

Syllabus: Sports for Life

Course Content

- Techniques / skills in the sport/ Aerobic Skills
- Meaning and Development of Strength, Speed, Endurance, Flexibility and Coordinative Abilities.
- Benefits of sports and physical activity: Effect of exercise on the body, balanced diet.

Reference:

1. Sports for Life: Developmental Sports Skills for Elementary Physical Education by Stephen A. Mitchell
2. Sports for Life: Fitness Management by Neeraj Mehta
3. Sports for Life: Comprehensive Physical Education for Lifelong Activity by Susan Bandy and Nan W. Fuchs
4. Sports for Life: Keeping Physically Active by K. Ravi

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