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 training2. Factors affecting sports training3. Types of sports training: Circuit training, Interval Training and Continuous Training4. Doping: Meaning, types and its effects on health. |

June 2021

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| **Concept of Sports Biomechanics**1. Meaning and definition of sports biomechanics2. Importance of Biomechanics in Sports3. Newton’s Laws of motion and their application in sports4. Levers: Meaning, types and their application in Sports |

July 2021

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| **Anatomy and Physiology**1. Organs of Digestive System2. Structure of Digestive System3. Mechanism of food digestion4. Effects of exercise on Digestive System. |