

Lectures	Topic
75.	Short answers oral Test
76.	long answers Test
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Lectures	Topic
18.	Agency Effects of Socio-Economic Status on Sports
19	Sports and Economy
20	Reciprocal Relationship of Sports and Economy
21	Effects of Sports on Economy
22.	Effects of Economy on Sports
23.	Effects of Social Behaviour on the Performance of Sports Persons
24.	Effects of Sports on Society
25.	Effects of Sports on International Brotherhood
26.	Traditions and their Influence on Behaviour
27.	Adjustment
28.	Meaning and Definition of Adjustment
29	Methods of Adjustment
30.	Same as above
31.	Practical Athletics field
32.	Practical Jumps
33.	Motivation
34.	Definition of Motivation

Lectures	Topic
35.	Types of Motivation
36.	Methods of Extrinsic Motivation
37.	Same as above
38.	Importance and Role of Motivation in Physical Education and Sports
39.	Same as above
40.	Practical Athletics Hurdle
41.	Practical Athletics Hurdle
42.	Short answers oral Test
43.	Long answers Test
44.	Conditioning and Meaning of Conditioning
45.	Programme of Conditioning
46.	Need and Importance of Conditioning
47.	Methods of Conditioning
48.	Same as above
49.	Same as above
50.	Difference between Warming up and Conditioning.
51.	Practical Kabaddi
52.	Practical Kabaddi
53.	Theories of Play

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LESSON PLAN

Class : B. A. III

Semester : 5th

Paper : Socio-Psychological Foundations
of Physical Education

Session : 2020

Lectures	Topic
1.	Introduction of Psychology.
2.	Psychological Aspects of Physical Education
3.	Meaning and definitions of Psychology
4.	Psycho-Physical Unity of Human Organism
5.	Laws of Learning and their application in situation at Play Ground.
6.	Laws of Learning
7.	Secondary laws of Learning.
8.	Individual Differences
9.	Types of Individual Differences
10.	Causes of Individual Differences
11.	Same as above
12.	Practical Athletics
13.	Practical Athletics Track
14.	Short answers oral Test
15.	Long answers Test.
16.	Sociological Aspects of Physical Education
17.	Physical Education as a Socialising

Lectures	Topic
54.	Definitions of Play
55.	Various Theories of Play
56.	Same as above
57.	Same as above
58.	Individual Differences
59.	Practical Hockey
60.	Practical Hockey
61.	Short answers Oral Test
62.	Long answers Test
63.	Effects of Smoking
64.	Prevention of Smoking
65.	Smoking and Health
66.	Immediate or short range effects of Smoking
67.	Quitting techniques of Smoking
68.	Alcohol and its effects on systems of the body
69.	Effects on Digestive, Muscular, Excretory and Mental Process
70.	Reasons to take Alcohol
71.	Types of Doping
72.	Prevention of Doping
73.	Practical Athletics
74.	Practical Athletics