Odd Semester Lesson Plan BA V Sem

Teacher name: Mr. Brajesh Kumar

**Subject : Health and physical education**

October 2020

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| **Growth & Development**1. Meaning and definition of Growth and Development2. Stages of Growth and Development.3. Principles and factors influencing growth and development4. Age and sex difference in relation to physical activities and sports |

November 2020

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| **Concept of Sports Organization and Administration**1. Meaning and importance of organization and administration in Physical Education and Sports2. Principles of sports organization and administration |

December 2020

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| 3. Organization and administration of Intramural and Extramural activities4. Tournaments and their types (League and Knock out ) |

January2021

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| **Concept of Posture**1. Meaning of posture and importance of good posture2. Causes of poor posture3. Symptoms and causes of Postural Deformities: Lordosis, Kyphosis, Scoliosis, Flat Feet, KnockKnee and Blow Legs.4. Precautions and Remedies for postural deformities |

February 2021

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| **Anatomy and Physiology**1. Gross Anatomy of muscle, Types of Muscles in human body2. Effects of exercise on Muscular System3. Composition of Human Blood4. Functions of Blood |