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 Development  2. Stages of Growth and Development.  3. Principles and factors influencing growth and development  4. 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 Sports  2. Principles of sports organization and administration |

December 2020

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| 3. Organization and administration of Intramural and Extramural activities  4. Tournaments and their types (League and Knock out ) |

January2021

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| **Concept of Posture**  1. Meaning of posture and importance of good posture  2. Causes of poor posture  3. Symptoms and causes of Postural Deformities: Lordosis, Kyphosis, Scoliosis, Flat Feet, Knock  Knee 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 body  2. Effects of exercise on Muscular System  3. Composition of Human Blood  4. Functions of Blood |