

PEPH of Phy. Edu.

Lesson Plan

Session: 2023-2024

B.A IIIrd, 6th Semester

Jan. 2024:

Concept of Motivation and Socialization

- (1) Meaning and Definitions of Motivation
- (2) Types of Motivation and Importance of Motivation in Sports.
- (3) Meaning of Socialization and Socialization through Sports.
- (4) Effects of social behaviour on the Performance of sports persons.

Feb. 2024: Practical work: Pranayama
Concept of Sports Training and Drilling

- (1) Meaning and Definitions of Sports Training
- (2) Factors affecting Sports Training
- (3) Types of Sports Training
- (4) Drilling: Meaning, Types and its effect on Health.

Practical work: Volleyball and Hockey.

March: 2024

Concept of Sports Bio-Mechanics

- ① Meaning and Definition of Sports Biomechanics
- ② Importance of Biomechanics in Sports
- ③ Newton's laws of motion and their Application in Sports.
- ④ Levers' Meaning, Types and their Application in Sports.

Practical work: Judo, Boxing, Wrestling

April: 2024

Anatomy and Physiology

- ① Meaning of Digestion
- ② Organs of Digestive system
- ③ Structure of Digestive System
- ④ Mechanism of Digestive system
- ⑤ Effect of exercise on Digestive system

Practical work: First Aid

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