

SPORTS FOR LIFE

VALUE ADDED COURSE:2022-23

BASKETBALL

Course Objectives: SPORTS FOR LIFE

- 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.

Syllabus of *Sports for Life - I*

Unit I: Rules and Techniques Practical/Practice hours

(30 x 2 =60 hours)

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

16 hours

Unit II: Components of Fitness

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

16 hours

Unit III: Benefits of sports and physical activity

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

16 hours

Unit IV: Sports in Contemporary Times

Concepts

- Honours and Awards associated with sports and sportspersons

Practical

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

12 hours

Note

- **The concepts are to be dealt with during the practical/practice classes.**
- The list of suggestive sports: 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.

RULES OF THE SPORT

- Marking of the court / field

- Outdoor Adventure Activity
- Skills learning in sports