



FIRST-YEAR DIPLOMA ENGG. TEACHING & EXAMINATION SCHEME WITH SYLLABUS

Course Code:002291713

Course name: SPORTS AND YOGA

Type Of Course: HSSC-2

**COMPETENCY:**

The purpose of this course is to help the student to attain the following industry identified competency through various teaching learning experiences:

- Apply sports and yoga activities to keep the body physically and mentally fit.

**TEACHING & EXAMINATION SCHEME:**

Teaching Scheme (Hrs/Week)				Examination Scheme				
Theory	Tutorial	Practical	Credit	Theory		Practical		Total
				CA	ESE	CA	ESE	
0	0	2	0	0	0	25	25	50

**COURSE OBJECTIVE(S):**

The purpose of this course is to help the student to attain the following industry identified competency through various teaching learning experiences:

**COURSE CONTENT(S):**

Module No.	Content	Hours	Weightage (%)
1	<p>Perform following Yoga Asanas under the guidance of yogatrainer:-</p> <ul style="list-style-type: none"> <li>• Surya Namaskar (Sun Salutation)</li> <li>• Tadasana (Mountain pose)</li> <li>• Vrikshasana (Tree pose)</li> <li>• Vajrasan (Hand under foot pose)</li> <li>• Pada-hastasana (Hand under foot pose)</li> <li>• Ushtrasana (Camel pose)</li> <li>• Dhanurashana (Bow Pose)</li> <li>• Bhujangasana (Snake pose)</li> <li>• Halasana (Plough pose)</li> <li>• Shavasana / Yoga Nidra</li> <li>• Bhastrikai Pranayam</li> <li>• Kapalbhati Pranayam</li> <li>• Anulom Vilom Pranayam</li> <li>• Bhramari Pranayam</li> </ul>	III	12*
2	Participate in any sports activities of your choice:	IV	14



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	<ul style="list-style-type: none"> <li>Indoor sports/games (Badminton, Chess, Carrom, Table Tennis)</li> <li>Outdoor sports/games (Cricket, Kabaddi, , Volley ball, Basketball, Football, Hockey)</li> </ul>		
3	Prepare report on any sports events including associated rules, playground specification, rules for judgement, etc.)	IV	02*

**Note**

i. More **Practical Exercises** can be designed and offered by the respective course teacher to develop the industry relevant skills/outcomes to match the COs. The above table is only a suggestive list.

The following are some sample 'Process' and 'Product' related skills (more may be added/deleted depending on the course) that occur in the above listed **Practical Exercises** of this course required which are embedded in the COs and ultimately the competency

**MAJOR EQUIPMENT/INSTRUMENTS REQUIRED**

The major equipment with broad specifications for the PrOs is a guide to procure them by the administrator to usher in uniformity of practicals in all institutions across the state.

S. No.	Equipment Name with Broad Specifications	PrO.No.
1	Yoga Mats/ Blankets/Straps Blocks Bolster sChairs Meditation cushions Eye pillows (tissues or washable cloth to cover them) Mat cleaning wipes Strong floorings Temperature control, fans, portable heaters (if needed) Chime, bells, orgong (for bringing people out of corpse pose, or silent meditation) Essential oil diffuse rYoga CD's CD player Lighting system that allows for dimming Effectiv e sound system	1



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	Saltlamp-theypurifyairandlooklovely Sandbags	
2	Sportsandgamesaccessoriesasperthedecisionofcollege.	2

**UNDERPINNING THEORY**

The major underpinning theory is given below based on the higher level UOs of *Revised Bloom's taxonomy* that are formulated for development of the COs and competency. If required, more such UOs could be included by the course teacher to focus on attainment of COs and competency.

