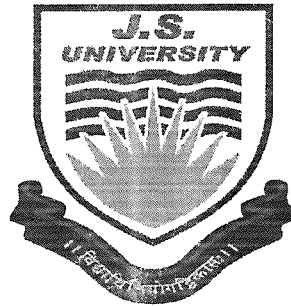


J.S. University, Shikohabad

Established by UP Govt. Act No. 07 of 2015

Recognized by U.G.C. under section 2 (f) of Act-1956



Value Added Course Sports for Life

Department of Physical Education

Sports for Life

Learning Outcome:

This Course will provide knowledge of Sports for life

Duration: 30 Hours. (Theory and Practical)

Course Outcomes: -

Maximum Exposure has to be given on Practical Oriented

After completion of the course the student shall be able to:-

1. Acquire values of cooperation, team spirit, determination, and endurance.
2. Acquire good health and psychological well-being through sports participation.
3. Apply the decision making-ability and goal-setting skills acquired through sports participation in everyday life.
4. Acquire skills for engaging in moderate or vigorous physical activity and sports participation.
5. Reduce exposure to screen time on electronic gadgets and channelizing energy through sports participation.

Syllabus Outline

Module-1

Rules and Techniques

Concept

Rules of the Sport, Techniques / skills in the sport/ Aerobic Skills

Practical

1. Marking of the court / field
2. Outdoor Adventure Activity
3. Skills learning in sports
4. Group Games / Relays
5. Participation in Intramural competitions

Module-2

Components of Fitness

Meaning and Development of Strength, Speed, Endurance, Flexibility and Coordinative

Abilities.

Practical

1. Skills learning and Participation in sports
2. Group Games / Relays / Minor games
3. Participation in Intramural competitions

Module-3

Benefits of sports and physical activity

Concepts

1. Effect of exercise on the body
2. Organizing of a sports competition
3. Balanced Diet

Practical

1. Skills learning and participation in sports
2. Group Games, / Relays / Step Aerobics
3. Participation in Intramural competitions

Module-4

Sports in Contemporary Times

Concepts


Honors and Awards associated with sports and sports persons

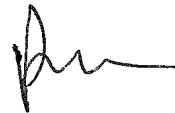
Practical


1. Skills learning and Participation in sports
2. Participation in Intramural competitions

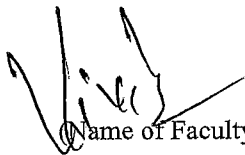
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5. Websites of International Sports Federations, Ministry of Youth Affairs and Sports Govt.of India


Dr. Vinod
Co-ordinator
Dr. Vinod


Dear
Academy
Dr. Anil Kumar


Dear Madam
Dr. Anil Kumar
Jind



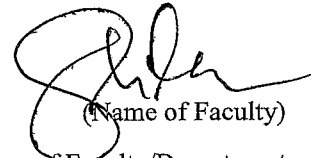
(Name of Faculty)

Course Coordinator



(Name of Faculty)

Dean Academics



(Name of Faculty)

Director/Principle/Dean of Faculty/Department