

Kanya Mahavidyalaya, Kharkhoda (Sonepat)

Lesson Plan Session 2020-21

Name of the Assistant/Associate Professor: Mrs. Deepika
Class and Section:
Subject: Diet and nutrition for sports 1
Paper:
Year/Semester: semester 3

06 Oct. 2020 to 05 Nov. 2020

Month/Week	Topic
October (Week-2)	Macro Nutrients-Carbohydrate as an energy source for sports and exercise.
October (Week-3)	Carbohydrate stores, fuel for aerobic and anaerobic metabolism,
October (Week-4)	Carbohydrate stores, fuel for aerobic and anaerobic metabolism, Glycogen re-synthesis
November (Week-1)	carbohydrate (CHO) Loading, CHO composition for pre exercise, during and recovery period.

06 Nov. 2020 to 05 Dec. 2020

Month/Week	Topic
November (Week-2)	Role of fat as an energy source for sports and exercise
November (Week-3)	factors affecting fat oxidation (intensity, duration, training status, CHO feeding)
November (Week-4)	effect of fasting and fat ingestion

December (Week-1)	balanced diet
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06 Dec. 2020 to 05 Jan. 2021

Month/Week	Topic
December (Week-2)	Protein and amino acid requirements
December (Week-3)	Factors affecting. Protein turnover
December (Week-4)	protein requirement and metabolism during endurance exercise,
January (Week-1)	resistance exercise and recovery process.

05 Jan. 2021 to 06 Feb. 2021

Month/Week	Topic
January (Week-2)	Protein supplement
January (Week-3)	different calorific value for specific sport
January (Week-4)	exercising person golfer
February (Week-1)	archery, throwing events,

06 Feb. 2021 to 25 Feb. 2021

Month/Week	Topic
February (Week-2)	Hockey,
February (Week-3)	Football
February (Week-4)	aerobic and strength training exercise

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Lesson Plan Session 2020-21

Name of the Assistant/Associate Professor: Mrs. Deepika
Class and Section:
Subject : Electrotherapy 1
Paper:
Year/Semester: semester 3

06 Oct. 2020 to 05 Nov. 2020

Month/Week	Topic
October (Week-2)	Basic components of electronic current
October (Week-3)	electrons, protons, neutrons, ions, matter, molecules
October (Week-4)	Current electricity – static electricity, electric charges
November (Week-1)	conductor, condition of electricity, resistance, factors effecting resistance with example in human body,

06 Nov. 2020 to 05 Dec. 2020

Month/Week	Topic
November (Week-2)	conductor, condition of electricity, resistance, factors effecting resistance with example in human body, insulation , unit of electric current-ampere, coulomb, volt, ohms law.
November (Week-3)	conductor, condition of electricity, resistance, factors effecting resistance with example in human body, insulation , unit of electric current-

	ampere, coulomb, volt, ohms law.
November (Week-4)	Magnetism,
December (Week-1)	theories of magnetism, properties of magnet.

06 Dec. 2020 to 05 Jan. 2021

Month/Week	Topic
December (Week-2)	Electromagnetic induction ,
December (Week-3)	electromagnetic radiation , law governing radiations
December (Week-4)	Grouth's law, cosine law , inverse square law , law of reflection , rarefaction.
January (Week-1)	Electrical components transformer

05 Jan. 2021 to 06 Feb. 2021

Month/Week	Topic
January (Week-2)	capacitor , diode, valves
January (Week-3)	Types of electric current , wave forms,
January (Week-4)	current modulation-continuous, brust, beat, surge. Electric circuit in parallel and series
February (Week-1)	Safety issues while using electric equipments – for patients

06 Feb. 2021 to 25 Feb. 2021

Month/Week	Topic
February (Week-2)	Safety issues while using electric equipments – for patients and therapist.

