Odd Semester Lesson Plan BA III SEM

Teacher name: Mr. Brajesh Kumar

**Subject : Health and physical education**

October 2020

|  |
| --- |
| **Concept of Safety Education**  1. Meaning, need and importance of Safety Education  2. Sports Injuries: Types and causes  3. 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

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

December 2020

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

January2021

|  |
| --- |
| 1. Balanced Diet: Meaning and importance  2. Components of balanced diet and their sources  3. Factors affecting balanced diet  4. Harmful effects of Junk Food |

February 2021

|  |
| --- |
| 1. Circulatory System: Structure of Heart  2. Functioning of Heart  3. Types of Circulation: Systemic and Pulmonary  4. Effects of exercise on Circulatory System |