

LESSION PLAN

BA Vth Sem

Session 2026-27
August to December.

Month

Topics

August

- Meaning and Definition of Anatomy
- Importance of Anatomy and Physiology in Physical Education.
- Relationship between anatomy, Movement and Physical Education.

September.

- Classification of Bones
- Structure and functions of bones.
- Role of skeleton system in posture and movement.

October

- Types of Muscles, skeletal, smooth, and cardiac
- Structure and functions of skeletal muscle

November

- Meaning and definition of Physiology.
- Importance of Physiology in Physical Edu.
- Relationship between anatomy and Physiology.

December

- Composition and functions of Blood.
- Structure and functions of Heart.
- Blood Circulation and blood vessels.
- Structure and functions of respiratory system
- Lung volumes Capacities.


Basant Kumar
Dept of Physical Edu.

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B.A Ist Sem, Session 2026-27.

August to December.

Months

Topics

August.

- Concept of Physical Education, Meaning and Definition.
- Aims and Objective of Physical Edu.
- Importance of Physical Edu. in Modern Era.
- Misconception of Physical Education.

September -

- History of Physical Education in Greece.
- Comparative study of Spartan and Athenian Edu.
- History of Physical Edu. in Germany, Sweden.

October -

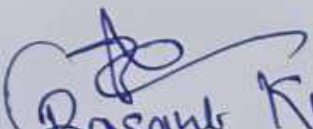
- History of Denmark (Physical Edu.)
- History of Physical Education in India Pre Independence and Post Independence.

November -

- Origin and development of Olympic game.
- Origin and development of Commonwealth.
- Origin and development of Asian Games.
- Origin and development of National Games.

December

- National Awards, Major Dhyan Chand, Khel Ratna, Arjuna Award, Dronacharya Award.
- National Programmes / Schemes. Sports Authority of India. Fit India Movement.
- Khelo India. Target Olympic Podium Scheme.


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LESSON PLAN

B.A IInd Sem , Session 2026-27
August to December

Months	Topics
August	- Meaning and definition of Sports Management, - Nature and importance of sports management - Principles of Sports Management - Scope of sports management
September	- Role of sports manager in event management - Meaning and definition of leadership - Importance of leadership in sports management - Introduction to different leadership styles.
<u>October</u>	- Different leadership styles - Comparison and application of leadership styles in sports situations - Qualities of an effective sports leader - Communication, decision-making and motivational qualities of a sports leader.

November

- sports management in schools, colleges and universities;
- organisation of sports programmes at institutional levels
- factors affecting sports planning
- skills required for effective sports management.

December

- Basics of financial management in sports
- budgeting and financial planning
- purchase procedures
- audit procedures
- sources of sports funding and budget allocation.