

## BA II Year

Page No. \_\_\_\_\_

Health & Physical Education III<sup>rd</sup> Sem  
May 2024

Meaning of Warming up, types and importance of Warming up

Meaning of cooling down, types & importance of cooling down

Methods of W/p & cooling down

Physiological aspects of W/p & cooling down  
Practical & Sports activities

February 2024 :->

Psychology & Sports psychology

Need and importance of Sports Psychology

Meaning of Learning and its law

Learning curves

Practical & Sports activities

March 2024 :->

Important games & Sports -> Ancient Olympic games

Modern Olympic games & Asian games, Commonwealth games  
Practical & Sports activities

April 2024 :->

Structure of Respiratory system, Physiology of Respiratory system

Effects of exercise on Respiratory system, Tidal Volume, Residual Volume, etc.

Practical & Sports activities