

25SP101: Yoga & Physical Fitness

w. e. f. Academic Year:	2025-26
Semester:	1/2
Category of the Course:	Sports/NCC/NSS
Prerequisite:	Basic physical ability and willingness to participate in structured physical activity sessions.
Rationale:	To promote holistic development by enhancing physical fitness, mental well-being, and teamwork through yoga and sports activities.

Course Outcomes:

After Completion of the Course, Student will be able to:

	Course Outcome (CO)	RBT Level (Cognitive Domain)
CO1	Perform foundational yoga asanas with correct posture and breathing to enhance flexibility, stability, and posture.	Apply
CO2	Practice and demonstrate basic Pranayama and meditation techniques for stress reduction and mental focus.	Apply
CO3	Execute structured fitness and aerobics routines to improve strength, endurance, and physical conditioning.	Apply
CO4	Demonstrate rules, techniques, and skills of indoor games such as Chess, Carrom, and Table tennis.	Apply
CO5	Participate effectively in outdoor sports activities demonstrating physical coordination, teamwork, and game strategies.	Apply
CO6	Participate in intra-class and inter-class yoga and sports competitions with sportsmanship, discipline, and collaborative spirit.	Apply

Teaching and Evaluation Scheme:

Teaching Scheme					Examination Scheme				
L	T	P	C	Hrs/Week	IE	Theory	CIA	Practical	Total Marks
-	-	2	0	2	-	-	30	20	50

IE: Internal Evaluation

Theory: Theory Exam (End Semester)

CIA: Continuous Internal Assessment

Practical: Practical Exam (End Semester)

Detailed Syllabus:

Topic		Hrs.	% of Weightage
UNIT: 1	Yoga Practice	06	12
Objective: To improve flexibility, balance, and body awareness through foundational yoga practice. Session Focus: <ul style="list-style-type: none"> Standing Asanas: Tadasana, Vrikshasana, Trikonasana. Sitting Asanas: Padmasana, Vajrasana, Ardha Matsyendrasana, Sukhasana, Sarvangasana, Virbhadrasan. 			

<ul style="list-style-type: none"> • Supine & Prone Asanas: Bhujangasana, Shalabhasana, Setu Bandhasana. • Surya Namaskar practice (3–6 rounds) • Relaxation: Savasana and guided cool-down. 			
UNIT: 2	Pranayama & Meditation	04	20
Objective: To enhance mental clarity, breath control, and stress management. Session Focus: <ul style="list-style-type: none"> • Anulom Vilom, Nadi Shodhana, Bhramari, Kapalbhathi • Ujjayi, Sheetali techniques • Mindfulness meditation (5–15 min) • Guided body-scan and sitting meditation 			
UNIT: 3	Strength & General Fitness	04	14
Objective: To build strength, endurance, and cardiovascular health through exercises and aerobics. Nutrition and Diet, Fitness Injury and Rehabilitation. Session Focus: <ul style="list-style-type: none"> • Bodyweight Exercises: <ul style="list-style-type: none"> ○ Push-ups, Squats, Planks, Jumping Jacks, Lunges • Circuit Training: 3–4 stations • Aerobics Session (music-based cardio: 20–30 minutes): <ul style="list-style-type: none"> ○ Rhythmic movement routines ○ Low-impact and high-intensity variations • Cool-down & flexibility drills • Fitness check (e.g. Cooper run test or flexibility test) 			
UNIT: 4	Indoor Games	04	20
Objective: To develop mental strategy, coordination, and indoor sports skills. Games Practiced: <ul style="list-style-type: none"> • Chess, Carrom, Table Tennis (Singles & Doubles) Session Focus: <ul style="list-style-type: none"> • Rule explanation, grip, movement, service drills • Round-robin style practice matches • Rotation through each indoor sport station • Intra-class mini-tournaments 			
UNIT: 5	Outdoor Games	06	14
Objective: To improve teamwork, stamina, and game play technique. Games Covered: <ul style="list-style-type: none"> • Football, Volleyball, Throw ball, Handball Session Focus: <ul style="list-style-type: none"> • Technical drills: <ul style="list-style-type: none"> ○ Dribbling, passing, shooting (Football/ Throw ball) ○ Serving, spiking (Volleyball) ○ Throwing & catching (Handball) 			

