Odd Semester Lesson Plan BA III SEM

Teacher name: Mr. Brajesh Kumar

**Subject : Health and physical education**

October 2020

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| **Concept of Safety Education**1. Meaning, need and importance of Safety Education2. Sports Injuries: Types and causes3. Principles for prevention of sports Injuries.4. General treatment for common sports injuries i.e Abrasion, Contusion, Sprain , Strain,Fracture and Dislocation of joints |

November 2020

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| Meaning of Communicable and Non – Communicable diseases Modes of transmission, prevention and control of communicable diseases. |

December 2020

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| Common diseases: HIV/ AIDS, Hepatitis, Dengue, Typhoid, Malaria and Influenza.Allergy related diseases: Asthma and Sinuses |

January2021

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| 1. Balanced Diet: Meaning and importance2. Components of balanced diet and their sources3. Factors affecting balanced diet4. Harmful effects of Junk Food |

February 2021

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| 1. Circulatory System: Structure of Heart2. Functioning of Heart3. Types of Circulation: Systemic and Pulmonary4. Effects of exercise on Circulatory System |