

Sports and Yoga

SESP100	Sports and Yoga	0L:0T:2P	0 Credits
---------	-----------------	----------	-----------

Course Objective(s):

- To make the students understand the importance of sound health and fitness principles as they relate to better health.
- To expose the students to a variety of physical and yogic activities aimed at stimulating their continued inquiry about Yoga, physical education, health and fitness.
- To create a safe, progressive, methodical and efficient activity-based plan to enhance improvement and minimize risk of injury.
- To develop among students an appreciation of physical activity as a lifetime pursuit and a means to better health.

Course Contents:

Module I: Introduction to Physical Education

- Meaning & definition of Physical Education
- Aims & Objectives of Physical Education
- Changing trends in Physical Education

Module II: Olympic Movement

- Ancient & Modern Olympics (Summer & Winter)
- Olympic Symbols, Ideals, Objective & Values
- Awards and Honours in the field of Sports in India (Dronacharya Award, Arjuna Award, Dhyanachand Award, Rajiv Gandhi Khel Ratna Award etc.)

Module III: Physical Fitness, Wellness & Lifestyle

- Meaning & Importance of Physical Fitness & Wellness
- Components of Physical fitness
- Components of Health related fitness
- Components of wellness
- Preventing Health Threats through Lifestyle Change
- Concept of Positive Lifestyle

Module IV: Fundamentals of Anatomy & Physiology in Physical Education, Sports and Yoga

- Define Anatomy, Physiology & Its Importance
- Effect of exercise on the functioning of Various Body Systems. (Circulatory System, Respiratory System, Neuro-Muscular System etc.)

Module V: Kinesiology, Biomechanics & Sports

- Meaning & Importance of Kinesiology & Biomechanics in Physical Edu. & Sports
- Newton's Law of Motion & its application in sports.
- Friction and its effects in Sports.

Module VI: Postures

- Meaning and Concept of Postures.
- Causes of Bad Posture.

- Advantages & disadvantages of weight training.
- Concept & advantages of Correct Posture.
- Common Postural Deformities – Knock Knee; Flat Foot; Round Shoulders; Lordosis, Kyphosis, Bow Legs and Scoliosis.
- Corrective Measures for Postural Deformities

Module VII: Yoga

- Meaning & Importance of Yoga
- Elements of Yoga
- Introduction - Asanas, Pranayama, Meditation & Yogic Kriyas
- Yoga for concentration & related Asanas (Sukhasana; Tadasana; Padmasana & Shashankasana)
- Relaxation Techniques for improving concentration - Yog-nidra

Module VIII: Yoga & Lifestyle

- Asanas as preventive measures.
- Hypertension: Tadasana, Vajrasana, Pavan Muktasana, Ardha Chakrasana, Bhujangasana, Shavasana.
- Obesity: Procedure, Benefits & contraindications for Vajrasana, Hastasana, Trikonasana, Ardha Matsyendrasana.
- Back Pain: Tadasana, Ardha Matsyendrasana, Vakrasana, Shalabhasana, Bhujangasana.
- Diabetes: Procedure, Benefits & contraindications for Bhujangasana, Paschimottasana, Pavan Muktasana, Ardha Matsyendrasana.
- Asthma: Procedure, Benefits & contraindications for Sukhasana, Chakrasana, Gomukhasana, Parvatasana, Bhujangasana, Paschimottasana, Matsyasana.

Module IX: Training and Planning in Sports

- Meaning of Training
- Warming up and limbering down
- Skill, Technique & Style
- Meaning and Objectives of Planning.
- Tournament – Knock-Out, League/Round Robin & Combination.

Module X: Psychology & Sports

- Definition & Importance of Psychology in Physical Edu. & Sports
- Define & Differentiate Between Growth & Development
- Adolescent Problems & Their Management
- Emotion: Concept, Type & Controlling of emotions
- Meaning, Concept & Types of Aggressions in Sports.
- Psychological benefits of exercise.
- Anxiety & Fear and its effects on Sports Performance.
- Motivation, its type & techniques.
- Understanding Stress & Coping Strategies.

Module XI: Doping

- Meaning and Concept of Doping
- Prohibited Substances & Methods
- Side Effects of Prohibited Substances

Module XII: Sports Medicine

- First Aid – Definition, Aims & Objectives.
- Sports injuries: Classification, Causes & Prevention.

- Management of Injuries: Soft Tissue Injuries and Bone & Joint Injuries

Module XIII: Sports / Games

Following subtopics related to any one Game/Sport of choice of student out of: Athletics, Badminton, Basketball, Chess, Cricket, Kabaddi, Lawn Tennis, Swimming, Table Tennis, Volleyball, Yoga etc.

- History of the Game/Sport.
- Latest General Rules of the Game/Sport.
- Specifications of Play Fields and Related Sports Equipment.
- Important Tournaments and Venues.
- Sports Personalities.
- Proper Sports Gear and its Importance.

Text Books/References:

1. Modern Trends and Physical Education by Prof. Ajmer Singh.
2. Light On Yoga By B.K.S. Iyengar.
3. Health and Physical Education – NCERT (11th and 12th Classes)

Course Outcomes: On successful completion of the course the students will be able:

1. To practice Physical activities and Hatha Yoga focusing on yoga for strength, flexibility, and relaxation.
2. To learn techniques for increasing concentration and decreasing anxiety which leads to stronger academic performance.
3. To learn breathing exercises and healthy fitness activities
4. To understand basic skill associated with yoga and physical activities including strength and flexibility, balance and coordination.
5. To perform yoga movements in various combination and forms.
6. To assess current personal fitness levels.
7. To identify opportunities for participation in yoga and sports activities.
8. To develop understanding of health-related fitness components: cardiorespiratory endurance, flexibility and body composition etc.
9. To improve personal fitness through participation in sports and yogic activities.
10. To develop understanding of psychological problems associated with the age and lifestyle.
11. To demonstrate an understanding of sound nutritional practices as related to health and physical performance.
12. To assess yoga activities in terms of fitness value.
13. To identify and apply injury prevention principles related to yoga and physical fitness activities.
14. To understand and correctly apply biomechanical and physiological principles related to exercise and training.
