

# LESSON PLAN. - 2023-24

## SYLLABUS (HEALTH AND PHYSICAL EDUCATION)

### B.A.-II(SEMESTER-IV)

Unit-I: WARMING UP AND COOLING DOWN *01 Jan 2024 to 31 Jan 2024.*

1. Meaning, types and significance of warming up
2. Meaning, types and significance of cooling down
3. Methods of warming up and cooling down.
4. Physiological aspects of warming up and cooling down..

Unit-II: PSYCHOLOGICAL ASPECTS OF PHYSICAL EDUCATION *01 Feb 2024 to 29 Feb 2024*

1. Meaning of Psychology and sports Psychology
2. Need and importance of sports psychology
3. Learning : meaning and laws
4. Learning curve

Unit-III: MAJOR SPORTS EVENTS *01 March 2024 to 31 March 2024*

1. Ancient Olympic Games
2. Modern Olympic Games
3. Asian Games
4. Common Wealth Games

Unit-III: ANATOMY AND PHYSIOLOGY OF HUMAN BODY SYSTEM *01 April 2024 to 30 April 2024.*

1. Structure of Respiratory Organs
2. Physiology of Respiratory System
3. Effect of exercise on Respiratory system
4. Terminology of respiration : Tidal Volume, Residual Volume and Total Lung Capacity



LESSON PLAN:-2023-24

SYLLABUS (HEALTH AND PHYSICAL EDUCATION)

B.A.-III(SEMESTER-VI)

Unit-I: CONCEPT OF MOTIVATION AND SOCIALIZATION 01 Jan. 2024 to 31 Jan 2024

1. Meaning and definition of Motivation
2. Types of motivation and important of motivation in sports
3. Meaning and socialization and socialization through sports
4. Effect of social behaviour on performance of sports person

Unit-II: CONCEPT OF SPORTS TRAINING AND DOPING 01 Feb 2024 to 29 Feb 2024

1. Meaning and definition of sports training
2. Factors affecting sports training
3. Typos of sports training circuit training interval training and continuous training
4. Doping meaning types and its effect on health

Unit-III: CONCEPT OF SPORT'S BIOMECHANICS 01 March 2024 to 31 March 2024

1. Meaning and definition of sports biomechanics
2. Importance of biomechanics in sports
3. Newton laws of motion and their application in sports
4. Levers meaning types and their application in sports

Unit-IV: ANATOMY AND PHYSIOLOGY 01 April 2024 to 30 April 2024

1. Organs of digestive system
2. Structures of digestive system
3. Mechanism of food diences
4. Effects of exercise on digestive system

