

BARGAON INSTITUTE OF TECHNOLOGY

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DISCIPLINE: All Branches	SEMESTER: 1st / 2nd	FROM: _____ TO: _____
SUBJECT: SPORTS AND YOGA	COURSE CODE: PR 9	NAME OF FACULTY: _____
TOTAL CLASS AVAILABLE: 32 Periods	NO. OF PERIODS: 02 / WEEK (16 WEEKS)	PROGRESSIVE ASSESSMENT: 50 Marks CREDITS: 1

COURSE OUTCOMES (COS)

- (i)** Practice Physical activities and Hatha Yoga focusing on yoga for strength, flexibility, and relaxation.
- (ii)** Learn breathing exercises and healthy fitness activities.
- (iii)** Understand basic skills associated with yoga and physical activities including strength and flexibility, balance and coordination.
- (iv)** Perform yoga movements in various combination and forms.
- (v)** Identify opportunities for participation in yoga and sports activities.
- (vi)** Improve personal fitness through participation in sports and yogic activities.
- (vii)** Assess yoga activities in terms of fitness value.

LESSON PLAN / CLASS EXECUTION SCHEDULE

SL.	WEEK	CLASS DATE	PERIODS	TOPICS PLANNED TO BE COVERED / PRACTICALS PERFORMED	SIGNATURE
01	01		2	Physical Fitness, Wellness & Lifestyle: Meaning & Importance of Physical Fitness & Wellness; Components of Physical fitness; Components of Health-related fitness.	
02	02		2	Physical Fitness & Postures: Components of wellness; Preventing Health Threats through Lifestyle Change; Concept of Positive Lifestyle; Meaning and Concept of Postures; Causes of Bad Posture.	
03	03		2	Postures & Intro to Yoga: Concept & advantages of Correct Posture; Meaning & Importance of Yoga; Elements of Yoga.	
04	04		2	Yoga Practices & Concentration Asanas: Introduction to Asanas, Pranayama, Meditation & Yogic Kriyas; Yoga for concentration & related Asanas (Sukhasana, Tadasana, Padmasana & Shashankasana).	
05	05		2	Relaxation & Preventive Asanas: Relaxation Techniques for improving concentration (Yog-nidra); Asanas as preventive measures for lifestyle disorders.	
06	06		2	Yoga & Lifestyle (Hypertension & Obesity): Asanas for Hypertension (Tadasana, Vajrasana, Pawanuktasana, Ardha Chakrasana, Bhujangasana, Shavasana); Obesity - Procedure, Benefits & contraindications for Vajrasana, Hastasana, Trikonasana, Ardha Matsyendrasana.	
07	07		2	Yoga & Lifestyle (Back Pain & Diabetes): Back Pain - Tadasana, Ardha Matsyendrasana, Vakrasana, Shalabhasana, Bhujangasana; Diabetes - Procedure, Benefits & contraindications for Bhujangasana, Paschimottasana, Pawanuktasana, Ardha Matsyendrasana.	
08	08		2	Yoga & Lifestyle (Asthma): Asthma - Procedure, Benefits & contraindications for Sukhasana, Chakrasana, Gomuktasana, Parvatasana, Bhujangasana, Paschimottasana, Matsyasana.	
09	09		2	Training and Planning in Sports: Meaning of Training; Warming up and limbering down; Skill, Technique & Style.	
10	10		2	Planning in Sports & Tournaments: Meaning and Objectives of Planning; Tournaments - Knock-Out, League/Round Robin & Combination tournaments.	
11	11		2	Sports Medicine: First Aid - Definition, Aims & Objectives; Sports injuries: Classification, Causes & Prevention.	
12	12		2	Injury Management & Game Selection: Management of Injuries: Soft Tissue Injuries and Bone & Joint Injuries; Selection of specific Game/Sport (Athletics, Badminton, Basketball, Chess, Cricket, Kabaddi, Lawn Tennis, Swimming, Table Tennis, Volleyball, Yoga, etc.).	
13	13		2	Sports Specialization (Part 1): History of chosen game/sport; Latest General Rules of the Game/Sport.	
14	14		2	Sports Specialization (Part 2): Specifications of Play Fields and Related Sports Equipment; Important Tournaments and Venues; Sports Personalities; Proper Sports Gear and its Importance.	
15	15		2	Practical Practice & Demonstration: Practical execution of Asanas, Pranayama routines, and Sports skills/fitness drills.	
16	16		2	Assessment & Evaluation: Progressive Assessment (Practical evaluation, Viva-Voce, Yoga Performance & Physical Fitness Test).	

REFERENCES

1. *Modern Trends and Physical Education* by Prof. Ajmer Singh.
2. *Light on Yoga* by B.K.S. Iyengar.
3. *Health and Physical Education* - NCERT (11th and 12th Classes).

