

COURSE STRUCTURE

Non Major Elective

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

Jamal Mohamed College (Autonomous)
Tiruchirappalli-620 020
Department of Physical Education
NME Paper - I
Physical Fitness and Health Management
Practical paper

Subject Code : 17UPE3N1	Max. Marks : 100
Hours : 2 Hours per Week	Internal Marks : 20
Credits : 2	External Marks : 80

Objectives

- ❖ To acquire 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

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 method of conditioning

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

Weight training, Circuit training and Resistance training - own body weight, with partners, with equipments. Barbell exercises, Dumbbell exercises, Swiss ball exercises and Medicine ball exercises.

Unit – IV Assessment of Physical Fitness

Fitness tests: Speed - 50m run & 30m run; Strength – standing broad jump & standing shot put; Endurance – 12 minutes run & 2.4km run; Agility – shuttle run & zig zag run; Flexibility – sit and reach & forward bend and reach. AAPHERD Physical Fitness Test Battery.

Unit – V Health and Wellness Evaluation

Height and weight measurements. Height and weight ratio. Body Mass Index and its Evaluation. Waist to Hip ratio. Resting pulse rate (manual method).

Text Book

American College of Sports Medicine (2006). *ACSM'S Guidelines for Exercise Testing and prescription*. (7th 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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Tiruchirappalli-620 020
Department of Physical Education
NME Paper-II
YOGA FOR HEALTHY LIVING
Practical paper

Subject Code : 17UPE4N2 **Max. Marks** : 100
Hours : 2 Hours per Week **Record Marks** : 20
Credits : 2 **Evaluation Marks:** 80

Objectives

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

Unit-I Relaxative and Meditative asanas

Warming-up exercises. Padmasana, Vajrasana, Savasana, Makarasana and Sukhasana. Suryanamaskar.

Unit – II Cultural asanas

Bhujangasana, Salabhasana, Dhanurasana, Pascimotanasana, Vakrasana, Artha Matsyendrasana, Yogamudra, Viparitarani, Sarvangasana, Mayurasana, Sirsasana, Chakrasana, Halasana and Tadasana.

Unit – III Pranayama techniques

Benefits of Pranayama - Nadi Suddhi, Nadi Shodhana, Kapalabhati, Surya Bhedana, Bhastrika, Ujjayi, Bhramari, Sitkari and Sitali.

Unit – IV Meditation methods

Meditation – Silent, Object, Mantra and Breathing. Transcendental Meditation, Buddhist Meditation, Zen Meditation

Unit – V Kriyas, Bandhas and Mudras

Mudras - Chin Mudra, Chinmaya Mudra and Adi Mudra. Bandha - Uddiyana Bandha, Jalandhara Bandha, Mula Bandha and Maha Bandha. Kriyas - Kaphalabhati, 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*. Lonavala: 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.
- Feuersten, Georg. (2002). *The yoga tradition*, Delhi: Motilal banarsidass publishers.
- Iyengar, B.K.S. (2001). *Yoga the path to holistic health*, Dorling Kindersley.
- Iyengar, B.K.S., (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.

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TIRUCHIRAPPALLI – 620 020

DEPARTMENT OF PHYSICAL EDUCATION

SCHEME OF EXAMINATION

Preparation of Record work - 20 Marks

Evaluation of Partical Skill Test – 80 Marks

Total = 100 Marks