



CERTIFICATE COURSE ON SPORTS PERFORMANCE PROGRAM

Course Objectives

1. Develop better game understanding including strategy & decision-making skills.
2. Educate on optional nutrition for performance & recovery.
3. Introduce effective recovery methods such as stretching; hydration & rest to enhance overall performance. To strengthen the approaches and framework on disaster handling.

Course Outcomes

After completing this Course, students will be able to:

1. Reduce risk of injury through better technique & preventative exercise.
2. Better understanding of dietary needs & how they impact performance & recovery.

Syllabus (30 Hours Total)

Module No.	Module Name	Contents (Topics Covered)	Hours
Module 1	Physical Education	- Introduction to Physical Education - Human Anatomy - Motor Skill Development - Outdoor Education	04
Module 2	Fitness Exercise	- Importance of preparing the body. - Dynamic Stretching. - Light Cardio Warm-Ups. - Cool-down Stretches for Recovery - Strength training Exercises - Cardiovascular Exercises - Flexibility & Mobility Exercises - Balance & Coordination Exercises	05
Module 3	Exercise Physiology	- Cardiovascular responses to exercise - Energy System in the Human Body - Respiratory responses to Exercise - Muscular System & Exercise - Training Adaptation	04
Module 4	Yoga	- Introduction to Yoga - Types of Yoga - Yoga Asanas - Pranayama	

		- Meditation & Relaxation	05
Module 5	Diet	- Introduction to Diet - Balance Diet - Micronutrients - Macronutrients - Sports Nutrition - Dietary & Lifestyle Diseases	04
Module 7	Sports Injuries	- Types of Sports Injuries - Causes of Sports Injuries - Prevention of Sports Injuries - First Aid & Immediate Management - Rehabilitation of Sports Injuries	04
Module 8	Olympics	- History of the Olympics Games - Organisation of the - Olympics symbols & traditions - Types of Olympics Games - Major Olympics Events & Sports - Famous Olympic Personalities	04

Teaching Methods

- Lectures and Interactive Discussions
- Demonstrations and Practical Sessions
- Group Exercises

Evaluation

- Class participation and attendance – 20 Marks
- Practical Performance – 20 Marks

Total: 40 Marks

Certificate will be provided to students who will score 40% of the total marks i.e. 16 marks