

LESSON PLAN

Program Name	Common
Course/Subject Name	Sports and Yoga
Course/Subject Code	AU101
Course/Subject Coordinator Name	Vibha Sharma & Ajay Nadda

Evaluation scheme

S.No.	Subject Name	Study scheme (Hrs/Week)	Marks in evaluation scheme			
			Internal Assessment		External Assessment	
			Theory	Practical	Theory	Practical
1.	Sports and yoga	2 (L: 0, T:0, P: 2)		50		
Reference books		(i)	Light on Yoga, B.K.S. Iyengar, Harper Collins			
		(ii)	The Complete Book of Yoga, Swami Vivekananda Yoga Prakashana			
		(iii)	Physical Education and Sports, V.K. Sharma, Friends Publications.,			
		(iv)	Yoga: A Healthy Way of Living, Ministry of AYUSH, Government of India.			
		(v)	Fitness and Wellness, Werner W.K. Hoeger and Sharon A. Hoeger, Cengage Learning			

Course Outcomes: After the completion of the course the student will be able to

CO1	Participate in physical fitness activities to improve strength, flexibility, endurance, coordination, and overall physical fitness.
CO2	Demonstrate yoga practices, including selected asanas, pranayama, and relaxation techniques, for physical and mental well-being.
CO3	Participate in individual and team sports by following the rules of the game, discipline, teamwork, and sportsmanship for lifelong healthy living. Apply the concepts of work, power and energy to solve simple numerical problems.

Practical Plan:

Exp. No.	Name of experiment	Actual date		Remarks
1	Development of physical fitness through activities such as warmup, stretching, flexibility, endurance, strength exercises, cool-down			
2	loosening exercises			
3	Surya Namaskar			
4	Asanas (standing, sitting, prone and supine), Pranayama, Meditation, relaxation techniques.			
5	Volleyball, Basketball, Badminton, Table Tennis, Athletics, Kabaddi, Kho-Kho			
6				
7				
8				
9				
10				

(Signature of Teacher)

(Signature of HOD)