

PNS SCHOOL OF ENGINEERING & TECHNOLOGY, KENDRAPARA



LESSON PLAN SUB: SPORTS AND YOGA SESSION: 2024-25 1ST Semester Branch: CE, CSE, ETC

TEACHER: Er. Madhusmita Nayak, Er. Balaram Das, Er. Sushree Sangita Tripathy, Er. Gyana Ranjan Das

Lecture No.	Chapter	Name of event
1	Ch.1. Physical Fitness, Wellness & Lifestyle	Meaning & Importance of Physical Fitness & Wellness
2		Components of Physical fitness, Components of Health-related fitness, Components of wellness
3		Preventing Health Threats through Lifestyle Change, Concept of Positive Lifestyle
4	Ch.2. Postures	Meaning and Concept of Postures.
5		Causes of Bad Posture.
6		Concept & advantages of Correct Posture.
7	Ch.3. Yoga	Meaning & Importance of Yoga, Elements of Yoga
8		Introduction - Asanas, Pranayama, Meditation & Yogic Kriyas
9		Yoga for concentration & related Asanas (Sukhasana)
10		Yoga for concentration & related Asanas (Tadasana)
11		Yoga for concentration & related Asanas (Padmasana)
12		Yoga for concentration & related Asanas (Shashankasana)
13		Relaxation Techniques for improving concentration - Yog-nidra
14	Ch. 4. Yoga & Lifestyle	Asanas as preventive measures
15		Hypertension: Tadasana, Vajrasana, Pavan Muktasana, Ardha Chakrasana, Bhujangasana, Shavasana
16		Obesity: Procedure, Benefits & contraindications for Vajrasana, Hastasana, Trikonasana, Ardh Matsyendrasana
17		Back Pain: Tadasana, Ardh Matsyendrasana, Vakrasana, Shalabhasana, Bhujangasana
18		Diabetes: Procedure, Benefits & contraindications for Bhujangasana, Paschimottasana, Pavan Muktasana, Ardh Matsyendrasana.
19		Asthma: Procedure, Benefits & contraindications for Sukhasana, Chakrasana, Gomukhasana, Parvatasana, Bhujangasana, Paschimottasana, Matsyasana.
20	Ch. 5. Training and Planning in Sports	Meaning of Training, warming up and limbering down
21		Skill, Technique & Style, Meaning and Objectives of Planning
22		Tournament – Knock-Out, League/Round Robin & Combination
23	Ch. 6. Sports Medicine	First Aid – Definition, Aims & Objectives.
24		Sports injuries: Classification, Causes & Prevention
25		Management of Injuries: Soft Tissue Injuries and Bone & Joint Injuries
26	Ch. 7. Sports / Games	Following sub topics related to any one Game/Sport of choice of student out of: Athletics, Badminton, Basketball, Chess, Cricket, Kabaddi, Lawn Tennis, Swimming, Table Tennis, Volleyball, Yoga etc.
		History of the Game/Sport. Latest General Rules of the Game/Sport.
27		Specifications of Play Fields and Related Sports Equipment.
28		Important Tournaments and Venues.
29		Sports Personalities.
30		Proper Sports Gear and its Importance.
Reference Books		1. Modern Trends and Physical Education by Prof. Ajmer Singh. 2. Light on Yoga By B.K.S. Iyengar. 3. Health and Physical Education – NCERT (11th and 12th Classes)