

Physical Education Recorded Classes By Monu Sir

Meaning and Definition of Physical Education_Class_1
Aim and Objectives of Physical Education_Class_1
Need and Importance of Physical Education_Class_1
Biological Basis of Physical Education_Class_1
History of Physical Education in India_Class_1
History of Physical Education in the World_Class_1
Olympic Games_Class_1
Asian Games_Class_1
Commonwealth Games_Class_1
Afro-Asian Games_Class_1
Important Sports Institutes of India_Class_1
Definition and Importance of Psychology_Class_1
Definition of Learning_Class_1
Laws of Learning_Class_1
Transfer of Learning_Class_1
Principle of Learning_Class_1
Learning Curve_Class_1
Developmental Characteristics_Class_1
Types of Intelligence_Class_1
Intelligence Quotient_Class_1
Monthly Test 1_Class_1
Theories of Intelligence_Class_1
Definition and Types of Personality_Class_1
Types of Motivation_Class_1
Play Theory_Class_1
Meaning and Importance of Organisation and Supervision_Class_1
Budget_Class_1
Principles of Management_Class_1
Leadership and its Types_Class_1
Types of Competition: Knockout, League, Combination, Challenge_Class_1
Intramural and Extramural Competition_Class_1

Definition, Aims and Objectives of Recreation_Class_1
Definition, Aims and Objectives of Camp_Class_1
Types of Camp_Class_1
Meaning and Definition of Anatomy and Physiology_Class_1
Cell and Tissue_Class_1
Muscular System_Class_1
Circulatory System_Class_1
Respiratory System_Class_1
Digestive System_Class_1
Excretory System_Class_1
Monthly Test 2_Class_1
Nervous System_Class_1
Skeletal System_Class_1
Endocrine System_Class_1
Sense Organs_Class_1
Effect of Exercise on Different Systems_Class_1
Meaning and Definition of Kinesiology_Class_1
Fundamental Movements in Body_Class_1
Structure and Types of Joint_Class_1
Newton's Laws of Motion_Class_1
Levers_Class_1
Equilibrium_Class_1
Centre of Gravity_Class_1
Force, Axis and Planes_Class_1
Body Posture and Common Deformities_Class_1
Common Sports Injuries and Their Treatment_Class_1
Therapeutic Modalities and Procedures_Class_1
Massage and Its Types_Class_1
Meaning and Definition of Health_Class_1
Health Education: Meaning, Objective, Scope, Principles_Class_1
Monthly Test 3_Class_1
Communicable Diseases and Treatment_Class_1
Nutrition_Class_1

Personal Hygiene_Class_1
Athletics_Class_1
Football_Class_1
Hockey_Class_1
Volleyball_Class_1
Basketball_Class_1
Kabaddi_Class_1
Kho-Kho_Class_1