

STEM Applied Learning Programme

Lesson Outline

STEM Theme	Applied Health Sciences
Module	4 (Sports Science: Basic)
Total Hours	12

No.	Topic
1	Introduction to health devices (Smokelyzer, blood pressure monitor)
2	Kettlebell Physics
3	Biomechanics of TRX- fitness training
4	Plyometric Exercises
5	Sports Sensor- Fitlight
6	Reaction Belt- Agility Training
7	Introduction to robotics technology & its relevance in sports and health science
8	Changing friction of a robotic vehicle
9	Changing power of a robotic vehicle
10	Wiring of a robotic vehicle
11	Project I (Prototyping a solution to challenges presented in given scenarios)
12	Project II