

Sports like golf, rock climbing and mountaineering are rare/difficult to find access in Lucknow but Regional Science City's Sports gallery offers you life time opportunity through these exhibits- to climb rock wall with all safety gears and experience golf putting in an artificially created golf turf.



Here, with your concentration power, you can make a rocket launch. Also, virtually explore historical monuments of city of Nawabs while cycling here. All these exhibits help you to explore and understand how the cutting edge science & technology has made difference in sport world of today. Health & Education are prime ingredients of the quality of lives of people of a country. However sporting activity alone can extensively contribute to build a healthy nation.



arm wrestling
SPORTS
rock climbing
cricket

shooting
golf
visual acuity
football
basketball
bowling speed
cycling & weight loss

rope walk
virtual rowing

Walking
FITNESS
diet motivation
vitamin
vegetables



Regional Science City

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Sports & Fitness

Do you want to explore the sportsman hidden within or interested to check your bowling speed or compare it with Kapil Dev or Bhuneswar Kumar? Stop here. This seems to be an adventurous activity and you can experience all these challenges in "Sports and Fitness" gallery at Regional Science City, Lucknow.

Sporting activity involves physical ability, skill and progressive resistance training. If early Greek Olympian strived to become strongest person by lifting a calf every day as it grew, today's sports persons depend on highly specialised training supported by S&T inputs. Application of knowledge such as bio-mechanics, endurance and energy requirement, physiology, psychology, nutrition, counselling & aerodynamic principles in sports training give the cutting edge and improve the performance level of sports person.

As stated by Heywood Brown "Sports do not build character. They reveal it." Playing sports develops the mindset of team work, enhances skills sets and builds a respectable character, healthy body and mind. The new "Sports and Fitness" gallery spread over 370 square meter area, consists of hands-on,



colourful interactive and engaging, real time experience based exhibits. Specially designed exhibits and innovative technologies have been used to illustrate how science, technology and engineering could maximise sporting and fitness level.

As a sports person, one should have ability to respond quicker to any stimuli perceived through any of our senses. "Ready, Get, Set, Go", "Where does the sound come from", and "Visual Acuity" exhibits help you to check your reflex action in response to stimuli like sound, light, etc. Athletes having minimum reaction time turnout to be better sprinter.

Did you ever try balancing your body over a rod or rope? Here balancing is not an art but science. Experience this at "Walk on Rope" exhibit - full of fun and excitement. If you find difficult to balance, keep your body mass over the rope and stretch your hands horizontally.



If you want to enjoy outdoor sports indoor with real time experiencing, try out "Penalty Kicking" in a virtual football game or you can basket the ball as many times as you can in a preset time in the exhibit "Basket the Ball".

Story of sports does not just revolve around games but also on various aspects like nutrition, sports safety equipment, physical fitness etc. which one can explore through various exhibits displayed. Gymnasium inspires us to remain fit but have you ever wonder that gymnast can be inspired by a cat's skill. Check your landing skills in the exhibit "Land like a Cat" which should be flawless like gymnast. There are certain games that we grew playing. Try some of them at "Arm Wrestling" and "Check Your Endurance" exhibits.

