

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



LESSON PLAN

Program Name	Civil 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	Introduction to Physical Education. Meaning & definition of Physical Education. Aims & Objectives of physical Education. Changing trends in Physical Education	06/08/2024		
2	Olympic Movement. 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.)	13/08/2024		
3	Physical Fitness, Wellness & Lifestyle. Meaning & Importance of physical Fitness & wellness. Components of Physical fitness. Components of Health related fitness. Components of wellness. Preventing health threats Though Lifestyle Change. Concept of positive Lifestyle.	20/08/2024		
4	Fundamentals of Anatomy & Physiology in physical Education, Sports and yoga. Define anatomy, Physiology & Its importance. Effect of exercise on the functioning of various body system. (Circulatory system, Respi- ratory system. Neuro-Muscular system etc.)	27/08/2024		
5	Kinesiology, Biomechanics & sports. Meaning & Importance of Kinesiology & Biomechancis in Physical Edu. & sports. Friction and its effects in sports.	03/09/2024		

6	Postures. 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.	10/09/2024		
7	Yoga. Meaning & Importance of Yoga. Elements of Yoga. Introducation - Asanas, Pranayama, Meditation & Yogic Kriyas. Yoga for concentration & related Asanas (Sukhasana; Tadasana; Padmasana & Sha- Shankasana). Relaxation Techniques for imporving concentration Yognidra.	17/09/2024		
8	Yoga & Lifestyle. Asanas as preventive measures. Hypetension: Tedasana, 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.	24/09/2024		
9	Diabe, Procedure, Benefits & contraindications for Bhujangasana, Paschimottasana, Pavan Kuktasana, Ardh Matsyendrasana. Asthema: procedure, Benefits & Contraindications for sukkasana, Chakrasana, Gomukhasana, Parvatasana, Bhujangasana, Paschimottasana, Matsyasana.	01/10/2024		
10	Taining and Planning in Sports. Meaning Of Training. Warming up and limbering down. Skill, Technique & style. Meaning and Objectives of Planning. Tournamet - Knock-Out, League/Round Robin & combination.	08/10/2024		
11	Psychology & Sports. Definition & Importance of psychology in physical Edu. & sports. Define & Differentiate Between Growth & Devolpment 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.	15/10/2024		
12	Doping. Meaning and Concept of Doping. Prohibited substance & methods. Side Effects of Prohibited Substances	22/10/2024		
13	Sports Medicine: First Aid. - Defination, Aims & Objectives sports injuries: Classification, Causes & Prevention. Management of Injuries: Soft Tissue Injuries and Bone & Joint Injuries.	29/10/2024		
14	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. 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.	05/11/2024 19/11/2024 26/11/2024		


(Signature of HOD)


(Signature of Teacher)
Principal
Govt. Polytechnic for Women Rehan
Distt Kangra