

**Department of Computer Engg.  
Govt. Polytechnic for Women Rehan  
Distt. – Kangra (H.P.) - 176022**



**LESSON PLAN**

Program Name	Computer Engineering
Subject Name	Sports & Yoga
Subject Code	
Semester	Ist
Subject Teacher Name	Sarmistha Kumari

**Evaluation Scheme**

Sr. No.	Subject Name	Study scheme (Hrs/Week)		Marks in Evaluation Scheme					
				Internal Assessment			External Assessment		
		Th	Pr	Th	Pr	Total	Th	Pr	Total
1.	Sports & Yoga	-	2	-	25	25	-	-	-

**Course Outcomes (COs)**



CO-1	To make the students understand the importance of sound health and fitness principles as they relate to better health.
CO-2	To expose the students to a variety of physical and yogic activities aimed at stimulating their continued inquiry about Yoga, physical education, health and fitness.
CO-3	To create a safe, progressive, methodical and efficient activity based plan to enhance improvement and minimize risk of injury
CO-4	To develop among students an appreciation of physical activity as a lifetime pursuit and a means to better health.

**Sports & Yoga Plan**

Sr. No.	Name of Practical	Proposed Date	Actual Date	Remarks
1	<b>Introduction to Physical Education.</b> Meaning & definition of Physical Education. Aims & Objectives of physical Education. Changing trends in Physical Education	01/08/2024		
2	<b>Olympic Movement.</b> Ancient & Modern Olympics ( Summer & Winter). Olympic Symbols, Ideals, Objectives & Values. Awards and Honours in the field of sports in India (Dronacharya Award, Arjuna Award, Dhayanchand Award, Rajiv Gandhi Khel Ratna Award etc. )	08/08/2024		
3	<b>Physical Fitness, Wellness &amp; Lifestyle.</b> Meaning & Importance of physical Fitness & wellness. Components of Physical fitness. Components of Health related fitness. Components of wellness. Preventing health threats Through Lifestyle Change. Concept of positive Lifestyle.	22/08/2024		
4	<b>Fundamentals of Anatomy &amp; Physiology in physical Education, Sports and yoga.</b> Define anatomy, Physiology & Its importance. Effect of exercise on the functioning of various body system. (Circulatory system, Respi- ratory system. Neuro-Muscular system etc. )	29/08/2024		
5	<b>Kinesiology, Biomechanics &amp; sports.</b> Meaning & Importance of Kinesiology & Biomechanics in Physical Edu. & sports. Friction and its effects in sports.	05/09/2024		

6	<b>Postures.</b> Meaning and concept of Postures. Casuses of Bad Posture. Advantages & Disadvantages of weight training. Concept & advantages of correct Posture. Common Postural Deformities - Knock Knee; Flat Foot; Round Shoulders; Lordosis, ky- Phosis, Bow legs and Scoliosis. Corrective measures for Postural Deformities.	12/09/2024		
7	<b>Yoga.</b> Meaning & Importance of Yoga. 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.	19/09/2024		
8	<b>Yoga &amp; Lifestyle.</b> Asanas as preventive measures. Hypertension: Tadasana, Vajrasana, Pravan Muktasana, Ardha Chakrasana, Bhujagasana, sharasana. Obesity: Procedure, Benefits & contraindications for Vajrasana, Hastasana, Trikonasana, Ardh matsyendrasana, Matsyendrasana. Back Pain: Tadasana, Ardh Matsyendrasana, Vakrasana, shalabhasana, Bhujangasana.	26/09/2024		
9	<b>Diabe,</b> Procedure, Benefits & contraindications for Bhujangasana, Paschimottasana, Pavan Kuktasana, Ardh Matsyendrasana. Asthema: procedure, Benefits & Contraindications for suhkasana, Chakrasana, Gomukhasana, Parvatasana, Bhujangasana, Paschimottasana, Matsyasana.	03/10/2024		
10	<b>Taining and Planning in Sports.</b> Meaning Of Training. Warming up and limbering down. Skill, Technique & style. Meaning and Objectives of Planning. Tournamet - Knock-Out, League/Round Robin & combination.	10/10/2024		
11	<b>Psychology &amp; Sports.</b> Definition & Importance of psychology in physical Edu. & sports. Define & Differentiate Between Growth & Development Adolescent Problems & Their Management. Emotion: Concept, Type & Controlling of emotions. Meaning, concept & types of Aggressions in sports. Psychological benefits fo exercise. Anxiety & Fear and its effects on Sports Performance. Motivation, its types & techniques. Understanding Stress & Coping Strategies.	24/10/2024		
12	<b>Doping.</b> Meaning and Concept of Doping. Prohibited substance & methods. Side Effects of Prohibited Substances	07/11/2024		
13	<b>Sports Medicine:</b> First Aid. - Defination, Aims & Objectives sports injuries: Classification, Causes & Prevention. Management of Injuries: Soft Tissue Injuries and Bone & Joint Injuries.	14/11/2024		
14	<b>Sports / Games.</b> 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. History of the Game/Sport. Latest General Rules of the Game/Sport. Specification of Play fields and Related Sports Equipment. Important Taurnaments and Venues. Sports Personalities. Proper Sports Gear and its Importance.	21/11/2024 28/11/2024		

  
(Signature of HOD)

  
(Signature of Teacher)  
  
Principal  
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