Even Semester Lesson Plan VI Semester

Teacher name: Mr. Brajesh Kumar

**Subject : Health and physical education**

April 2021

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| **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. Effect of social behavior on performance of sports person. |

May 2021

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| **Concept of Sports Training and Doping**  1. Meaning and definition of sports training  2. Factors affecting sports training  3. Types of sports training: Circuit training, Interval Training and Continuous Training  4. Doping: Meaning, types and its effects on health. |

June 2021

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| **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 |

July 2021

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| **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. |