

## VAC 1: SPORTS FOR LIFE - I

### Credit distribution, Eligibility and Pre-requisites of the Course

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course
		Lecture	Tutorial	Practical/ Practice		
Sports for Life - I	02	0	0	2	Pass in Class 12 <sup>th</sup>	NIL

### Learning Objectives

The Learning Objectives of this course are

- To imbibe the significance of sports to promote health, fitness and wellness in life.
- To understand the values of teamwork, tolerance, goal-setting and decision making.
- To learn the strategies and tactical moves while playing a sport.
- To understand the importance of physical activity in reference to 3S: strength, speed and suppleness.

### Learning outcomes

The learning Outcomes of this course are

- Acquire values of cooperation, team spirit, determination, and endurance.
- Acquire 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.
- Acquire skills for engaging in moderate or vigorous physical activity and sports participation.
- Reduce exposure to screen time on electronic gadgets and channelising energy through sports participation.

SYLLABUS OF SPORTS LIFE 1  
ONLY PRACTICAL

**UNIT – I: Rules and Techniques**

**(4 Weeks)**

**Concept**

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

**Practical**

- Marking of the court / field
- Outdoor Adventure Activity
- Skills learning in sports
- Group Games / Relays
- Participation in Intramural competitions

**UNIT – II: Components of Fitness**

**(4 Weeks)**

**Concepts**

- Meaning and Development of Strength, Speed,
- Endurance, Flexibility and Coordinative Abilities.

**Practical**

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

**UNIT – III: Benefits of sports and physical activity**

**(4 Weeks)**

**Concepts**

- Effect of exercise on the body
- Organizing of a sports competition
- Balanced Diet

**Practical**

- Skills learning and participation in sports
- Group Games, / Relays /Step Aerobics
- Participation in Intramural competitions

**UNIT – IV Sports in Contemporary Times**

**(3 Weeks)**

**Concepts**

- Honours and Awards associated with sports and sportspersons

**Practical**

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

**Practical component : 30x2 (15 weeks)**

The concepts are to be dealt with during the practical/practice classes: Aerobics and Physical Activity, Athletics, Archery, Badminton, Basketball, Boxing, Chess, Carrom, Cricket, Football, Handball, Hockey, Kabaddi, Kho-Kho, Swimming, Shooting, Squash, Table-Tennis, Tennis, Taekwando, Volleyball, Wushu, Wrestling etc.

**Suggestive readings**

- James R Morrow Jr., Dale P. Mood, James G. Disch, Minsoo Kang - Measurement and Evaluation in Human Performance-Human Kinetics Publishers (2015)
- W.Larry Kenney, Jack H. Wilmore, Devid L.Costil.(2015). Physiology of Sports and Exercise, Second Edition. USA.Human Kinetics.
- Wener W.K. Hoeger, Sharon A. Hoeger - Fitness and Wellness-Cengage Learning (2014)
- Kansal DK (2012).A practical approach to Measurement Evaluation in Physical Education & Sports selection. Sports & Spiritual Science Publications, New Delhi.
- Websites of International Sports Federations, Ministry of Youth Affairs and Sports Govt. of India

**Examination scheme and mode: Subject to directions from the Examination Branch/University of Delhi from time to time**

