

# GUJARAT TECHNOLOGICAL UNIVERSITY

## BRIDGE COURSE STATE CADET CORPS B.E. 1<sup>st</sup> YEAR (w.e.f July 2014)

### CONTENTS:

| Sr. No. | Subject Content                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
|---------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1.      | <b>Physical Fitness</b><br><b>Battery test of boys</b><br>50 m run, 1600 m walk/run, Standing broad jump, sit ups, Pushups,<br><b>Battery test of girls</b><br>50 m run, 1600 m walk/run, Standing broad jump, sit ups, sit and reach<br>suggestive measures for improvement and re-evaluation<br><b>Body mass index</b><br>Jogging, rotation, stretching, jumping, and resistance exercise                                                                                                                                                                                                                                                                                                                                                       |
| 2.      | <b>Yoga</b><br><b>a. Pranayams:</b><br>bhastrika, anulom-vilom, kapalbhati, bahya, agnisar, bramri, udgit, ujjai<br>shitli, sitkari<br>nadisodhan, karnrogantak, suryabhedhi, chandra bhedi etc .<br><b>b. Asanas;</b><br><b>Standing Postures:</b> Garudasan, trikonasan, dhruvasan, natrajasan.<br><b>Sitting Postures:</b> yogmudrasan, baudhpadmasan, vakrasan,<br>ardhmasendrasan,<br>vajrasan, kukutasan, sidhasan, kapotasan, marjarasan<br><b>Prone Posture</b> Naukasan(viprit), bhekasana, dhanurasana, salbhasana,<br>bhujangasana<br><b>Spine Posture:</b> Naukasan,sarvangasana,halasana,matsyasan,vipritkarni<br><b>Surya Namaskar</b><br>Relaxation exercises and Savasana is compulsory between the yoga and at<br>end of Session |
| 3.      | <b>Tree plantation</b><br>Focus should be made on native tree plant i.e. Neem, banayan, pepal, ,<br>gulmahor,son mahor etc.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| 4.      | <b>Thalassemia Awareness &amp; Testing</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |

### Course Planning :-

#### Bridge Course duration : 04 Weeks

SCC will comprise of:

- Field Trips/ Practical Training

**Week 1-2:** Battery Test should be completed, Practical classes of YOGA

**Week 3:** Practical classes of YOGA, Tree plantation

**Week 4:** Practical classes of YOGA, Thalassemia Awareness & Testing

### **Evaluation of Bridge course**

- Based on Battery test and YOGA performance

### **Rubrics for the evaluation :**

| Sr. No. | Evaluation Criterion                 | Marks |
|---------|--------------------------------------|-------|
| 01.     | Physical Fitness and Body Mass Index | 20    |
| 02.     | Yoga                                 | 20    |
| 03.     | Tree plantation                      | 05    |
| 04.     | Thalassemia Awareness & Testing      | 05    |
|         | <b>Total</b>                         | 50    |

### **Learning Resources :-**

#### **Course Material :-**

- Presentations, Video and Course planning are provided.

#### **Books:-**

1. Yoga - Its philosophy and practice : Swami Ramdev
2. Pranayam Rahasya : Swami Ramdev
3. Physical fitness and wellness : Dr.P.M.Kasundra and Shree K.R.PATEL
4. Test measurement and evaluation : Dr.P.M.Kasundra and Shree K.R.PATEL
5. Test and measurement in physical education : Dr.Abhay Shreevastav
6. SPORTS SCIENCE , ISBN 978-93-5087-321-2 : Dr.Mukesh Patel
7. Yog and Aerobic are Medicine for Health : Dr.Mukesh Patel ISBN 978-93-5087-322-9
8. Physical education - An art and skill : Patel & Desai
9. Human physiology and sports science : Dr Pradhuman Bhatt.
10. Science of sports and medicine : Shree K.R.PATEL
11. Exercise physiology : Shree K.R.PATEL
12. Stress managment through yoga : Bharat thakur
13. Vyayam vigyan kosh-9 : Gujarat Vyayam Pracharak Mandal
14. Sports Diet : Shree K.R.PATEL