Even Semester Lesson Plan II Semester

Teacher name: Mr. Brajesh Kumar

**Subject : Health and physical education**

April 2021

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| **Introduction to Health Education**1. Definition, Aim, Objectives and Scope of Health Education.2. Importance of Health Education in modern society3. 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 |

May 2021

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| **Historical Prospects of Physical Education**1. Pre-independence and Post – independence historical development of Physical Education inIndia.2. Role of IOA, SAI, NSNIS and YMCA in the development of Physical Education and Sports inIndia.3. Sports Policy of Haryana State4. National Sports Policy |

June 2021

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| **Introduction to Physical Fitness**1. Meaning, definition and importance Physical Fitness2. Components and Principles of Physical Fitness3. Factors influencing of Physical Fitness.4. Meaning of Isometric, Isotonic and Isokinetic exercises |

July 2021

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| **Introduction to Human Anatomy and Physiology**1. Anatomy of Human Bone2. Types and Function of bones in Human Body3. Meaning and types of joints in Human Body.4. Types of synovial joints in Human Body |