

PROFILE

Name of Firm DEPARTMENT OF PHYSICAL EDUCATION

Jamil Mohamed College, Tiruchirappalli - 620020

Tel.: _____

Fax: _____

The Record Name
Minutes of the Board
Diploma in Yoga and Fitness

Accounting Year
2005 - 2006

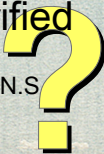
Incharge / Maintained by _____

Register contains record From _____ to _____

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Location: Tamilnadu, India
Date: 22-May-2023 16:38:50



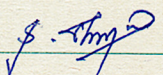
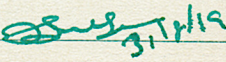
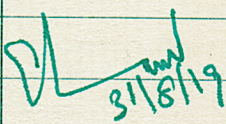
MINUTE BOOK

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मिनिट बुक

MEETING NO. / सभा नं

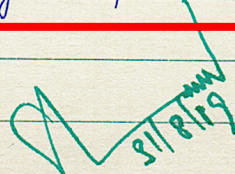
DATE / तारीख

RESOLUTION NO. ठराव नं	PRESENT MEMBERS AND RESOLUTIONS हजर सभासद व ठराव	REMARKS शेरा
	Minutes of the Board of Studies Meeting held on 31.08.2019 at 9.30 a.m. in the Department of Physical Education of Tamil Muslim College Trichy. 20.	
	Members Present:	
1.	Dr. B.S. Sha Yin Sha Chairman	
2.	Dr. J. Suganli Member	
	Member.	
3.	Dr. A. Palanisamy	
4.	Dr. R. Kalidasan University Nominee.	R. Kalidasan 31/8/2019
5.	Dr. K. Pradeep Kumar	K. Pradeep Kumar
6.	Mr. K. Killivalavan	K. Killivalavan
	The following are the resolutions passed in the meeting.	
	1. To approve the title and syllabus of the Generic Elective Papers and Course structure.	
	Paper I - Physical Training and Fitness Assessment.	
	Paper II - Fitness Through Yogic Practices.	

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R. Kalidasan
31/8/19

 31/8/19

K. Killivalavan
31/08/19

Jamal Mohamed College (Autonomous), Tiruchirappalli

Department of Physical Education

Generic Elective - I

PHYSICAL TRAINING AND FITNESS ASSESSMENT

Practical Paper

Subject Code : 20UPE3GE1P

Max. Marks : 100

Hours : 2 Hours per Week

Credits : 2

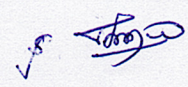
Course outcomes

- To Gain knowledge of the various fundamental concepts of Physical training and exercises.
- To get ideas about the basic concepts of exercises.
- To understand of the basic methods of conditioning.
- To identify the impacts of various exercises on Physical fitness.
- To obtain clear ideas about various methods of sports training.

Unit – 1	Fundamental exercises	6 Hours
	Warming-up exercises, Walking, jogging, running, Spot running, Free hand exercises, Hopping, Skipping, Bounding strides, High knee action, Side stepping, stepping on the bench, Stretching exercises Calisthenics and Cooling down exercises.	
Unit – II	Basic methods of conditioning	6 Hours
	Slow Continuous method, Fast Continuous method, Intensive Interval methods, Extensive Interval methods and Repetition method. Aerobics exercises and anaerobic exercises. Swimming, Cycling, Sand running, Uphill running and Fartlek training.	
Unit – III	Training Methods	6 Hours
	Weight training, Circuit training, Plyometric training and Resistance training - own body weight, with partners, with equipment. Barbell exercises, Dumbbell exercises, Swiss ball exercises and Medicine ball exercises.	
Unit – IV	Assessment of Physical Fitness	6 Hours
	Fitness tests: Speed - 50m run & 30m run; Strength – standing broad jump & standing shot put; Endurance – 12 minutes run & 2.4km run; Agility – shuttle run & zigzag run; Flexibility – sit and reach & forward bend and reach. AAPHERD Physical Fitness Test Battery. Beep test and Yo-Yo Endurance test.	
Unit – V	Health and Wellness Evaluation	6 Hours
	Height and weight measurements. Height and weight ratio. Body Mass Index and its Evaluation. Waist to Hip ratio. Waist circumference. Resting pulse rate (manual method).	

Text Books

1. American College of Sports Medicine (2006). *ACSM'S Guidelines for Exercise Testing and prescription*. (7th Ed) Philadelphia Pa : Lippincott, Williams & Wilkins
2. Dick, Frank W. (1980). *Sports training principles*. London: Henry Kimpton publishers.
3. Matreyev, L., (1981). *Fundamentals of Sports training*. Moscow: progress publishes
4. Singh, Hardayal, (1995). *Science of Sports training*. New Delhi: D.V.S. Publications.
5. Uppal, A.K., (1992). *Physical Fitness How to Develop*. New Delhi: Friends Publication.



