

**Jamal Mohamed College (Autonomous)**  
**Tiruchirappalli-620 020**  
**Department of Physical Education**  
**Non-Major Elective Paper - I**  
**Physical fitness and Health management**

**Subject Code** : 17UPE3N1

**Max. Marks** : 100

**Hours** : 2 Hours per Week

**Internal Marks** : 20

**Credits** : 2

**External Marks** : 80

**Objectives**

- ❖ To impart the fundamental concepts of Health, Wellness, Fitness and Physical fitness.
- ❖ To acquire the practical knowledge of training, its types and assessment of Physical fitness

**Unit – 1 Fitness**

Meaning and definition of Fitness, Mental fitness and Physical fitness. Physical fitness – General and Specific fitness. Need and importance of Physical fitness. Types: Performance Related Physical Fitness and Health Related Physical Fitness. **Practical - Stretching exercises, Calisthenics and Skipping.**

**Unit – II Types of Physical fitness**

Components of Performance related fitness - Speed, Strength, Endurance, Agility, Power, and Flexibility. Balance, Co-ordination, Reaction time and Body Composition. Components of Health related physical fitness - Cardio respiratory Endurance, Muscular Strength, Muscular Endurance, Flexibility and Body Composition. **Practical - Free hand exercises, Aerobics & Anaerobic Walking.**

**Unit – III**

**Training Methods**

Basic method of conditioning: Continuous method (Slow & Fast) - Interval methods (Intensive & Extensive). Repetition method. Meaning of Warm-up and cool down. Types – General & Specific warming-up. Advantages of warming-up and cool down exercises. **Practical - Weight training, Circuit training and Resistance training - own body weight, with partners, with equipments.**

**Unit – IV**

**Exercises and Assessment of Physical Fitness**

Meaning & definition of Exercise, Training and Conditioning. Meaning of Spot running, Bounding strides, High knee action, Stepping on the bench, Side stepping and Sand running. **Practical - AAPERD Physical Fitness Test Battery - Muscular Strength – Muscular endurance - Cardio-Respiratory Endurance.**

## Unit – V      Health and Wellness

Meaning and definition of Health and Wellness. Need and importance of good Health. Health issues and challenges. Disease Management – Obesity, Diabetes and Heart ailments. **Practical - Body Mass Index and its Evaluation.**

### Text Book

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

### Book for Reference

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

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**Department of Physical Education**

**Non-Major Elective Paper-II**

**YOGA FOR HEALTHY LIVING**

**Subject Code** : 17UPE4N2

**Max. Marks** : 100

**Hours** : 2 Hours per Week

**Internal Marks** : 20

**Credits** : 2

**External Marks** : 80

**Objectives**

- ❖ To understand the basic Fundamental of yogic practices.
- ❖ To acquire the practical knowledge of yogic practices.

**Unit-I Introduction to Yoga**

Meaning and definition of Yoga. Aim and objectives of Yoga. Limbs of Yoga - Yama, Niyama, Asana, Pranayama, Pratiyahara, Dharana, Dhyana and Samathi. Principles of Yogic Practices.

**Practical - Suryanamaskar**

**Unit – II Asanas and its classifications**

Meaning of Asana. Classification of asana – Relaxative, Meditative and Cultural. Types of asana – sitting, standing, Lying. Benefits of asanas. **Practical - Savasana, Makarasana, Padmasana, Vajrasana, Salabhasana, Bhujangasana, Dhanurasana, Sarvangasana, Halasana and Tadasana.**

**Unit – III Schools of Yoga and pranayama techniques**

Schools of Yoga - Raja Yoga, Karma Yoga, Gnana Yoga, Bhakthi Yoga, Mantra Yoga, Hatha Yoga. Meaning of Pranayama. Benefits of pranayama. **Practical - Nadi Suddhi, Nadi Shodhana, Kapalapathi, Sitkari and Sitali.**

