# Non-Major Elective Paper - I Fitness and Wellness

#### Semester – II

Course Code	: 14UPE2N1	<b>Max. Marks</b> : 100
Hours	: 2 Hours per Week	Internal Marks: 40
Credits	:2	External Marks: 60

#### 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 – I Fitness

Meaning and definition of Fitness, Mental fitness and Physical fitness – Need and importance of Physical fitness – Types – (Health Related Physical Fitness and Performance Related Physical Fitness) - Components of Health related physical fitness (Muscular Strength, Muscular Endurance, Cardio respiratory Endurance and Flexibility) Components of Performance related fitness. (Agility, Speed, Endurance, Strength and Power) #Flexibility#

#### Unit – II Physical fitness activities

Physical activities – walking, jogging - running - swimming - Aerobic exercises. Anaerobic exercises – Basic method of conditioning : Continuous method (Slow & Fast) - Interval methods (Intensive & Extensive). Repetition method - Resistance training (own body weight, with partners, with equipments) - Playing sports & games - AAPHERD Physical fitness test battery - Circuit training. # cycling #

#### Unit – III Health and Wellness

Meaning and definition of Health, Wellness and Nutrition. Need and importance of good Health. Skeletal system and Muscular system. . Disease Management – Obesity – Diabetes - Heart ailments – Arthritis. Common sports injuries (Abrasion, Laceration, Contusion, Compression, Sprain, Strain, Dislocation & Fracture) **#** Human Anatomy **#** 

#### Unit – IV Training Methodics (Practical)

Weight training – Circuit training – Aerobic training – Calisthenics - Stretching exercises (Gastrocnemies, Hamstring, Quadriceps, Glutius, Rectusabdominis, Pectoralis, Latsmusdorsi, Lower back, Deltoid, Biceps and Triceps). Indications & Contra – indications. **#** Skipping **#** 

#### (6 Hours)

(6 Hours)

### (6 Hours)

### (6 Hours)

#### 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	<b>s</b> :40
Credits	:2	External Marks	<b>s :</b> 60

#### **Objectives**

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

#### Unit-I **Fundamentals of Yoga**

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 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 Mediation#

#### Unit – III **Stress and Relaxation techniques**

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

#### Unit – IV Suriyanamaskar & Asanas (Practical)

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

#### Unit – V Pranayama and Meditation (Practical)

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

Self – Study Portion #-----#

### (6 Hours)

(6 Hours)

#### (6 Hours)

## (6 Hours)

#### (6 Hours)

#### **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.
- 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**

- 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, BKS., *The Art of Yoga*. New Delhi: Harper Collins Publishers. 2003.
- 4. Mariayyah, P., *Suriyanamaskar*. Perunthurai: Jaya Publishing House. 2000.
- 5. Tummers, Nanette, E., Teaching Yoga for Life. Champaign: Human Kinetics. 2009.

#### SCHEME OF EXAMINATION

#### Question paper pattern

Time: 2Hrs	Ques	tion paper pattern	Maximum: 35 Marks
		Section A	
I. Answer all the questions			5X1=5
1.			
2.			
3.			
4.			
5.			
		Section B	
II Answer all the questions. (Eit	her-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)			External Marks (60 Marks)
Theory : 25 Marks			Theory : 35 Marks
Practical: 15 Marks			Practical: 25 Marks

## Jamal Mohamed College (Autonomous) TIRUCHIRAPPALLI - 20

#### **DEPARTMENT OF PHYSCIAL EDUCATION**

### COURSE STRUCTURE

## **Non Major Elective**

S.No	Semester	Sub- Code	Sub. Title	Hours/ Week	Credits	Int	Ext	Max- Marks
1	Ш	14UPE2N1	Fitness and Wellness	2	2	40	60	100
2	111	14UPE3N2	Science of Yoga	2	2	40	60	100
	Total Credits				4			
Total Marks			200					