**Lesson plan of B.A.1st year**

**Subject:-Health & Physical Education**

**Semester-2 (Even) – Theory-2021-22**

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| **Month** |  **Unit** | **Remarks** |
| **April** | **Unit-1: Introduction to Health Education** 1. Definition, Aim, Objectives and Scope of Health Education.
2. Importance of Health Education in modern society.
3. First Aid: Meaning, Aim, Objectives and general principles of First Aid.
4. First aid for Common injuries- Bleeding, Burns, Electric Shock, Drowning and Snake Bite
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| **May**  | **Unit-2: Historical Prospects of Physical Education** 1. Pre independence & post independence historical development of Physical Education and sports in India.
2. Role of IOA, SAI, NSNIS and YMCA in the development of Physical education and sports in India.
3. Sports policy of Haryana State.
4. National sports policy.
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| **June** | **Unit-3: Introduction to Physical Fitness** 1. Meaning, definition and importance of Physical Fitness.
2. Components and Principles of Physical Fitness.
3. Factors influencing Physical Education.
4. Meaning of Isometric Isotonic and Isokinetic Exercises.
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| **July**  | **Unit-4: Introduction to Human Anatomy and Physiology** 1. Anatomy of Human Bones.
2. Types and Functions of bones in Human Body.
3. Meaning and Types of joints in Human Body.
4. Types of synovial joints in Human Body.
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**Lesson plan of B.A.2nd year**

**Subject:-Health & Physical Education**

**Semester-4 (Even) – Theory-2021-22**

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| **Month** |  **Unit** | **Remarks** |
| **April**  | **Unit-1: Warming up Cooling Down** 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.
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| **May** | **Unit-2: Psychological Aspects of Physical Education** 1. Meaning of Psychology & Sports Psychology.
2. Need and importance of sports psychology.
3. Learning: meaning and Laws.
4. Learning Curve.
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| **June** | **Unit-3: Major Sports Events** 1. Ancient Olympic Games.
2. Modern Olympic Games.
3. Asian Games.
4. Common wealth Games.
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| **July** | **Unit-4: Anatomy and Physiology of Human Body system.** 1. Structure of Respiratory Organs.
2. Physiology of Respiratory System.
3. Effect of exercise on Respiratory system.
4. Terminology of respiratory: Tidal Volume, Residual Volume and Total Lung Capacity.
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**Lesson plan of B.A.3rd year**

**Subject:-Health & Physical Education**

**Semester-6 (Even) – Theory-2021-22**

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| **Month** |  **Unit** | **Remarks** |
| **April** | **Unit-1: Concept of Motivation and Socialization** 1. Meaning and definition of motivation.
2. Types of motivation and importance of motivation in sports.
3. Meaning of Socialization and Socialization through sports.
4. Effects of social behavior on performance of sports person.
 |  |
| **May**  | **Unit-2: Concept of Sports Training & doping** 1. Meaning and definition of sports training.
2. Factors affecting sports training.
3. Types of sports training: Circuit, Interval and Continuous training.
4. Doping: Meaning, types and its effects on health.
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| **June** | **Unit-3: Concept of Sports Biomechanics** 1. Meaning and definition of sports biomechanics.
2. Importance of Biomechanics in sports.
3. Newton`s Laws of motion and their application in sports.
4. Levers: Meaning, types and their application in sports.
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| **July**  | **Unit-4: Anatomy and Physiology.** 1. Organs of Digestive System.
2. Structure of Digestive System.
3. Mechanism of food digestion.
4. Effects of exercise on Digestive System.
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