

## Body Science in Sports



### Material list to be kept ready for the workshop

Sl. No	Hands on Experiments – Material List	Quantity
<b>Colour-eye- coordination</b>		
1	Different coloured Sketch-pens/ crayons/ coloured pencils	5
2	A4 Sheet	1
<b>Auto- Balancing Coin</b>		
1	₹1 or ₹2 Coin	1
2	A firm ₹100/ ₹50/ ₹20 or a ₹10 note	1
<b>Balancing Joker</b>		
1	Thick cardboard sheet/ carton box sheet	1
2	A4 Sheet	1
3	Paper Clips	4
4	Empty disposable water bottle (optional)	1
5	Different coloured Sketch-pens/ crayons/ coloured pencils	Any
<b>Binocular Vision</b>		
1	A4 Sheet	2