

Lesson plan	
	Class : B.A. 3rd year (5th Sem)
	Paper : Socio-Psychological Foundation of Physical Education
	Paper code: PE05
15- 19 July 2025	Learning of sports activity, Psycho-Physical Unity of human being
21 -26 July 2025	Law of learning, their application to situations on play ground.
28 July 2 Aug. 2025	Theories of play, Individual differences, Adjustment, Motivation.
4- 8 August. 2025	Revision and Test
11-14 August 2025	Sports as medium of socialization, Effects of socio-economic status on sports
18-23 August 2025	spectators and crowd behaviour (Positive, Negative and Neutral) Sports and Economy
25-30 August 2025	Traditions and their influence on behaviour patterns.
1-6 Sept. 2025	Revision and Test
8-13 Sept. 2025	Need and Importance of conditioning,
15-20 Sept. 2025	Methods of conditioning (Circuit Training, Interval training)
22-27Sept. 2025	Methods of conditioning (Fartlek Training, Weight Training)
29 Sept 4Oct. 2025	Revision and Test
6- 11,13Oct.2025	Revision and Test
14-22 Oct. 2025	Break. Holidays
23- 25, Oct.2025	Types of Doping, Prevention of doping
27 -30 Oct.2025	Hazard of smoking and drinking, prevention of smoking and drinking
3-8 Nov.2025	quitting techniques of smoking and drinking habits.
10-15 Nov.2025	Revision and Test
17-22 Nov.2025	Revision and Test
24-29 Nov.2025	Revision and Test