



	April	May	June/July
Content	<p>Management of Sporting Events</p> <p>Children & Women in Sports</p>	<p>Physical Education & Sports for CWSN (Children with Special Needs- Divyang)</p> <p>Biomechanics & Sports</p>	<p>Yoga as a preventive measure for lifestyle disease.</p> <p>Test & Measurement in Sports</p>
Learning Outcomes	<p>Management of Sporting Events</p> <p>1. Functions of Sports Events Management (Planning, Organising, Staffing, Directing & Controlling)</p> <p>2. Various Committees & their Responsibilities (pre; during & post)</p> <p>3. Fixtures and their Procedures – Knock-Out (Bye & Seeding) & League (Staircase, Cyclic, Tabular method) and Combination tournaments.</p> <p>4. Intramural & Extramural tournaments – Meaning, Objectives & Its Significance</p> <p>5. Community sports program (Sports Day, Health Run, Run for Fun, Run for Specific Cause & Run for Unity)</p> <p>Children & Women in Sports</p> <p>1. Exercise guidelines of WHO for different age groups.</p> <p>2. Common postural deformities-knock knees, flat foot, round shoulders, Lordosis, Kyphosis, Scoliosis, and bow legs and their respective corrective measures.</p> <p>3. Women’s participation in Sports – Physical, Psychological, and social benefits.</p> <p>4. Special consideration (menarche and menstrual dysfunction)</p> <p>5. Female athlete triad (osteoporosis, amenorrhoea, eating disorders).</p>	<p>Physical Education & Sports for CWSN (Children with Special Needs- Divyang)</p> <p>1. Organizations promoting Disability Sports (Special Olympics; Paralympics; Deaflympics)</p> <p>2. Concept of Classification and Divisioning in Sports.</p> <p>3. Concept of Inclusion in sports, its need, and Implementation;</p> <p>4. Advantages of Physical Activities for children with special needs.</p> <p>5. Strategies to make Physical Activities assessable for children with special needs.</p> <p>Biomechanics & Sports</p> <p>1. Newton’s Law of Motion & its application in sports</p> <p>2. Types of Levers and their application in Sports.</p> <p>3. Equilibrium – Dynamic & Static and Centre of Gravity and its application in sports</p> <p>4. Friction & Sports</p> <p>5. Projectile in Sports</p>	<p>1. Obesity: Procedure, Benefits & Contraindications for Tadasana, katichakrasana, Pawanmuktasana, Matsyasana, Halasana, Paschimottanasana, Ardha –Matsyendrasana, Dhanurasana, Ustrasana, Suryabhan pranayama.</p> <p>2. Diabetes: Procedure, Benefits & Contraindications for Katichakrasana, Pawanmuktasana, Bhujangasana, Shalabhasana, Dhanurasana, Supta vajrasana, Paschimottanasana Ardha-Mastendrasana, Mandukasana, Gomukhasana, Yoga Mudra, Ushtrasana, Kapalabhati.</p> <p>3. Asthma: Procedure, Benefits & Contraindications for Tadasana, Urdhwahastottansana, UttanMandukasana, Bhujangasana, Dhanurasana, Ustrasana, Vakrasana, Kapalbhati, Gomukhasana, Matsyasana, Anuloma-Viloma.</p> <p>4. Hypertension: Procedure, Benefits & Contraindications for Tadasana, Katichakrasana, Uttanpadasana, Ardha Halasana, Sarala Matyasana, Gomukhasana, UttanMandukasana, Vakrasana, Bhujangasana, Makarasana, Shavasana, Nadi-shodhan pranayam, Siti Pranayam.</p> <p>5. Back Pain and Arthritis: Procedure, Benefits & Contraindications of Tadasana, Urdhawahastootansaa, Ardha- Chakrasana, Ustrasana, Vakrasana, Sarala matsyendrasana, Bhujangasana, Gomukhasana, Bhadrasana, Makarasana, Nadi-Shodhana pranayama.</p> <p>Test & Measurement in Sports</p> <p>1. Fitness Test – SAI Khelo India Fitness Test in school: Age group 5-8 years/class 1-3: BMI, Flamingo Balance Test, Plate Tapping Test Age group 9-18yrs/ class 4-12: BMI, 50mt Speed test, 600mt Run/Walk, Sit & Reach flexibility test, Strength Test (Partial Abdominal Curl Up, Push-Ups for boys, Modified Push-Ups for girls).</p> <p>2. Measurement of Cardio-Vascular Fitness – Harvard Step Test – Duration of the Exercise in Seconds x 100/5.5 X Pulse count of 1-1.5 Min after Exercise.</p> <p>3. Computing Basal Metabolic Rate (BMR)</p> <p>4. Rikli & Jones- Senior Citizen Fitness Test</p> <ul style="list-style-type: none"> • Chair Stand Test for lower body strength • Arm Curl Test for upper body strength • Chair Sit & Reach Test for lower body flexibility • Back Scratch Test for upper body flexibility • Eight Foot Up & Go Test for agility • Six -Minute Walk Test for Aerobic Endurance <p>5. Johnsen – Methney Test of Motor Educability (Front Roll, Roll, Jumping Half-Turn, Jumping full-turn)</p>