February (Week-3)	Muscles and nerve response to electrical stimulation
February (Week-4)	–polarization, depolarization and propagation of impulse

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Lesson Plan Session 2020-21

Name of the Assistant/Associate Professor: Mr. Priti Guleria
Class and Section:
Subject: Food Sci. and Microbiology
Paper:
Year/Semester: semester 3rd

06 Oct. 2020 to 05 Nov. 2020

Month/Week	Topic
October (Week-3)	Cereals and Millets - Composition and nutritive value,
October (Week-4)	cereal products, Breakfast, Cereals rule of cereals in cookery.
November (Week-1)	Pulses and Legumes - Nutritive value of pulses and legumes

06 Nov. 2020 to 05 Dec. 2020

Month/Week	Topic
November (Week-2)	Storage of pulses, Use of pulses. Milk & Milk Products
November (Week-3)	Composition and Nutritive value, types of milk products role of milk & milk products in cookery. Class test.
November (Week-4)	
December (Week-1)	Vegetables and Fruits – Classification, Composition & Nutritive value, storage & Use,

06 Dec. 2020 to 05 Jan. 2021

Month/Week	Topic
December (Week-2)	EGGS – Nutritive aspect, quality of egg preservative and use of egg. Flesh Food – Composition & nutritive value of meat, fish & poultry.
December (Week-3)	Preventive storage uses of flesh food. Sugar & Sugar Products – Nutritive value sugar related products storage & uses
December (Week-4)	Fats & Oils – Nutritional importance composition, specific fats role of fats / oils in Cookery. Class test.
January (Week-1)	

05 Jan. 2021 to 06 Feb. 2021

Month/Week	Topic
January (Week-2)	Introduction to microbiology and its relevance to everyday life. General Morphology of micro-organisms, general characteristics of bacteria, fungus virus, Protozoa, algae
January (Week-3)	Control of micro-organisms, growth curve effect of environmental factors growth of micro-organisms PH, water activity, oxygen availability temp & other
January (Week-4)	Environmental microbiology, water, air, soil & sewage. Relevance of microbiology standards for food safety. Class test.
February (Week-1)	The relationship of micro-organisms to sanitation effects of micro-organisms (Bacteria, viruses, moulds, yeasts and parasites)

	or food degradation and food borne diseases
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06 Feb. 2021 to 25 Feb. 2021

Month/Week	Importance of personal hygienic of food handling habits, clothes and illness, education of food handles in handling & serving food. Class test.
February (Week-2)	Cleaning methods: Sterilization and disinfection products & methods use of detergents, heat chemicals tests for sensitizer strength
February (Week-3)	Sanitation – Kitchen design equipment & System structure & layout of food, premises maintaining clean environment, selecting and installing equipment cleaning equipment.
February (Week-4)	Waste product handling, planning of waste disposal, solid wastes & liquid wastes. Class test.

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Subject: Diet and nutrition for sports 1
Paper:
Year/Semester: semester 3

06 Oct. 2020 to 05 Nov. 2020

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	exercise.
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October (Week-4)	Carbohydrate stores, fuel for aerobic and anaerobic metabolism, Glycogen re-synthesis
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06 Nov. 2020 to 05 Dec. 2020

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December (Week-1)	

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05 Jan. 2021 to 06 Feb. 2021

Month/Week	Topic
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January (Week-3)	
January (Week-4)	
February (Week-1)	

06 Feb. 2021 to 25 Feb. 2021

Month/Week	Topic
February (Week-2)	Nervous system: Classification of nervous system
February (Week-3)	Central nervous system – disposition, parts and functions Cerebrum Cerebellum, Midbrain & brain stem, Blood supply. Spinal cord- anatomy, blood supply, nerve pathways Thalamus, hypothalamus, Structure and features of meninges Ventricles of brain, Cerebral Spinal Fluid(CSF) circulation
February (Week-4)	Development of nervous system & defects Classification of Cranial nerves – Terminal nerve, olfactory optic and oculomotor nerve (course, distribution, functions and palsy)

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Lesson Plan Session 2020-21

Name of the Assistant/Associate Professor: Mrs. suman
Class and Section:
Subject: stress management
Paper:
Year/Semester: 4

