

PHYSICAL FITNESS AND YOGA (ADD ON COURSE)

Session: 2022-2023

(I, II & III Year Classes)

Vision

We aim at producing skillful and talented individuals who will be of use towards building a strong and powerful nation by, serving as leaders for our future generations.

Mission

- To bring about physical and mental wellbeing among individuals.
- To manage the stress and anxiety level and bring about a sense of calmness.
- To develop flexibility and muscles strength in the students.
- To boost up energy levels and improve vital capacity.
- To promoting lifelong learning by recognize the value of personal development in physical and cognitive domains.
- To produce respectable, responsible and productive members of society.

Objectives

- To promote good health among individuals.
- To practice mental cleansing.
- To possess emotional stability.
- To imbibe moral values.
- To attain higher level of consciousness.
- To improve physical fitness due to regular exercises and yogic practices.
- To improve personality development.
- To develop leadership and sportsmanship quality.
- To improve social values.

SYLLABUS

(Physical Fitness and Yoga)

Total: 100 Marks

Theory: 60 Marks

Unit: I

- ❖ Introduction and meaning of Physical Fitness, Definitions and Importance of Physical Fitness.
- ❖ Components of Physical Fitness.
- ❖ Warm-up and its types.
- ❖ Cooling Down.
- ❖ Aerobic and Anaerobic Exercises.

Unit: II

- ❖ Historical background and meaning of yoga, definitions and importance of yoga.
- ❖ A brief detail of Ashtanga Yoga.
- ❖ Shatkarma.
- ❖ Asanas- (Padamasana, Vajrasana, Sukhasana, Tadasana, Trikonasana, Makrasana, Halasana, Bhujangasana, Sarvangasana, Dhanurasana, Halasana, Shavasana.
- ❖ Pranayama- Puraka, Kumbhaka, Rechaka and its Types.

References

- Dick, Frank W. (1980), Sports Training Principles, London: Lepus Book.
- International Fitness Association, web at :<http://www.Ifafintess.com>
- Singh Hardyal, (1991), Science of Sports Training, New Delhi: DVS publication.
- Wilmore J H and Costell (1999), Physiology of Sports and Exercise, Campaign, IL: Human Kinetics.
- Sharma P.D. (1984), Yogasana and Pranayama for Health, Navneet Publication, (I) Limited, Ahmadabad, Gujarat.
- Pratap Vijayendra (1993), A Teacher's guide of beginning Yoga, Akash Prakash, Preet Bihar, Vikash Marg: New Delhi.

Practical: 40 Marks

(Practical 30 Marks & Viva 10 Marks)

- ❖ Physical Fitness Test.
- ❖ Yogic practices and Asanas.
- ❖ Shatkarmas practices.
- ❖ Pranayama practices and,
- ❖ Viva - voce

(Deptt. Phy. Edu.)

(Principal)