

Unit – V Assessment of Physical Fitness (Practical)

(6 Hours)

AAPHERD Physical Fitness Test Battery – Warm-up – (General & Specific Warm-up) Cool down – Body Mass Index and its Evaluation. #Muscular Strength – Muscular endurance – Cardio – Respiratory Endurance#

Self – Study Portion #-----#

Text Books

Unit – I

Uppal, A.K. **Science of Sports Training**, New Delhi: Friends Publication, 2009.

Unit – II

Tanpure Vishwambhar,S. **Anatomy, Physiology and Kinesiology in Physical Education**, New Delhi: Sports Publications, 2009.

Singh, Hardayal. **Science of Sports training**. New Delhi: D.V.S. Publications. 1995.

Unit – III

Rokade Pandharinath, R. **Health Education and Recreation in Physical Education**. New Delhi: Lakshay Publication, 2013.

Sivarakrishnan,S. **Anatomy and Physiology for Physical Education First Edition**, New Delhi: Friends Publication, 2006.

Unit – IV

Pachauri,S.K. **Sports Training and Coaching**. New Delhi: Commonwealth Publications, 1999.

Frank Dick, W. **Sports training Principals Fourth Edition**. New Delhi: Friends Publication, 2006.

Unit – V

Charles Harold Mccloy, **Tests and Measurements in Health and Physical Education**. New Delhi: Friends Publication, 2004.

Books for Reference

1. Baechle, Thomas. R, & Earle, Roger. W., *Essentials of Strength Training and Conditioning*, Champaign: Human Kinetics, 2000.
2. Brooks, Douglas. S., *The Complete Book of Personal Training*, Champaign: Human Kinetics, 2004.
3. Harre, Dietrich, (ed). *Principles of Sports training*, Berlin. Sportverlag. 1982.
4. James and Leona Hart, *Fitness and Wellness*, New Delhi: Goodwill Publishing House 2000.

Non-Major Elective Paper II

SCIENCE OF YOGA

Semester - III

Course Code : 14UPE3N2

Max. Marks : 100

Hours : 2 Hours per Week

Internal Marks : 40

Credits : 2

External Marks : 60

Objectives

- ❖ To understand the fundamental concept of yogic practices.
- ❖ To acquire the practical knowledge of yogic practices.

Unit-I Fundamentals of Yoga (6 Hours)

Meaning and definition of Yoga – Aim and objectives of Yoga – Schools of Yoga (Raja Yoga, Karma Yoga, Gnana Yoga, Bhakthi Yoga, Manthra Yoga, Hatha Yoga) – Limbs of Yoga (Yama, Niyama, Asana, Pranayama, Pratiyahara, Dharana, Dhyana and Samathi). #Astanga Yoga#

Unit – II Asana, Pranayama and Meditation (6 Hours)

Principles of Yogic Practices Types of Asana (Sitting, Standing, Lying, Kneeling) –Types of Pranayama and its benefits - Kriyas, Bandhas, Mudras – its types and benefits. #Meaning of Meditation#

Unit – III Stress and Relaxation techniques (6 Hours)

Stress – types of stress –causes and symptoms – Stress management through Yogic practices – asana, pranayama and meditation. #Relaxation technique#

Unit – IV Suriyanamaskar & Asanas (Practical) (6 Hours)

Suriyanamaskar – Asana – Padmasana - Yogamudra - Pachimottasana - Vajrasana - Halasana - Chakrasana – Sarvangasana – Bhujangasana – Salabhasana –Dhanurasana – Tadasana – Padhahastangasana – Savasana. #Ardha Chakrasana#

Unit – V Pranayama and Meditation (Practical) (6 Hours)

Pranayama – Nadi Suddhi – NadiSodhana – Kapalapathi Sitali and Sithara. Meditation – Silent , Mantra and Breathing Meditation. #Object#

Self – Study Portion #-----#

Text Books

1. Chandrasekaran, K. **Sound Health Through Yoha**. Sedapatti: Prem Kalyan publications. 1999.
2. Iyengar, B.K.S. **The Art of Yoga**. New Delhi: Harper Collins Publishers. 2003.
3. Sheela Kumari, S., Amita Rana & Seema Kaushik. **Fitness, Aerobics & Gym Operations**. New Delhi: Khel Sathiya Kendra Publications. 2009.
4. Iyengar, B.K.S. **YOGA The Path to Holistic Health**, New Delhi: DK Publishing. 2008.
5. Sonia. **Yoga Cures Depression**, New Delhi: Sports Publications. 2013.

Reference Books

1. Anderson, Bob., Pearl, Bill., & Burke, Edmund R., *Getting in Shape Workout Programs for Men & Women*. Mumbai: Jaico Publishing House. 2001.
2. Chandrasekaran, K., *Sound Health through Yoga*. Sedapatti: Prem Kalyan Publications. 1999.
3. Iyengar, B.K.S., *The Art of Yoga*. New Delhi: Harper Collins Publishers. 2003.
4. Mariayyah, P., *Suriyanamaskar*. Perunthurai: Jaya Publishing House. 2000.
5. Tummars, Nanette, E., *Teaching Yoga for Life*. Champaign: Human Kinetics. 2009.

SCHEME OF EXAMINATION

Question paper pattern

Time: 2Hrs

Maximum: 35 Marks

Section A

I. Answer all the questions

5X1=5

- 1.
- 2.
- 3.
- 4.
- 5.

Section B

II Answer all the questions. (Either-or)

3X3=9

6. a

(or)

b

7. a

(or)

b

8. a

(or)

b

Section C

III Answer any three questions.

3X7=21

- 09.
- 10.
- 11.
- 12.
- 13.

Internal Marks (40 Marks)

Theory : 25 Marks

Practical: 15 Marks

External Marks (60 Marks)

Theory : 35 Marks

Practical : 25 Marks

Jamal Mohamed College (Autonomous)

TIRUCHIRAPPALLI - 20

DEPARTMENT OF PHYSICAL EDUCATION

COURSE STRUCTURE

Non Major Elective

S.No	Semester	Sub- Code	Sub. Title	Hours/ Week	Credits	Int	Ext	Max- Marks
1	II	14UPE2N1	Fitness and Wellness	2	2	40	60	100
2	III	14UPE3N2	Science of Yoga	2	2	40	60	100
Total Credits					4			
				Total Marks				200