Activity/Methodology	Lecture and class discussion -Power Point Presentation Lecture Art Integration – Create various committees for tournament make fixtures for the tournament.for your choice game Integrated with Commerce and Biology.	Lecture and class discussion Practical Work PowerPoint Presentation Art Integration: Students will keep a record of the fitness test of the class. Art Integration Make activity cum learning cards and write the following details in the table given below: S.No., Game ,fundamental skill Name, The Law of Motion, Integrated with Biology and Physics	Demonstration Powerpoint Presentation Group Discussion. Practical Work. Art Integration: Try to find the Sanskrit meaning of poses, asanas, kriya or pranayama. Students will write Procedure for Asanas, Benefits & Contraindication for any two Asanas for each lifestyle disease. Students will note down the results of the test Integrated with Sanskrit and Mathematics
Assessment	Pen Paper Test and demonstration of practical work.		

	August/ September	October/November	December
Content	Physiology & Injuries in Sports Psychology & Sports	Sports & Nutrition Training in Sports	
Learning Outcomes	Physiology & Injuries in Sports 1. Physiological factors determining components of physical fitness 2. Effect of exercise on the Muscular System 3. Effect of exercise on the Cardio-Respiratory System 4. Physiological changes due to aging 5. Sports injuries: Classification (Soft Tissue Injuries - Abrasion, Contusion, Laceration, Incision, Sprain & Strain; Bone & Joint Injuries - Dislocation, Fractures - GreenStick, Comminuted, Transverse Oblique & Impacted) Psychology & Sports 1. Personality; its definition & types (Jung Classification & Big Five Theory) 2. Motivation, its type & techniques. 3. Exercise Adherence: Reasons, Benefits & Strategies for Enhancing it 4. Meaning, Concept & Types of Aggressions in Sports 5. Psychological Attributes in Sports – Self-Esteem, Mental Imagery, Self-Talk, Goal Setting	Sports & Nutrition 1. Concept of balanced diet and nutrition 2. Macro and Micro Nutrients: Food sources & functions 3. Nutritive & Non-Nutritive Components of Diet 4. Eating for Weight control – A Healthy Weight, The Pitfalls of Dieting, Food Intolerance, and Food Myths 5. Importance of Diet in Sports-Pre, During and Post competition Requirements Training in Sports 1. Concept of Talent Identification and Talent Development in Sports 2. Introduction to Sports Training Cycle – Micro, Meso, Macro Cycle. 3. Types & Methods to Develop – Strength, Endurance, and Speed. 4. Types & Methods to Develop – Flexibility and Coordinative Ability. 5. Circuit Training - Introduction & its importance	Revision of the chapters
Activities/ Methodology	PowerPoint Presentation Lecture Discussion. Art Integration – Get information from newspapers regarding current injury to an International player. Integrated with Biology and Psychology	PowerPoint Presentation Lecture, Demonstration. Students will classify Nutritive and Non-Nutritive components of the Diet Practical Work. Art Integration: Online survey on sports person's diet. Online survey on the training schedule of Neeraj Chopra Integrated with Biology and Physics	Students will be divided into groups.The group members have to present the allotted chapters/ topics in the class. Peer assessment
Assessment	Pen Paper Test and practical work		