<ul style="list-style-type: none">Practice matches: small teamsTeam strategy sessions & basic rules explanation			
UNIT: 6	Intra & Inter-Class Competitions	06	20
Objective: To apply learned skills in competitive settings and build sportsmanship. Session Focus: <ul style="list-style-type: none">Week 13:<ul style="list-style-type: none">Intra-class Yoga Demonstration CompetitionIndoor Games Finals (Carrom, Chess, TT)Week 14:<ul style="list-style-type: none">Outdoor Games Semi-finals and FinalsYoga Team Sequence Challenge (synchronized asanas)Week 15:<ul style="list-style-type: none">Inter-Class CompetitionsMedal/Certificate Distribution			
		30	100

List of Activity:

	Topic	Hrs
1	Introduction + Warm-up + Basic Standing Yoga Asanas (Tadasana, Vrikshasana, Trikonasana)	2
2	Sitting and Prone Asanas (Sukhasana, Sarvangasana, Virbhadrasana, Padmasana, Vajrasana, Bhujangasana, Setu Bandhasana) + Relaxation (Savasana)	2
3	Surya Namaskar Practice (3–6 rounds) + Group Asana Practice + Cool-down	2
4	Pranayama Basics: Mindfulness Meditation + Guided Meditation	2
5	Nutrition and Diet, Fitness Injury and Rehabilitation.	2
6	Strength Exercises: Push-ups, Squats, Planks, Jumping Jacks + Circuit Training	2
7	Aerobics Session + Flexibility Drills + Endurance Test	2
8	Indoor Games Introduction: Carrom and Chess – Rules, Techniques, Practice Matches	4
9	Table Tennis Basics + Practice Matches (Singles & Doubles) + Mini Indoor Tournament	4
10	Outdoor Games Fundamentals: Football drills – dribbling, passing, shooting + Team Practice	2
11	Throw ball and Volleyball drills + Mini Matches + Game Strategy Discussions	2
12	Handball skills + Mixed outdoor games rotation + Friendly matches	2
13	Intra-Class Yoga Competition + Indoor Games Knockouts (Carrom, Chess, TT)	2
14	Intra-Class Outdoor Sports Semi-finals and Finals + Yoga Group Sequence Challenge	2
15	Inter-Class Competitions (All Games + Yoga) + Prize Distribution + Feedback & Course Wrap-up	2
	Total	30

Course Outcomes Mapping:

CO	Course Outcome (CO)	POs/ PSOs Mapped	Cognitive Level (RBT)	Knowledge Category	Activity Sessions (Hrs)
CO1	Perform foundational yoga asanas with correct posture and breathing to enhance flexibility, stability, and posture.	PO1, PO6, PO7, PO9, PO10, PSO1	Apply	Procedural	6
CO2	Practice and demonstrate basic Pranayama and meditation techniques for stress reduction and mental focus.	PO1, PO6, PO7, PO8, PO10, PSO1	Apply	Procedural	4
CO3	Execute structured fitness and aerobics routines to improve strength, endurance, and physical conditioning.	PO1, PO6, PO7, PO9, PO10, PSO1	Apply	Procedural	4
CO4	Demonstrate rules, techniques, and skills of indoor games such as Chess, Carrom, and Table tennis.	PO1, PO2, PO6, PO9, PO10, PSO1, PSO2	Apply	Procedural	4
CO5	Participate effectively in outdoor sports activities demonstrating physical coordination, teamwork, and game strategies.	PO1, PO6, PO7, PO9, PO10, PO11, PSO1, PSO2	Apply	Procedural	6
CO6	Participate in intra-class and inter-class yoga and sports competitions with sportsmanship, discipline, and collaborative spirit.	PO6, PO8, PO9, PO10, PO11, PSO2	Apply	Procedural	6

Mapping of COs with POs & PSOs:

CO	PO												PSO	
	1	2	3	4	5	6	7	8	9	10	11	12	1	2
CO1	3	-	-	-	-	3	2	-	2	2	-	-	3	-
CO2	3	-	-	-	-	3	2	2	-	2	-	-	3	-
CO3	3	-	-	-	-	3	2	-	3	2	-	-	3	-
CO4	3	2	-	-	-	3	-	-	3	2	-	-	3	3
CO5	3	-	-	-	-	3	2	-	3	3	2	-	3	3
CO6	-	-	-	-	-	3	-	2	3	3	2	-	-	3

3: High, 2: Medium, 1: Low