

	Intolerance & Food Myths		disability, physical disability) □ Types of Disorder, its cause & nature (ADHD, SPD, ASD, ODD, OCD) □ Disability Etiquettes □ Strategies to make Physical Activities assessable for children with special need.
5	Children & Women in Sports □ Motor development & factors affecting it □ Exercise Guidelines at different stages of growth & Development □ Common Postural Deformities - Knock Knee; Flat Foot; Round Shoulders; Lordosis, Kyphosis, Bow Legs and Scoliosis and their corrective measures □ Sports participation of women in India	7	Physiology & Injuries in Sports • Physiological factor determining component of Physical Fitness • Effect of exercise on Cardio Respiratory System • Effect of exercise on Muscular System • Sports injuries: Classification (Soft Tissue Injuries: (Abrasion, Contusion, Laceration, Incision, Sprain & Strain), Bone & Joint Injuries: (Dislocation, Fractures: Stress Fracture, Green Stick, Communated, Transverse Oblique & Impacted) Causes, Prevention & treatment • First Aid – Aims & Objectives
6	Test & Measurement in Sports ○ Motor Fitness Test – 50 M Standing Start, 600 M Run/Walk, Sit & Reach, Partial Curl Up, Push Ups (Boys), Modified Push Ups (Girls), Standing Broad Jump, Agility – 4x10 M Shuttle Run ○ Measurement of Cardio Vascular Fitness – Harvard Step Test/Rockport Test - <u>Duration of the Exercise in Seconds</u> $\times 100$ 5.5 x Pulse count of 1-1.5 Min after Exercise	9	Psychology & Sports • Personality; its definition & types – Trait & Types (Sheldon & Jung Classification) & Big Five Theory • Motivation, its type & techniques • Meaning, Concept & Types of Aggressions in Sports