

<b>Program : Diploma in Engineering and Technology / Commercial Practice / Management</b>	
Course Code : <b>1009</b>	Course Title: <b>Sports and Yoga</b>
Semester : <b>1</b>	Credits: <b>1</b>
<b>Course Category: Humanities and Social Science</b>	
Periods per week: <b>2 (L:0 T:0 P:2)</b>	Periods per semester: <b>30</b>

### **Course Objectives:**

- To make the students understand the importance of sound health and fitness principles as they relate to better health.
- 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.
- To create a safe, progressive, methodical, and efficient activity-based plan to enhance improvement and minimize risk of injury.
- To develop among students an appreciation of physical activity as a lifetime pursuit and a means to better health.

### **Course Prerequisites:**

<b>Topic</b>	<b>Program/Course name</b>
Warming up and warming down, physical training, aerobic dance, flexibility, yoga, weight training, physical fitness, sports and games.	High School

### **Course Outcome:**

On completion of the course, the student will be able to:

<b>CON</b>	<b>Descriptions</b>	<b>Duration (Hours)</b>	<b>Cognitive Level</b>
CO1	Apply warming up and warming down exercises in daily physical fitness activities	6	Applying
CO2	Apply stretching rotation and flexibility exercises in daily physical fitness activities	4	Applying
CO3	Make use of acquired yoga asanas skill and pranayama method in daily lifestyle	8	Applying

CO4	Utilize the acquired weight training skills for the development of muscular strength and development. Utilize the acquired skills in playing sports and games.	12	Applying

### CO – PO mapping

Course Outcomes	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7
CO1	3						
CO2	3						
CO3	3						
CO4	3						

3-Strongly mapped, 2-Moderately mapped, 1-Weakly mapped

### Course Outline

Module Outcomes	Description	Duration (Hours)	Cognitive level
CO1	<b>Apply warming up and warming down exercises in daily physical fitness activities.</b>		
M1.01	Understanding the effects and benefits of warming up and warming down before and after physical exercise on muscular, skeletal and cardiorespiratory system.	4	Applying
M1.02	Applying this physical training method habit in lifelong period.	2	Applying
CO2	<b>Apply stretching, rotation and flexibility exercises in daily physical fitness activities.</b>		
M2.01	Understanding the effects and benefits of flexibility through various types of stretching exercises.	2	Understanding
M2.02	Applying the methods of stretching exercises throughout the life for maintaining the quality of flexibility	2	Applying
CO3	<b>Make use of acquired yoga asana skills and pranayama methods in daily lifestyle.</b>		

M3.01	Understanding the effects and benefits of yoga asana and pranayama as preventive measures on various systems of human body.	8	Understanding
CO4	<b>Utilize the acquired weight training skills for the development of muscular strength and development.</b> <b>Utilize the acquired skills in playing sports &amp; games.</b>		
M4.01	Understanding the effects and benefits of weight training for the development of muscular and skeletal systems of human body.	2	Understanding
M4.02	Applying the weight training methods for the development of muscular strength, power, and endurance	2	Applying
M4.03	Understanding the basic rules, regulations and various skills of sports games.	2	Understanding
M4.04	Utilizing the mental and social qualities acquired through sports and games practice and participation for solving the problems arising in life situation.	2	Remembering
M4.05	Utilizing the physical, mental and social qualities acquired through sports and games practice and participation for better social life	2	Remembering
M4.06	Utilizing the acquired qualities like leadership, coordinating ability, punctuality, cooperation, fair play, unity, tolerance etc. for functioning with various type of individuals or teams.	2	Remembering

**Note: CIA shall be arranged by the faculty in charge.**

**Text / Reference:**

T/R	Book Title/Author
1	Anatomy for Strength and Fitness Trainingby Mark Vella
2	Fitness for Life, Sixth Edition by Charles Corbin and Guy Le Masurier.
3	Asana Pranayama Mudra Bandha by Swami SatyanandaSaraswati
4	Light on yoga by B.K.S . Iyengar
5	Puri,K, Cahndra.,S,S, (2005). Health and Physical Education. New Delhi: Surjeet Publication
6	Greenberg, Jerold S and Dintiman George B (1997) wellness- Creating a Life of Health and fines London: Allyn and Bacon Inc.
7	Fashey,TomasD,Insel, Paul M, and Roth, Walton T (2005) Fit and well, New York: Mc GrawHill Inc

**Web Source Reference:**

<b>Sl. No</b>	<b>Website Link</b>
1	<a href="https://sportsknowhow.com/rules/index.html">https://sportsknowhow.com/rules/index.html</a>
2	<a href="https://www.bodybuilding.com">https://www.bodybuilding.com</a>
3	<a href="https://www.livestrong.com/get-fit/">https://www.livestrong.com/get-fit/</a>
4	<a href="https://www.webmd.com/fitness-exercise/default.htm">https://www.webmd.com/fitness-exercise/default.htm</a>
5	<a href="http://www.yogabasics.com">www.yogabasics.com</a>
6	<a href="https://exrx.net/WeightTraining">https://exrx.net/WeightTraining</a>