Unit	Unit Outcomes (UOs) (4 to 6 UOs at different levels)	Topics and Sub-topics
<b>Unit-I</b>  <b>Introduction to Physical fitness</b>	1a. Explain importance of physical education. 1b. Describe importance of Physical Fitness & Wellness 1c. Explain the components of physical fitness. 1d. Demonstrate healthy lifestyle. 1e. Prevent health threats by changing lifestyle.	1.1 Aims & Objectives of Physical Education 1.2 Changing trends in Physical Education 1.3 Meaning & Importance of Physical Fitness & Wellness 1.4 Components of Physical fitness 1.5 Components of health related fitness 1.6 Components of wellness 1.7 Preventing health threats through lifestyle change 1.8 Concept of positive lifestyle
<b>Unit-II</b>  <b>Fundamentals of Anatomy &amp; Physiology in sports &amp; yoga</b>	2a. Explain importance of anatomy and physiology. 2b. Describe effects of exercise in various body systems. 2c. Describe concept of correct posture. 2e. Explain corrective measures for postural deformities.	2.1 Anatomy, physiology and its importance. 2.2 Effect of exercise on various body systems i.e. circulatory system, respiratory system, neuro-muscular system 2.3 Concept and advantages of correct posture. 2.4 Posture deformities and corrective measures.



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<b>Unit-III</b>  <b>Yoga &amp; Pranayama</b>	3.1 Explain importance of Yoga. 3.2 Perform various pranayama for increasing concentration. 3.3 Use meditation and other relaxation techniques for improving concentration.	3.1 Meaning & Importance of Yoga Asanas, Pranayama & Meditation 3.2 Yoga & related Asanas - Sukhasana, Tadasana, Padmasana & Shashankasana 3.3 Relaxation techniques for improving concentration - Yog-Nidra
<b>Unit-IV</b>  <b>Sports/games</b>	4.1 Describe various warming exercises. 4.2 Select any game/sport of your choice. 4.3 Explain latest rules of any game/sports. Describe specifications of play fields and related sport equipment.	4.1 Warming up and limbering down exercises 4.2 Tournaments - Knockout, League / Round Robin & combination 4.3 Following sub topics related to any one Game / Sport of choice of student out of: Badminton, Chess, Carrom, Table Tennis, Cricket, Kabaddi, , Volley ball, Basketball, Football, Hockey, etc. 4.4 History of the Game / Sport. 4.5 Latest General Rules of the Game / Sport. 4.6 Specifications of Play Fields and Related Sports Equipment. 4.7 Effect of anxiety & fear on sports performance.

**SUGGESTED SPECIFICATION TABLE FOR QUESTION PAPER DESIGN**

Uni tNo .	Unit Title	Teaching /Practic al Hours	Distribution of Theory Marks			
			R Leve l	U Leve l	A Leve l	Total Marks
I	Introduction to Physical fitness					
II	Fundamentals of Anatomy & Physiology in sports & yoga					
III	Yoga & Pranayama					
IV	Sports/games					
<b>Total</b>						

**-Not Applicable-**

**Legends:** R=Remember, U=Understand, A=Apply and above (Revised Bloom's taxonomy)

**SOFTWARE/LEARNING WEBSITES**



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- <https://youtu.be/dAqQgmaI9vY>
- <https://youtu.be/c8hjhRqlwHE>
- <https://youtu.be/MrR04m1zoJ8>
- <https://youtu.be/P-jwGj7YqNM>
- [https://youtu.be/3p4r\\_ad2Y7g](https://youtu.be/3p4r_ad2Y7g)
- <https://youtu.be/mndOIVCwFss>
- <https://youtu.be/J68MR3dBzto>



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**COURSE EVALUATION:**

R Level	U Level	A Level	N Level	E Level	C Level
<b>NotApplicable-</b>					

Legends:R:Remembrance;U:Understanding;A:Application,N:Analyze and E:Evaluate C:Create and above Levels (Revised Bloom's Taxonomy)

**COURSE OUTCOMES:(Limited it to 4 to 6)**

Sr. No.	CO Statement
CO-1	Practice Physical activities and yoga for strength, flexibility, and relaxation
CO-2	Use techniques for increasing concentration and decreasing anxiety for stronger academic performance
CO-3	Perform yoga exercises in various combination and forms.
CO-4	Improve personal fitness through participation in sports and yoga activities
CO-5	Follow sound nutritional practices for maintaining good health and physical performance.