

Course Title - Sports for Life

Course Objectives

- To imbibe the significance of sports to promote health, fitness and wellness in life.
- To understand the values of teamwork, tolerance, goal-setting and decision making.
- To learn the strategies and tactical moves while playing a sport.
- To understand the importance of physical activity in reference to 3S: strength, speed and suppleness.

Learning Outcomes

- Acquire values of cooperation, team spirit, determination, and endurance.
- Acquire good health and psychological well-being through sports participation.
- Apply the decision making-ability and goal-setting skills acquired through sports participation in everyday life.
- Acquire skills for engaging in moderate or vigorous physical activity and sports participation.
- Reduce exposure to screen time on electronic gadgets and channelising energy through sports participation.

Syllabus of *Sports for Life*

Unit I: Rules and Techniques

Concept

- Rules of the Sport
- Techniques / skills in the sport/ Aerobic Skills

Practical

- Marking of the court / field
- Outdoor Adventure Activity
- Skills learning in sports
- Group Games / Relays
- Participation in Intramural competitions

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<p>Unit II: Components of Fitness</p> <p><i>Concepts</i></p> <ul style="list-style-type: none"> ● Meaning and Development of Strength, Speed, Endurance, Flexibility and Coordinative Abilities. <p><i>Practical</i></p> <ul style="list-style-type: none"> ● Skills learning and Participation in sports ● Group Games / Relays / Minor games ● Participation in Intramural competitions
<p>Unit III: Benefits of sports and physical activity</p> <p><i>Concepts</i></p> <ul style="list-style-type: none"> ● Effect of exercise on the body ● Organizing of a sports competition ● Balanced Diet <p><i>Practical</i></p> <ul style="list-style-type: none"> ● Skills learning and participation in sports ● Group Games, / Relays /Step Aerobics ● Participation in Intramural competitions
<p>Unit IV: Sports in Contemporary Times</p> <p><i>Concepts</i></p> <ul style="list-style-type: none"> ● Honours and Awards associated with sports and sportspersons <p><i>Practical</i></p> <ul style="list-style-type: none"> ● Skills learning and Participation in sports ● Participation in Intramural competitions

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Note

- The concepts are to be dealt with during the practical/practice classes.
- The list of suggestive sports: Aerobics and Physical Activity, Athletics, Archery, Badminton, Basketball, Boxing, Chess, Carrom, Cricket, Football, Handball, Hockey, Kabaddi, Kho-Kho, Swimming, Shooting, Squash, Table-Tennis, Tennis, Taekwando, Volleyball, Wushu, Wrestling etc.

Suggested Readings

- James R Morrow Jr., Dale P. Mood, James G. Disch, Minsoo Kang - Measurement and Evaluation in Human Performance-Human Kinetics Publishers (2015)
- W.Larry Kenney, Jack H. Wilmore, Devid L.Costil.(2015). Physiology of Sports and Exercise, Second Edition. USA.Human Kinetics.
- Wener W.K. Hoeger, Sharon A. Hoeger - Fitness and Wellness-Cengage Learning (2014).
- Kansal DK (2012).A practical approach to Measurement Evaluation in Physical Education &Sports selection. Sports & Spiritual Science Publications, New Delhi.
- Websites of International Sports Federations, Ministry of Youth Affairs and Sports Govt. Of India.


