

**Govt. Polytechnic Hamirpur (H.P.)**  
**Practical Planning & Coverage**

Branch : *Computer Engg.*

Semester : First

Subject : SCA

Session : 2025

Teacher: *Subhash chand*

Laboratory: SCA

Sr. No.	Description of Practical/Activity	Reference for Procedure	Likely Dates	Actual Dates	Signature
1	Awareness regarding voting		2nd, 3rd, 4th and 5th week of August		
2	Painting/Poster Making/Essay Writing		1st, 2nd, 3rd, 4th and 5th week of September		
3	Sports/Cultural activity		1st, 2nd and 3rd week of Oct.		
4	Campus beautification/Plantation		4th and 5th week of Oct.		
5	Minor Project (Recycling/Waste material use)		1st, 2nd, 3rd, 4th and 5th week of November		

*Subhash Chand*

Signature of Teacher

(01.08.2025)

*[Signature]*

Signature of H.O.D.

**Govt. Polytechnic Hamirpur (H.P.)**  
**Practical Planning & Coverage**

Branch : Computer Engg.  
Subject : Sports and yoga  
Teacher: Subhash chand

Semester : First  
Session : August 2025- November 2025  
Laboratory:

Pract. No.	Description of Practical/Activity	Reference for Procedure	Likely Dates	Actual Dates	Signature
1	<b>Introduction to Physical Education</b> Meaning & definition of Physical Education Aims & Objectives of Physical Education. Changing trends in Physical Education. 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, Dhyanchand Award, Rajiv Gandhi Khel Ratna Award etc.).		2nd, 3rd and 4th week of August		
2	<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. <b>Fundamentals of Anatomy &amp; Physiology in Physical Education</b> , Sports and Yoga Define Anatomy, Physiology & Its Importance. Effect of exercise on the functioning of Various Body Systems. (Circulatory System, Respi- ratory System, Neuro-Muscular System etc.).		5th week of August and 1st and 2nd week of September		
3	<b>Kinesiology, Biomechanics &amp; Sports</b> Meaning & Importance of Kinesiology & Biomechanics in Physical Edu. & Sports. Newton's Law of Motion & its application in sports. o Friction and its effects in Sports. <b>Postures</b> Meaning and Concept of Postures. Causes 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.		3rd, 4th and 5th week of September		
4	<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. <b>Yoga &amp; Lifestyle</b> Asanas as preventive measures. Hypertension: Tadasana, Vajrasana, Pavan Muktasana, Ardha Chakrasana, Bhujangasana, Sharasana. Obesity: Procedure, Benefits & contraindications for Vajrasana, Hastasana, Trikonasana, Ardh Matsyendrasana. Back Pain: Tadasana, Ardh Matsyendrasana, Vakrasana, Shalabhasana, Bhujangasana. Diabetes: Procedure, Benefits & contraindications for Bhujangasana, Paschimottasana, Pavan Muktasana, Ardh Matsyendrasana. Asthema: Procedure, Benefits & contraindications for Sukhasana, Chakrasana, Gomukhasana, Parvatasana, Bhujangasana, Paschimottasana, Matsyasana.		1st, 2nd and 3rd week of October		
5	<b>Training and Planning in Sports</b> Meaning of Training. Warming up and limbering down. Skill, Technique & Style. Meaning and Objectives of Planning. Tournament – Knock-Out, League/Round Robin <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 of exercise. Anxiety & Fear and its effects on Sports Performance. Motivation, its type & techniques. Understanding Stress & Coping Strategies. <b>Doping</b> Meaning and Concept of Doping. Prohibited Substances & Methods. Side Effects of Prohibited Substances.		5th week of October, 1st and 2nd week of November		
6	<b>Sports Medicine and Games</b> First Aid – Definition, Aims & Objectives. Sports Injuries: Classification, Causes & Prevention. o Management of Injuries: Soft Tissue Injuries and Bone & Joint Injuries. 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. Specifications of Play Fields and Related Sports Equipment. Important Tournaments and Venues. Sports Personalities. Proper Sports Gear and Its Importance.		3rd, 4th and 5th week of November		

Subhash Chand  
Signature of Teacher

[Signature]  
Signature of H.O.D.

(01.08.2025)