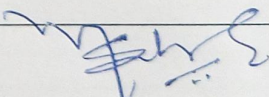


MNS Govt. College Bhiwani
Department of Physical Education
Name of the Teacher : Dr. Mitesh Kumar
Lesson Plan Session: 2024-25
Class: B.A.I Semester 2nd
Paper: Basic Anatomy and Physiology

Date/Month	Theory/Practical
	UNIT-1
	Introduction of Anatomy and Physiology
Jan 2025	Meaning and definition of Anatomy and Physiology
	Importance of Anatomy and Physiology in physical education and Sports
	Introduction about Cell and its Structure
	Properties and Functions of Cell
	Meaning of Cell, Tissues, Organs and System
Feb 2025	Meaning of Bone and types of Bone
	Introduction about Skeletal System
	Structure of Skeletal system
	Functions of Skeletal system
	Axial and Appendicular Skelton
	UNIT-2
	Joints and Muscular System
	Meaning and Types of Joints
	Types of Synovial joints present in human body
	Meaning and types of muscles present in the human body
	Gross Structure of Skeletal Muscle
	Structural Classification of Skeletal Muscles
	Class test Unit -2
	Discussion on Queries, problems and test

	UNIT – 3
	Circulatory System and Digestive System
March 2025	Introduction about Blood and its Constituents
	Functions of Blood
	Structure of the Heart
	Types of Blood circulation : Systemic, Pulmonary and Coronary
	Introduction about Digestive System and its various organs
	Structure and Functions of the Digestive System
	Discussion on the Process of Food Absorption
	Discussion on names and functions of various types of digestive Juices and Enzymes
	Revision of important questions
	Class test Unit -3
	Discussion on Queries, problems and test
	UNIT-4
	Respiratory System and Excretory System
April 2025	Introduction about Respiratory System
	Discussion on Various organs of Respiratory System and their Functions
	Structure of Respiratory System
	Discussion on Exchange of Gases in the lungs and tissues
	Introduction about Excretory System
	Discussion on various Excretory system organs : Kidneys and Skin
	Discussion on Various parts and functions of the Urinary system
	Discussion on structure and functions of Skin
	Revision of important questions
	Class test Unit -4
	Discussion on Queries, problems and test


 Dr. Mitesh Kumar
 Professor of Physical education

MNS Govt. College Bhiwani
Department of Physical Education
Name of the Teacher : Dr. Mitesh Kumar
Lesson Plan Session: 2024-25
Class: B.A.I Semester 1st

Paper: History and Foundation of Physical Education

DATE	Theory/Practical
	UNIT-1
	Introduction of Physical education
July 2024	General Introduction of the scheme of Examination and Paper
	Badminton Court and its dimensions
	Meaning and definition of physical education
	Relationship of physical education with health and general education
	Aim and objectives of physical education
	Aim and objectives of physical education
	Scope of Physical education
	Scope of physical education
	Need of physical education in modern society
	Misconceptions regarding physical education
	Physical education as arts or science
	Revision of important questions
August 2024	Class test Unit 1
	Discussion on Queries, problems and test
	UNIT-2
	History of Physical education in India
	Physical education during Indus valley civilization
	Physical education during Vedic Period
	Physical education during Early Hindu period
	Physical education during Later Hindu period
	Physical education during Medieval period
	Physical education during British period

	Physical education during British Period
	Physical education during After Independence
	Physical education during After Independence
	Revision of important questions
	Class test Unit -2
	Discussion on Queries, problems and test
	UNIT – 3
	Biological Basis of Physical education
	Meaning of growth and development
	Meaning of Chronological Age, Anatomical age, Physiological Age and Mental Age
	Principles of Growth and Development
	Difference between Growth and Development
	Factors affecting Growth and Development
	Growth and Development at Pre Adolescence Level
	Growth and Development at Adolescence Level
September/Oct 2024	Growth and Development at Adulthood Level
	Revision of important questions
	Class test Unit -3
	Discussion on Queries, problems and test
	UNIT-4
	Career opportunities in Physical education and Sports
	Qualifications and Responsibilities of Physical education and Sports Professionals at various levels of Educational Institutions
	Qualifications and Responsibilities as Coach, Fitness Trainer, Yoga Instructors and others
	Qualifications and Responsibilities as Sports Event Manager, Technical Officials, Researcher and others
	Qualifications and Responsibilities in Health Clubs and Fitness Centers, Aerobics, Dance and recreation Clubs in corporate Sectors and Others
	Qualifications and Responsibilities Sports Journalists, Commentators, Sports Photographers and Video Analysts
	Career opportunities in Various Central Govt. State Govt. Private Organizations and Others
	Career opportunities in Manufacturing and Marketing Sectors
	Entrepreneurs opportunities in Physical education and Sports