



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

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:

Topic	Program/Course name
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:

CO _n	Descriptions	Duration (Hours)	Cognitive Level
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	Apply warming up and warming down exercises in daily physical fitness activities.		
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	Apply stretching, rotation and flexibility exercises in daily physical fitness activities.		
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	Make use of acquired yoga asana skills and pranayama methods in daily lifestyle.		



M3.01	Understanding the effects and benefits of yoga asana and pranayama as preventive measures on various systems of human body.	8	Understanding
CO4	Utilize the acquired weight training skills for the development of muscular strength and development. Utilize the acquired skills in playing sports & games.		
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 Training by Mark Vella
2	Fitness for Life, Sixth Edition by Charles Corbin and Guy Le Masurier.
3	Asana Pranayama Mudra Bandha by Swami Satyananda Saraswati
4	Light on yoga by B.K.S . Iyengar
5	Puri, K, Candra., 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 fitness London: Allyn and Bacon Inc.
7	Fashey, Tomas D, Insel, Paul M, and Roth, Walton T (2005) Fit and well, New York: Mc Graw Hill Inc



Web Source Reference:

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