

VAC: SPORTS: DIVERSITY AND INCLUSIVITY

Credit distribution, Eligibility and Pre-requisites of the Course

Course title & Code	Credit	Credit distribution of the Course			Eligibility Criteria	Pre-requisite of the course
		Lecture	Tutorial	Practical / Practice		
SPORTS: DIVERSITY AND INTEGRITY	02	0	0	2	Pass in Class 12 th	Nil

Learning Objectives

The Learning Objectives of this course are as follows:

- Engage students in para-sports, adventure activities, diverse sports and mass activities.
- Capacity building to face the challenges of life and bringing values in action.
- Inculcate critical thinking and quick decision making.
- Promote sports culture and inclusiveness among youth.

Learning Outcomes

After completing the course, the student shall be able to:

- Understand the rules and strategies employed in para-sports, adventure activities, diverse sports and mass activities.
- Apply fitness principles, stress management strategies and prioritize well-being.
- Create mechanisms for group dynamics and team building.
- Exposure to para-sports leading to awareness and greater sensitivity.

Unit-I: MASS ACTIVITIES

(16 hours)

Mass participation and demonstration of activities focusing on group dynamics, cooperation and team building

On Field Practical

- Aerobics
- Bhartiyam
- Calisthenics
- Mass Yogasana
- Clap / command activities
- Rhythmic body tap activities

Participation in mass activities.

Unit-II: Adventure Sports

(16 hours)

Balancing body, mind and spirit.

On Field Practical

- Challenger Circuit
- Partner Race (e.g. hula hoop race, three-legged race)
- Rope climbing
- Crawling race
- Adventure wall / net climbing

Participation in Adventure Activities.

Unit-III: Diversity in Sports**(16 hours)**

Encouraging fair play among youth.

On Field Practical

Sports Based Activities

- Dribble and Shoot
- Knoch Basketball
- Kehtel Softball Fielding and Throwing
- Philip Summer Bowling
- AAPHER Football
- Russell- Lange Volleyball

Participation in sports-based activities, apart from the above, depending on the logistics

Unit-IV: Inclusive Sports**(12 hours)**

Exposure to para-sports and games leading to awareness and greater sensitivity

On Field Practical

- Blind fold dodgeball
- Blind Cricket
- Single hand throw ball
- Langri Kabaddi
- Hand lock Games
- Innovative inclusive activities

Participation in para sports activities.

Practical /Practice Component**(30 sessions of 02 hours each= 60 hours)**

Note: The concepts should be explained in the practical classes through various games and sports activities.

Examination scheme and mode: Subject to directions from the University of Delhi from time to time.