

# LESSON PLAN

SUBJECT: SPORTS & YOGA

BRANCH: COMMON

SEMESTER: 1<sup>ST</sup> (2025-26)


NAME OF THE FACULTY: BISWANATH PADHI



## GOVERNMENT POLYTECHNIC, BHADRAK

  
HOD, Humanities & Sc

  
Academic Coordinator  
**Academic Co-ordinator**

  
Principal  
Govt. Polytechnic, Bhadrak

# LESSON PLAN

## Session: 2025 – 26(Winter)

<b>Course Name</b> : Sports & Yoga	<b>Name of the Faculty:</b> Biswanath Padhi
<b>Course Code</b> : PR 5(a)	
<b>Semester</b> : 1 <sup>st</sup> Semester (odd)	<b>Session</b> : Winter (2025-26)
<b>Periods/Week</b> : 2	<b>Date</b> : 06-08-2025 to 04-12-2025
<b>Total Periods</b> : 30	<b>No of Credits</b> : 1

Week	Class	Topics to be Covered
1	1	Meaning & Importance of Physical fitness & Wellness , Components of Physical fitness
	2	Components of Health related fitness, Components of wellness
2	1	Preventing Health Threats through lifestyle change, Concept of Positive Lifestyle
	2	Meaning and Concept of Postures. Causes of Bad Postures. Concept & advantages of Correct Posture.
3	1	Meaning & Importance of Yoga, Elements of Yoga
	2	Introduction -Asanas , Pranayama, Meditation & Yogic Kriyas
4	1	Yoga for Concentration & related Asanas (Sukhasana; Tadasana; Padmasana & Shashankasana)
	2	Relaxation Techniques for improving concentration -Yog-nidra
5	1	Yoga & Lifestyle: Asanas as preventive measures. Hypertension: Tadasana ,Vajrasana, Pavana Muktasana.
	2	Ardha Chakrasana, Bhujangasana, Shavasana.
6	1	Obesity: Procedure, Benefits & Contraindications for Vajrasana ,Hastasana, Trikonasana ,Ardh Matsyendrasana.
	2	Back Pain : Tadasana ,Ardh Matsyendrasana, Vakrasana, Shalabhasana. Bhujangasana.
7	1	Diabetes: Procedure, Benefits & Contraindications for Bhujangasana, Paschimottasana ,Pavan Muktasana ,Ardh Matsyendrasana.
	2	Asthma: Procedure, Benefits & Contraindications for Sukhasana, Chakrasana ,Gomukhasana.
8	1	Parvatasana , Bhujangasana, Paschimottasana, Matsyasana.
	2	Training and Planning in Sports Meaning of Training
9	1	Warming up and limbering down
	2	Skill, Technique & Style
10	1	Meaning and Objectives of Planning
	2	Tournament - Knock-Out, League/Round Robin & Combination.



11	1	Sports Medicine First Aid- Definition ,Aims & Objectives
	2	Sports injuries: Classification, Causes & Prevention.
12	1	Management of Injuries: Soft Tissue Injuries and Bone & Joint Injuries
	2	Following sub topics related to any one Game/Sport of choice of student out of : Athletics , Badminton ,Basketball ,chess, Cricket,Kabaddi,Lawn Tennis, Swimming,Table Tennis, Volleyball, Yoga etc. History of the Game/Sport.
13	1	Latest General Rules of the Game/Sport.
	2	Specifications of Play Fields and Related Sports Equipment.
14	1	Important Tournaments and Venues.
	2	Sports Personalities.
15	1	Proper Sports Gear and its Importance.
	2	Record Checking and Doubt Clear Class.

*Biswanath Padma*  
Signature of the Faculty