

Path. of Phys. Edu.

Lesson Plan

Session: 2023-2024

B.A.I.I, 2nd Semester

Feb: 2024 Introduction to Anatomy and Physiology

- ① Meaning and Definitions of Anatomy and Physiology
 - ② Importance of Anatomy and Physiology in Physical Education and Sports
 - ③ Cell: structure, properties and functions
 - ④ Meaning of cell, tissues, organs and system
 - ⑤ Bone: meaning and types
 - ⑥ Structure and functions of skeleton system
 - ⑦ Axial skeleton and Appendicular skeleton
- Practical work: Identification of Human Bones

March 2024: Joints and Muscular System

- ① Meaning of joints and types of joints
- ② Types of synovial joints
- ③ Meaning of muscle and types of muscles
- ④ Gross structure of skeletal muscle
- ⑤ Structural classification of skeletal muscles

Practical work:

- ① Identification of human bones
- ② Name and location in skeleton system.

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April, 2024

Circulatory system and Digestive system

- ① Constituents of Blood and function of Blood
 - ② Structure of Heart
 - ③ Types of Blood and function of Blood
 - ④ Structure of Heart
 - ⑤ Types of Blood circulation: systemic circulation, Pulmonary circulation and coronary circulation
 - ⑥ organs of Digestive system
 - ⑦ structure and function of digestive system
- Practical work: Muscles of human body

May, 2024

Respiratory system and Excretory system

- ① organs of Respiratory system and their functions
- ② Structure of Respiratory system
- ③ Exchange of Gases in the lungs and Tissues
- ④ organs of Excretory system
- ⑤ Structure and function of Skin

Practical work: Identification of Name and location of organs of various system: Circulatory, Digestive, Respiratory and Excretory on model and charts.

Somn
DR. SATISH BHARDWAJ
PETH. of Phy. Edu.