

PLANNED SYLLABUS COVERAGE

GPB		Department : Applied Sciences & Humanities				Subject : Sports and Yoga	
		Course : Diploma 1st Semester - ME		Duration : -August TO December, 2023-----			
SYLLABUS COVERAGE		Total Periods : 2H /WEEK		Theory :		Practical : 28	
Sr No	Period Nos	Topic	Details	Instruction Reference	Additional Study Recommended	Remarks	
1.	2	UNIT-1 Introduction to Physical Education.	Meaning and definition of Physical Education. Aims and Objectives of Physical Education. Changing Trends in Physical Education.				
2.	2	UNIT-2 Olympic Movement.	Ancient & Modern Olympics (Summer and Winter) Olympic symbols, Ideals, objectives and values. Awards and Honours in the field of sports in India. (Dronacharya award, Arjuna Award, Dhyanchand Award, Rajiv Gandhi Khel Ratna Award etc.				
3.	2	UNIT-3 Physical Fitness, Wellness & Life Style.	Meaning and Importance of Physical Fitness & Wellness. Components of Physical Fitness & Wellness & Health related fitness. Preventing Health threats through lifestyle Change. Concept of Positive Life Style.				
4.	2	UNIT-4 Fundamentals of Anatomy & Physiology in Physical Education, Sports & Yoga.	Define Anatomy, Physiology & its Importance. Effects of Exercise on the functioning of various body systems. (Circulatory System, Respiratory System, Neuro muscular system etc.				
5.	2	UNIT-5 Kinesiology, Biomechanics & Sports.	Meaning and Importance of Kinesiology & Biomechanics in physical Education and sports. Newton's Laws of motion and its Applications in sports. Friction and its effects in sports.				
6.	2	UNIT-6 Postures.	Meaning and Concept of Postures. o Causes of Bad Posture. o Advantages & disadvantages of weight training. o Concept & advantages of Correct Posture. o Common Postural Deformities – Knock Knee; Flat Foot; Round Shoulders;				

7.	2	UNIT-7 Yoga.	Lordosis, Ky- phosis, Bow Legs and Scoliosis. o Corrective Measures for Postural Deformities. Meaning & Importance of Yoga. o Elements of Yoga. Introduction - Asanas, Pranayama, Meditation & Yogic Kriyas. Yoga for concentration & related Asanas (Sukhasana; Tadasana; Padmasana & Sha-shankasana)..Relaxation Techniques for improving concentration Yognidra.			
8.	3	UNIT-8 Yoga & Life Style.	Asanas as preventive measures. o Hypertension: Tadasana, Vajrasana, Pavan Muktasana, Ardha Chakrasana, Bhujangasana,Sharasana. o Obesity: Procedure, Benefits & contraindications for Vajrasana, Hastasana, Trikonasana, Ardh Matsyendrasana. o Back Pain: Tadasana, Ardh Matsyendrasana, Vakrasana, Shalabhasana, Bhujangasana. o Diabetes: Procedure, Benefits & contraindications for Bhujangasana, Paschimottasana, Pavan Muktasana, Ardh Matsyendrasana. 35 o Asthema: Procedure, Benefits & contraindications for Sukhasana, Chakrasana,Gomukhasana, Parvatasana, Bhujangasana, Paschimottasana, Matsyasana.			
9.	2	UNIT-9 Training & Planning in Sports	Meaning of Training. o Warming up and limbering down. o Skill, Technique & Style. o Meaning and Objectives of Planning. o Tournament – Knock-Out, League/Round Robin & Combination.			
10.	2	UNIT-10 Psychology & Sports	Definition & Importance of Psychology in Physical Edu. & Sports. o Define & Differentiate Between Growth & Development o Adolescent Problems & Their Management. o Emotion: Concept, Type & Controlling of emotions. o Meaning, Concept & Types of Aggressions in Sports. o Psychological benefits of exercise. o Anxiety & Fear and its effects on Sports Performance. o Motivation, its type & techniques. o Understanding Stress & Coping Strategies.			



11.	2	UNIT-11 Doping	Meaning and Concept of Doping. o Prohibited Substances & Methods. o Side Effects of Prohibited Substances.			
12.	2	UNIT-12 Sports Medicine.	First Aid – Definition, Aims & Objectives. o Sports injuries: Classification, Causes & Prevention. o Management of Injuries: Soft Tissue Injuries and Bone & Joint Injuries			
13.	3	UNIT-13 Sports/Games.	Following sub topics related to any one Game/Sport of choice of student out of: Athletics, Badminton, Basketball, Chess, Cricket, Kabaddi, Lawn Tennis, Swimming, Table Tennis, Volleyball, Yoga etc. o History of the Game/Sport. o Latest General Rules of the Game/Sport. 36 o Specifications of Play Fields and Related Sports Equipment. o Important Tournaments and Venues. o Sports Personalities. o Proper Sports Gear and its Importance.			

APPROVED	SIGN HOD
DATE <u>7-8-2023</u>	