (i) Supervision in Physical Education**

02.02.2015- Modern concept of Supervision

06.02.2015- How supervision differ from inspection

07.02.2015- Significance of the supervision in Phy. Edu.

09.02.2015- Significance of the supervision in Sports

10.02.2015- Qualities of the supervisor

13.02.2015- Qualification of the supervisor

14.02.2015-Relationship of leader and supervisor in Phy. Edu.

16.02.2015- Relationship of leader and supervisor in sports

20.02.2015- General methods in supervision

21.02.2015- Improvement in supervisory programme

23.02.2015- Instructions in professional growth

24.02.2015- Improvemental aspects through workshops

27.02.2015-Service training courses

28.02.2015-Role of clinic in supervision