

<p style="text-align: center;">May-June</p> <p>Unit 3 Yoga as preventive measure for lifestyle disease</p>	<p>Obesity</p> <p>Diabetes</p> <p>Asthma</p> <p>Hypertension</p> <p>Back pain & arthritis</p>
<p style="text-align: center;">July</p> <p>Unit 4. Physical Education & Sports for CWSN (Children with special needs – Divyang)</p> <p>Unit 5 Sports & Nutrition</p>	<p>Organization promoting disability sports (special Olympics, Paralympics, deaflympics)</p> <p>Concept of classification and divisioning in sports</p> <p>Concept of inclusion in sports, its need, and implementation</p> <p>Advantages of physical activities for children with special needs</p> <p>Strategies to make Physical Activities Assessable for children with special Needs</p> <p>Concept of Balanced Diet & Nutrition</p> <p>Macro & micro nutrients : food sources & functions</p> <p>Nutritive & non nutritive components of diet</p> <p>Eating for weight control – a healthy weight, the pitfalls of dieting, food intolerance and food myths</p> <p>Importance of diet in sports – Pre, During and Post Competition Requirement</p>
<p style="text-align: center;">August</p> <p>Unit 6 Test & Measurement in sports</p>	<p>Fitness Test – SAI Khelo India Fitness Test</p> <p>(Age group 5-8 years BMI, Flamingo balance test, plate tapping test. Age group 9-18 years BMI/ 50 mts sprint, 600 mts run/ walk, sit and reach flexibility test, partial abdominal curl up test, push-ups & modified push-ups)</p> <p>Measurements of cardiovascular fitness – Harvard Step Test</p>

<p style="text-align: center;">October</p> <p>Unit 9. Psychology & sports</p>	<p>Motivation, its types & techniques</p> <p>Exercise adherence – reason, benefits & strategies for enhancing it</p> <p>Meaning, concept & types of aggressions in sports</p> <p>Psychological attributes in sports – self esteem, mental imagery, self-talk, goal setting</p>
<p>Unit 10. Training in Sports</p>	<p>concept of talent identification and talent development in sports</p> <p>introduction to sports training cycle – micro, meso & macro cycle</p> <p>Types & methods to develop – strength, endurance and speed</p> <p>Types & methods to develop – flexibility & coordinative ability</p> <p>Circuit training – Introduction & its importance</p>

Practical (30 marks)

1. Physical Fitness Test – SAI Khelo India Test
2. Proficiency in Games & Sports (Skill of any one IOA recognized sports/games of choice)
3. Yogic practices
4. Record file
 - Practical 1 – Fitness test administration (SAI Khelo India Test)
 - Practical 2 – procedure for asanas, benefits & contraindication for any two asanas for each lifestyle disease
 - Practical 3 - any one IOA recognized sports/games of choice
5. Viva (Health, Games & sports, Yoga)