

Govt. College, Chhattar
Lesson Plan (2025-26)
Even Semester

Name of Assistant Professor: Ankit

Class: B.A. 3rd Year (NEP-2020)

Semester: 6th (VOC-3) Course Type- VOC-3

Subject: Sports For Life(B23-VOC-607)

Month	Topics
January 2026	
February 2026	Unit-1 Foundations of Physical Fitness for Lifelong sports Components of Physical Fitness : cardiovascular endurance, strength, flexibility and body composition
March 2026	Principles of exercise : warming up, cooling down and Injury prevention Role of sports in managing lifestyle diseases like Obesity, hypertension, and diabetes

	Important of nutrition, Hydration and recovery for maintaining fitness.
April 2026	<p>Unit-2 Skills for sports and Physical Activities</p> <p>Fundamental skills and sports specific techniques for lifelong sports(swimming, badminton and tennis)</p> <p>Basic rules , regulations and safety measures in recreational and competitive sports.</p> <p>Importance of fair play, ethics and inclusion in sports.</p> <p>Adaptations of sports for differently abled and elderly individuals.</p>
May 2026	<p>Unit-3 Promotion and sustainability of sports for life</p> <p>Strategies to promote sports culture in schools , colleges and communities.</p> <p>Role of sports in achieving sustainable development goals(SDGs)</p> <p>Careers in sports : coaching, fitness training ,event management and officiating.</p> <p>Use of technology and digital platforms to enhance sports participation.</p>

V. Shakti