

CLASS: XI
 SUBJECT: PHYSICAL EDUCATION
 TOPIC: UNIT – 7 - FUNDAMENTALS OF ANATOMY, PHYSIOLOGY IN SPORTS
 DURATION: 40-45 MINUTES
 PREPARED BY: MR. SALAHUDDIN

Objectives	Materials	Introduction (5 minutes):	Anatomy Basics (10 minutes):	Physiology Basics (10 minutes):	Application and Demonstration (10 minutes):	Class Activity (5 minutes):	Conclusion (5 minutes):	Assessment:
<ul style="list-style-type: none"> Students will understand the fundamental concepts of anatomy and physiology as they relate to sports. Students will identify key anatomical structures and explain basic physiological processes relevant to 	<ul style="list-style-type: none"> Whiteboard and markers, Projector and screen, Anatomical models or diagrams, Examples of sports equipment, Access to online resources if needed 	<p><u>OPENING DISCUSSION</u> –</p> <ul style="list-style-type: none"> Discuss the relevance of anatomy and physiology in sports and physical education. Ask students about any prior knowledge or experiences related to these concepts. 	<p><u>INTRODUCTION TO ANATOMY:</u></p> <ul style="list-style-type: none"> Define anatomy and explain its significance in sports. Use anatomical models or diagrams to introduce major structures such as muscles, 	<p><u>INTRODUCTION TO PHYSIOLOGY:</u></p> <ul style="list-style-type: none"> Define physiology and its role in sports and physical activity. Discuss how physiological processes support and impact sports performance. 	<p><u>PRACTICAL DEMONSTRATION:</u></p> <ul style="list-style-type: none"> Use examples of sports equipment (e.g., a basketball, dumbbells) to demonstrate how anatomical structures and physiological processes come into play during specific sports movements. Connect the theoretical knowledge to 	<p><u>QUICK QUIZ-</u></p> <ul style="list-style-type: none"> Conduct a brief quiz to assess understanding of key concepts covered in the lesson. Encourage students to ask questions for clarification. 	<ul style="list-style-type: none"> Summarize key points from the lesson. Emphasize the importance of ongoing learning about anatomy and physiology for individuals pursuing careers in sports and 	<ul style="list-style-type: none"> Assess understanding through class participation and responses during the quiz. Consider assigning a short homework task, such as researching a sports-related injury and explaining the anatomical and

<p>physical activity.</p> <ul style="list-style-type: none"> • Students will recognize the importance of anatomy and physiology in optimizing sports performance. 		<p><u>OBJECTIVES OVERVIEW -</u></p> <ul style="list-style-type: none"> • Outline the objectives of the lesson and the importance of understanding anatomy and physiology in sports. 	<p>bones, joints, and organs.</p> <p><u>KEY ANATOMICAL STRUCTURES-</u></p> <ul style="list-style-type: none"> • Focus on key anatomical structures relevant to sports performance. • Discuss the function and role of muscles in movement and sports activities. • Relate anatomical structures to common sports injuries and prevention. 	<p><u>BASIC PHYSIOLOGICAL PROCESSES:</u></p> <ul style="list-style-type: none"> • Introduce basic physiological processes, including energy systems (aerobic and anaerobic), cardiovascular function, and respiratory function. • Relate these processes to the demands of different sports. 	<p>practical applications.</p>		<p>physical education.</p>	<p>physiological factors involved.</p>
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