16 March 2021 to 15 April 2021

Month/Week	Topic
March(Week-3)	Introduction & Meaning of Stress,
March(Week-4)	Types of Stress,
April (Week-1)	Symptoms of stress, Identification of Sources of Stress
April (Week-2)	Stress Models/ Theories

16 April 2021 to 15 May 2021

Month/Week	Topic
April (Week-3)	Impact of Stress on Bio-Logical Changes
April (Week-4)	Stress and Illness
May(Week-1)	Relationship between Stress and Performance at workplace and at home.
May (Week-2)	Meaning of stress management

16 May 2021 to 15 June. 2021

Month/Week	Topic
May (Week-3)	Basic concepts of Stress Management
May (Week-4)	Stress Management for Sports persons
June (Week-1)	Stress Management Techniques

June (Week-2)	Progressive relaxations technique, Time Management
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16 June 2021 to 06 July 2021

Month/Week	Topic
June (Week-3)	yoga Nidra, Meditation
June (Week-4)	breathing
July (Week-1)	stress balls, spas, Somatic training, cognitive therapy, music therapy.,

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Lesson Plan Session 2020-21

Name of the Assistant/Associate Professor: Mrs. suman
Class and Section:
Subject: stress management
Paper:
Year/Semester: 4

16 March 2021 to 15 April 2021

Month/Week	Topic
March(Week-3)	Frenkle exercise
March(Week-4)	Joint range measurement –

April (Week-1)	Goniometer, types and
April (Week-2)	techniques of measuring joint Range of Motion(ROM)

16 April 2021 to 15 May 2021

Month/Week	Topic
April (Week-3)	Unit-3 Measurement of limb length, girth
April (Week-4)	Manual muscle testing – grading system, techniques- emphasize on skill to grade upper, lower, neck and trunk muscles.
May(Week-1)	Mobility aids – crutches, canes, walker
May (Week-2)	Soft tissue manipulation (massage) – history, types, techniques, physiological effects, therapeutic uses, contraindications

16 May 2021 to 15 June. 2021

Month/Week	Topic
May (Week-3)	Relaxation – definition, types of relaxation
May (Week-4)	relaxation techniques
June (Week-1)	Suspension – definition, types, uses and therapeutic applications
June (Week-2)	Balance – static and dynamic balance

16 June 2021 to 06 July 2021

Month/Week	Topic
June (Week-3)	mechanism of balance control, balancing exercises
June (Week-4)	Neuromuscular coordination

July (Week-1)	causes of in coordination, exercises to improve coordination
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Lesson Plan Session 2020-21

Name of the Assistant/Associate Professor: Mr. Priti Guleria
Class and Section:
Subject: Weight management and fitness
Paper:
Year/Semester: semester 4th

06 Oct. 2020 to 05 Nov. 2020

Month/Week	Topic
October (Week-3)	Introduction in Weight management and fitness
October (Week-4)	Meaning of obesity
November (Week-1)	Revision and Class test.

06 Nov. 2020 to 05 Dec. 2020

Month/Week	Topic
November (Week-2)	Adult and childhood obesity, prevalence
November (Week-3)	Types of obesity, etiology, theories of Obesity,
November (Week-4)	Factors affecting, co-morbidity.
December (Week-1)	Revision and Class test.,

06 Dec. 2020 to 05 Jan. 2021

Month/Week	Topic
December (Week-2)	Control of appetite and food intake,
December (Week-3)	foods selection and consumption pattern.
December (Week-4)	Hormonal control: Insulin, Thyroid
January (Week-1)	Revision and Class test

05 Jan. 2021 to 06 Feb. 2021

Month/Week	Topic
January (Week-2)	Critical evaluation of standard weight loss diet commonly followed by weight watchers.
January (Week-3)	Care and cure in rehabilitation
January (Week-4)	foods selection and consumption pattern.
February (Week-1)	Hormonal control: estrogen.

06 Feb. 2021 to 25 Feb. 2021

Month/Week	Necessity of continuous monitoring and necessary emergency procedures
February (Week-2)	Athletic Fitness
February (Week-3)	Revision and Class test.
February (Week-4)	Regulation of energy intake and expenditure