

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

Objectives **6 Hours**

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

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*. (7thEd)PhiladelphiaPa : 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.

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

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.

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

Objectives

- ❖ To provide fundamental knowledge of yogic practices.
- ❖ To acquire the practical knowledge of asanas, pranayama, meditation and yogic practices.

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, ArthaMatsyendrasana, Yogamudra, Viparitarani, 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 - Kaphalabhati, 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.
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). *Tirumoolar Thirumanthiram – 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 Kavalayananda, (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.yogamdniy.nic.in

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.

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