**Unit – IV Stress and Meditation methods**

Meaning and definition of Stress. Types of stress. Causes and symptoms. Stress management through Yogic practices. Meaning of meditation. Benefits of meditation. **Practical - Meditation – Silent , Object, Mantra and Breathing.**

**Unit – V Kriyas, Bandhas and Mudras**

Difference between Yogic practices and Physical exercises. International Yoga Day. Meaning and benefits of Kriyas, Bandhas and Mudras. **Practical – Mudras - Chin Mudra, Chinmaya Mudra and Adi Mudra) and Kriyas - Kaphalabhathi, Trataka, Jala Neti.**

## **Text Book**

- Author's guide, (2003). *Yoga – The Science of Holistic living*. Chennai: Vivekananda Kendra Prakashana trust
- Feuerstein, George. (1975). *Textbook of Yoga*. London: Rider and Company.
- Gharote, M.L. & Ganguly, H. (1988). *Teaching methods for yogic practices*. Lonawala: Kaivalyadhama.
- Karambelkar, P.V. (1984). *Patanjala Yoga Sutras – Translation and Commentary*. Lonavala: Kaivalyadhama, SMYM Samiti.
- Natarajan, B. (1991). *Tirumoolar Thirumanthiram – Translation and Commentary in English*. Mylapore: Dr. Ramkrishna Math.
- Swami Kuvalayananda, (1993). *Asanas*. Lonavala: Kaivalyadhama.

## **Book for Reference**

- Anderson, Bob., Pearl, Bill., & Burke, Edmund R., (2001). *Getting in Shape Workout Programs for Men & Women*. Mumbai: Jaico Publishing House.
- Bhowmil, Sanjib kumar. (2012). *A text book on Yoga and Health*. Delhi: Sports publication.
- Chandrasekaran, K., (1999). *Sound Health through Yoga*. Sedapatti: Prem Kalyan Publications.
- Feuerstein, Georg. (2002). *The yoga tradition*, Delhi: Motilal banarsidass publishers.
- Iyengar, B.K.S. (2001). *Yoga the path to holistic health*, Dorling Kindersley.
- Iyengar, BKS., (2003). *The Art of Yoga*. New Delhi: Harper Collins Publishers.
- Mariayyah, P., (2000). *Suryanamaskar*. Perunthurai: Jaya Publishing House.
- Saraswati, Niranjanananda. (2010). *Prana and Pranayama*, Mungaer: Bihar School of Yoga.
- Shankar, G. (1998). *Holistic approach of yoga*. New Delhi: Aditya Publishers.
- Shekar, K.C. (2003). *Yoga for health*. Delhi: Khel Sahitya Kendra.
- Tummers, Nanette, E., (2009). *Teaching Yoga for Life*. Champaign: Human Kinetics.

**SCHEME OF EXAMINATION**

**Question paper pattern**

Time: 2Hrs

Maximum: Marks

**Part - A**

I. Answer any five questions.

5X =

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

**Part - B**

II Answer any five questions.

5X =

- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.

**Internal Marks ( Marks)**

**Theory : Marks**

**Practical: Marks**

**External Marks ( Marks)**

**Theory : Marks**

**Practical: Marks**

# Jamal Mohamed College (Autonomous)

TIRUCHIRAPPALLI – 620 020

## DEPARTMENT OF PHYSICAL EDUCATION

### COURSE STRUCTURE

#### Non Major Elective

| S.No          | Semester | Sub- Code | Sub. Title                                | Hours/<br>Week | Credits | Max-<br>Marks<br>20+80 |
|---------------|----------|-----------|-------------------------------------------|----------------|---------|------------------------|
| 1             | III      | 17UPE3N1  | Physical Fitness and Health<br>Management | 2              | 2       | 100                    |
| 2             | IV       | 17UPE4N2  | Yoga for Healthy Living                   | 2              | 2       | 100                    |
| Total Credits |          |           |                                           |                | 4       |                        |
|               |          |           |                                           | Total Marks    |         | 200                    |