

VAC: SPORTS FOR LIFE

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 for Life	02	0	0	2	Pass in Class 12 th	Nil

Learning Objectives

The Learning Objectives of this course are as follows:

- Imbibe the significance of sports in promoting health, fitness, and wellness in life.
- Understand the values of teamwork, tolerance, goal-setting and decision making.
- Learn the strategies and tactical moves in sports helping in decision making.
- Understand the importance of physical activities in reference to the 3S: Strength, Speed and Suppleness.

Learning Outcomes

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

- Acquire values of cooperation, team spirit, determination and endurance.
- Attain good health and psychological well-being through sports participation.
- Apply the decision making-ability and goal-setting skills acquired through sports participation in everyday life.
- Combine lifelong skills through sports participation while reducing screen time on electronic gadgets.

UNIT -1: Rules and Techniques

(16 hours)

Imparting Instructions regarding Rules of concern Sports Techniques/ skills in the sport.

On Field Practical

- Skills learning in concern sport
- Group Games/ Relays
- Practicing the concerned game / sport

UNIT- II: Components of Fitness

(16 hours)

Understanding and Development of Strength, Speed, Endurance, Flexibility and Coordinative Abilities.

On Field Practical

- Participation in sports activities for Fitness

- Group Games / Step Aerobics
- Practicing the concerned game / sport

UNIT- III: Benefits of Sports and Physical Activities

(16 hours)

Effect of exercise on the body in practice, Awareness about Balance Diet and Organizing of a sports competition

On Field Practical

- Skills learning and participation in sports
- Group Activities / Relays/ Minor games
- Participation in Intramural competitions

UNIT- IV Sports in Contemporary Times

(12 hours)

Capacity building in sport skills and play of the concerned sport /game .

On Field Practical

- Skills learning and Participation in sports
- Participation in Intramural competitions

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, choice of sport / game depending upon the logistics available.

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