

|| Jai Sri Gurudev ||
Sri Adichunchanagiri First Grade College
Channarayapatna-573116

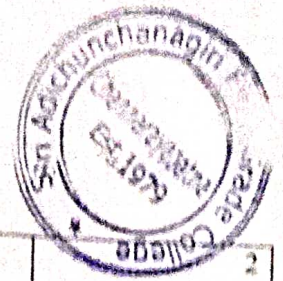


DEPARTMENT OF PHYSICAL EDUCATION

LESSON PLAN FOR THE ACADEMIC YEAR 2022-23

Program: BA, B.Sc. and B.Com.
Course/Paper Name: Health, Wellness, Sports & Yoga
Semester: Semester-1 SEC-1
No. of Credits: 02
Name of the Faculty: Bhaskara J.
Hours/Week: 3 hrs.

Activity Based Practical Course Content		
Unit	Methodology	Total Hours 42 Hrs.
Unit 1:- Introduction		
1. Meaning, Definition and Importance of Health & Wellness	Black board/ Lecture PPT/Mass Participation	2
2. Dimensions of Health and Wellness	Black board/ Lecture PPT/Mass Participation	2
3. Factors influencing Health and Wellness Physical Fitness, Nutrition, Habits, Age, Gender, Lifestyle	Black board/ Lecture PPT/Mass Participation	4
4. Health & Wellness through Physical Activities Sports, Games, Yoga, Recreation and Leisure time activities	Black board/ Lecture PPT/Mass Participation	4
5. Causes of Stress & Stress relief through Exercise and Yoga	Black board/ Lecture PPT/Mass Participation	2
Unit 2:- Practical's- Exercises for Health and Wellness		
1. Warm-Up and Cool Down - General & Specific Exercises	Mass Participation/Sports Ground	2
2. Physical Fitness Activities	Mass Participation/Sports Ground	2
3. Stretching Exercises	Mass Participation/Sports Ground	2
4. Strengthening Exercises	Mass Participation/Sports Ground	2



5. Cardiovascular Exercises	Mass Participation/Sports Ground	2
6. Flexibility and Agility Exercises	Mass Participation/Sports Ground	2
7. Assessment of BMI	Mass Participation/Sports Ground	2
8. Relaxation techniques	Mass Participation/Sports Ground	2
Unit 3:- Yoga		
1. Shitalikarna Vyayama	Mass Participation/Yoga Hall	3
2. Suryanamaskara	Mass Participation/Yoga Hall	3
3. Basic Set of Yoga Asanas	Mass Participation/Yoga Hall	3
4. Basic Set of Pranayama & Meditation	Mass Participation/Yoga Hall	3

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ಆಸ್ತಿ ಸಂಖ್ಯೆ: 573116

W. J. M. K.
Principal
Sri Adichunchanagiri First Grade Collage
Channarayana-573116

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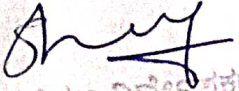


DEPARTMENT OF PHYSICAL EDUCATION

LESSON PLAN FOR THE ACADEMIC YEAR 2022-23

Program: BA, B.Sc. and B.Com.
Course/Paper Name: Sports
Semester: Semester-2 SEC-1
No. of Credits: 02
Name of the Faculty: Mr.J.Bhaskara
Hours/Week: 3 hrs.

Activity Based Practical Course Content		
Topic	Methodology	Total Hours 42 Hrs.
Physical Education & Sports		
1. Conditioning Exercises	Mass Participation/Sports Ground	5
2. Aerobics & Calisthenics	Yoga Hall	5
3. One Major Game and One Indigenous Game (Basic Skills)	Mass Participation/Sports Ground	5
4. One Track/Field Event	Mass Participation/Sports Ground	5
5. Intramural Competitions	Mass Participation/Sports Ground	20
6. Project/Record	Black Board/ Mass Participation	1
7. Proficiency in particular Sport <ul style="list-style-type: none">➤ Rules & Regulations➤ Marking & Ground Management➤ Officiating	Black Board/ Mass Participation	1


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ಚನ್ನರಾಯಪಟ್ಟಣ-573 116


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