

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

Branch : **Civil Engg.**
Subject : **Sports and yoga**
Teacher : **Amit Pathak**

Semester : First
Session : Oct 2022- Jan 2023
Laboratory : **Sports and yoga**

Pract. No.	Description of Practical/Activity	Reference for Procedure	Likely Dates	Actual Dates	Signature
1	Introduction to Physical Education o Meaning & definition of Physical Education. o Aims & Objectives of Physical Education. o Changing trends in Physical Education. o Olympic Movement o Ancient & Modern Olympics (Summer & Winter.) o Olympic Symbols, Ideals, Objectives & Values. o Awards and Honours in the field of Sports in India (Dronacharya Award, Arjuna Award, Dhayanchand Award, Rajiv Gandhi Khel Ratna Award etc.). Physical Fitness, Wellness & Lifestyle o Meaning & Importance of Physical Fitness & Wellness. o Components of Physical fitness. o Components of Health related fitness. o Components of wellness. o Preventing Health Threats through Lifestyle Change. o Concept of Positive Lifestyle. 34 o Fundamentals of Anatomy & Physiology in Physical Education, Sports and Yoga o Define Anatomy, Physiology & Its Importance. o Effect of exercise on the functioning of Various Body Systems. (Circulatory System, Respi- ratory System, Neuro-Muscular System etc.).		3rd, 4th and 5th week of August		
2	Kinesiology, Biomechanics & Sports o Meaning & Importance of Kinesiology & Biomechanics in Physical Edu. & Sports. o Newton's Law of Motion & its application in sports. o Friction and its effects in Sports. o Postures o Meaning and Concept of Postures. o Causes of Bad Posture. o Advantages & disadvantages of weight training. o Concept & advantages of Correct Posture. o Common Postural Deformities – Knock Knee; Flat Foot; Round Shoulders; Lordosis, Ky- phosis, Bow Legs and Scoliosis. o Corrective Measures for Postural Deformities.		1st, 2nd and 3rd week of September		
3	Yoga o Meaning & Importance of Yoga. o Elements of Yoga. o Introduction - Asanas, Pranayama, Meditation & Yogic Kriyas o Yoga for concentration & related Asanas (Sukhasana; Tadasana; Padmasana & Sha-shankasana). o Relaxation Techniques for improving concentration Yognidra. o Yoga & Lifestyle o Asanas as preventive measures. o Hypertension: Tadasana, Vajrasana, Pavan Muktasana, Ardh Chakrasana, Bhujangasana, Sharasana. o Obesity: Procedure, Benefits & contraindications for Vajrasana, Hastasana, Trikonasana, Ardh Matsyendrasana. o Back Pain: Tadasana, Ardh Matsyendrasana, Vakrasana, Shalabhasana, Bhujangasana. o Diabetes: Procedure, Benefits & contraindications for Bhujangasana, Paschimottasana, Pavan Muktasana, Ardh Matsyendrasana.		4th of September & 1st and 2nd week of Oct		
4	Asthema: Procedure, Benefits & contraindications for Sukhasana, Chakrasana, Gomukhasana, Parvatasana, Bhujangasana, Paschimottasana, Matsyasana. o Training and Planning in Sports o Meaning of Training. o Warming up and limbering down. o Skill, Technique & Style. o Meaning and Objectives of Planning. o Tournament – Knock-Out, League/Round Robin &		3rd, 4th and 5th week of Oct		
5	Psychology & Sports o Definition & Importance of Psychology in Physical Edu. & Sports. o Define & Differentiate Between Growth & Development o Adolescent Problems & Their Management. o Emotion: Concept, Type & Controlling of emotions. o Meaning, Concept & Types of Aggressions in Sports. o Psychological benefits of exercise. o Anxiety & Fear and its effects on Sports Performance. o Motivation, its type & techniques. o Understanding Stress & Coping Strategies. o Doping o Meaning and Concept of Doping. o Prohibited Substances & Methods. o Side Effects of Prohibited Substances.		1st and 2nd week of September		
6	Sports Medicine o First Aid – Definition, Aims & Objectives. o Sports injuries: Classification, Causes & Prevention. o Management of Injuries: Soft Tissue Injuries and Bone & Joint Injuries. o 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, Vol leyball, Yoga etc. o History of the Game/Sport. o Latest General Rules of the Game/Sport. 36 o Specifications of Play Fields and Related Sports Equipment. o Important Tournaments and Venues. o Sports Personalities. o Proper Sports Gear and its Importance.		3rd and 4th week of September		

Signature of Teacher

Signature of H.O.D.