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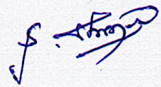
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Reference books / Web sources

1. Baechle, Thomas. R, & Earle, Roger.W., (2000). *Essentials of Strength Training and Conditioning*. Champaign: Human Kinetics.
2. Brooks, Douglas. S., (2004). *The Complete Book of Personal Training*. Champaign: Human Kinetics.
3. Don Franks. B. & Edward. T. Howley, (1989). *Fitness Facts: The Healthy Living Handbook*. Champaign: Human Kinetics.
4. Harre, Dietrich, (1982). *Principles of Sports training*. (ed). Berlin: Sportverlag.
5. James and Leona Hart, (2000). *Fitness and Wellness*. New Delhi: Goodwill Publishing House.
6. Sandler, David., (2010). *Fundamental Weight Training*. Champaign: Human Kinetics.

www.teachPE.com



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Jamal Mohamed College (Autonomous), Tiruchirappalli
Department of Physical Education
Generic Elective -II

FIT INDIA – FITNESS THROUGH YOGIC PRACTICES
Practical paper

Subject Code : 20UPE4GE2P

Max. Marks: 100

Hours : 2 Hours per Week

Credits : 2

Course outcomes

- To understand the techniques of suryanamaskar.
- To attain knowledge of the relaxative, cultural and meditative asanas.
- To gain knowledge of pranayama techniques.
- To understand the concept of kriyas practically.
- To get fair ideas about the mudras.

Unit-I Introduction to yoga 6 Hours
Prayer. Loosening exercises. Warming-up exercises. General guidelines for yoga practices. Difference between yogic practice and physical exercises. International Yoga day. Common yoga protocol. Suryanamaskar.

Unit – II Asanas 6 Hours
Techniques and benefits of asanas: Meditative asanas: Padmasana & Vajrasana; Relaxative asanas: Savasana & Makarasana; Cultural asanas: Bhujangasana, Salabhasana, Dhanurasana, Pascimotanasana, Vakrasana, Artha Matsyendrasana, Yogamudra, Viparitakarani, Sarvangasana, Mayurasana, Sirsasana, Chakrasana, Halasana and Tadasana.

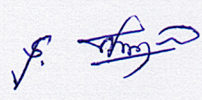
Unit – III Pranayama techniques 6 Hours
Techniques and benefits of Pranayama – Nadi Suddhi, Nadi Shodhana, Kapalabhati, Surya Bhedana, Bhastrika, Ujjayi, Bhramari, Sitkari and Sitali.

Unit – IV Meditation methods 6 Hours
Techniques and benefits of Meditation – Silent, Object, Mantra and Breathing. Transcendental Meditation, Buddhist Meditation, Zen Meditation

Unit – V Bandhas, Kriyas and Mudras 6 Hours
Bandha – Uddiyana Bandha, Jalandhara Bandha, Mula Bandha and Maha Bandha. Kriyas - Trataka, JalaNeti, Vamana Dhauti. Mudras - Chin Mudra, Chinmaya Mudra and Adi Mudra.

Text books

1. Author's guide, (2003). *Yoga – The Science of Holistic living*. Chennai: Vivekananda Kendra Prakashana trust
2. Chandrasekaran, K., (1999). *Sound Health through Yoga*. Sedapatti: PremKalyan Publications.
3. Gharote, M.L. & Ganguly, H. (1988). *Teaching methods for yogic practices*. Lonawala: Kaivalyadhama.
4. Iyengar, BKS., (2003). *The Art of Yoga*. New Delhi: Harper Collins Publishers.



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5. Karambelkar, P.V. (1984). *Patanjala Yoga Sutras – Translation and Commentary*. Lonavala: Kaivalyadhama, SMYM Samiti.
6. Mariayyah, P., (2000). *Suryanamaskar*. Perunthurai: Jaya Publishing House.
7. Natarajan, B. (1991). *TirumoolarThirumanthiram – Translation and Commentary in English*. Mylapore: Dr. Ramkrishna Math.
8. Saraswati, Niranjanananda. (2010). *Prana and Pranayama*, Mungaer: Bihar School of Yoga.
9. Saraswati, Satyananda. (2008). *Four Chapters on Freedom*, Mungaer: Bihar School of Yoga.
10. Swami Kuvalayananda, (1993). *Asanas*. Lonavala: Kaivalyadhama.

Reference books / Web Sources

1. Bhowmil, Sanjibkumar. (2012). *A text book on Yoga and Health*. Delhi: Sports publication.
2. Brown, F.Y. (2000). *How to use yoga*. Delhi: Sports Publication
3. Feuersten, Georg. (2002). *The yoga tradition*, Delhi: Motilalbanarsidass publishers.
4. Rajjan, S.M. (1985). *Yoga strengthening of relaxation for sports man*. New Delhi: Allied Publishers.
5. Shankar, G. (1998). *Holistic approach of yoga*. New Delhi: Aditya Publishers.
6. Shekar, K.C. (2003). *Yoga for health*. Delhi: KhelSahitya Kendra.

www.ayush.gov.in

www.yogamdniv.nic.in

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Jamal Mohamed College (Autonomous)

TIRUCHIRAPPALLI – 620 020

DEPARTMENT OF PHYSICAL EDUCATION

Generic Elective

COURSE STRUCTURE

S. No	Semester	Course Code	Course Title	Hours/ Week	Credits	Marks		Total
						CIA	ESE	
1	III	20UPE3GE1P	Physical training and fitness assessment	2	2	20	80	100
2	IV	20UPE4GE2P	Fitness through yogic practices	2	2	20	80	100
Total credits and marks					4			200

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