

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS
Central University of Tamil Nadu, Thiruvarur

VALUE ADDED COURSE

YOGA AND FITNESS

Course Code: PESVA01

Syllabus

Credits: 2

30 hours

Course Objective:

CO1: To enlighten the glory and importance yoga and fitness trends among students

Course learning Outcomes

	Course Outcome
CO 1	To study the fundamental concepts of yoga and eight limbs of yoga.
CO 2	To provide basic knowledge about the techniques of mediation, breathing, relaxation technique and surya namaskar.
CO 3	The Students will learn the basic concepts of Bandas, Kriya & Mudras and also learn about the impact of yogic practices on various systems.
CO 4	The students will gain knowledge about bandhas, mudras and meditation techniques.
CO 5	The students will be able to get the knowledge about the components of health and the tests involved in different types of physical fitness.

Unit-I: Basics of Yoga

Meaning and definition. Aim, objectives and historical background Patanjali and Thirumular to Yoga. Different types of yoga: Limbs of yoga: Concept of yogic applications and Physical Exercises-International yoga day.

Unit-II: Yogic Techniques and Methods

General benefits of yoga: Physical-Mental-Spiritual; Surya namaskar: Benefits and practical applications; Classification of Asanas Meditative asana: Cultural asana: (Physical and relaxtative) Pranayama: Nadi Suddhi, Sitali & Sitkari. Meditation: Silent Meditation, Breathing Meditation & Object Meditation.

Unit- III: Other Yogic Practices and Influences of Yoga on Selected Human System

Meaning of Bandas, Kriya & Mudra; Types of Bandhas Types of Kriyas; Types of Mudras - Anatomy and Physiology-definition; Various systems in the human body; Impact of yogic practices on cardio-respiratory system, nervous system and endocrine system and Stress

Unit-IV: Introduction to Physical Fitness

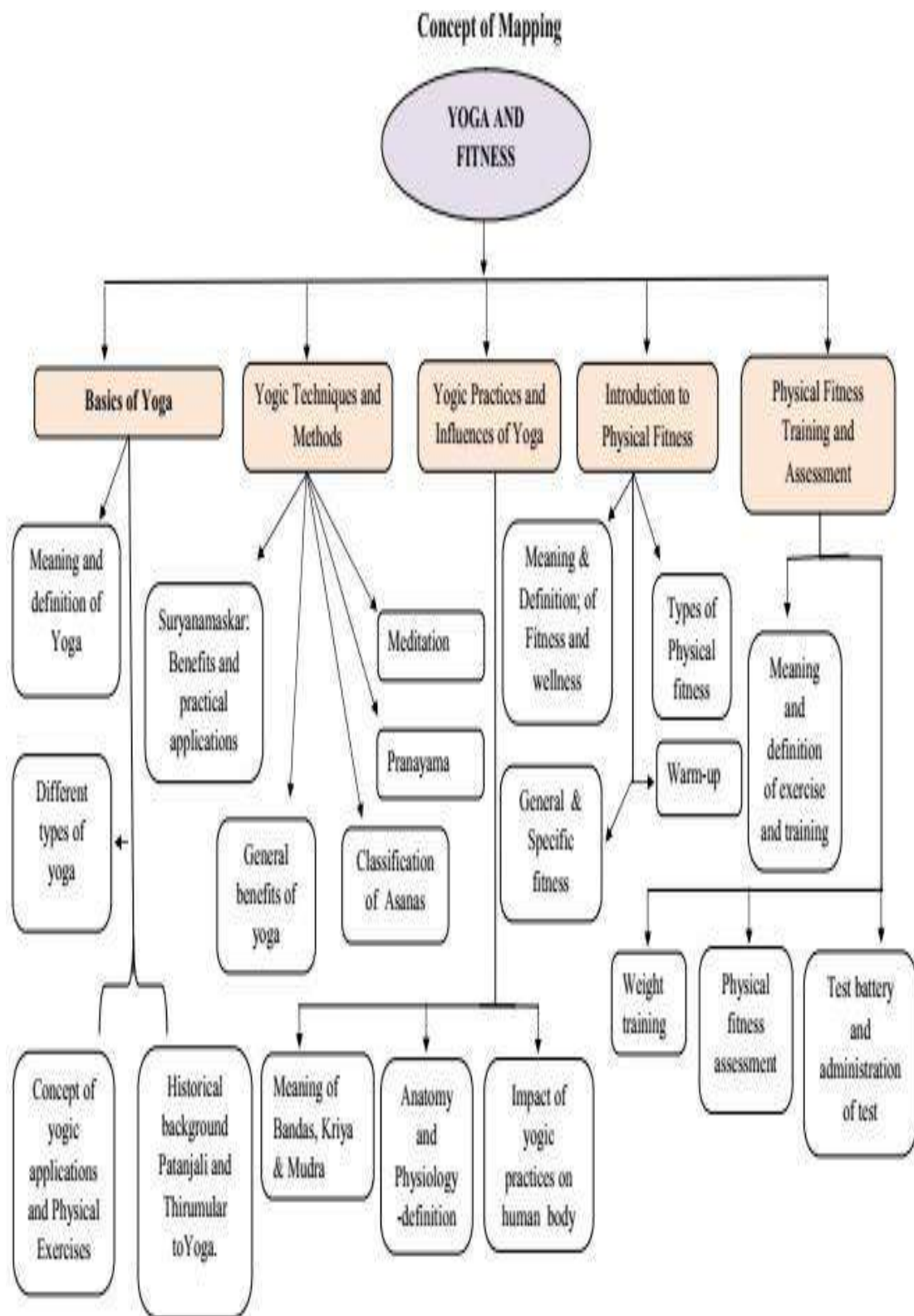
Meaning & Definition; Fitness and wellness; General & Specific fitness; Need & importance of Physical fitness; Types of Physical fitness; Health related and Motor Physical fitness, Components of fitness, Meaning of warm-up, General & Specific warming-up, Advantages of warming-up, Cool down exercises & its benefits.

Unit-V: Physical Fitness Training and Assessment

Meaning and definition of exercise and training; Free hand exercises, Exercises with partner; Weight training, Barbell exercises, dumbbell exercises, Swiss ball exercises and Medicine ball exercises, Physical fitness assessment – Field tests, Points to be considered while assessing the Physical fitness components. Test battery and administration of test. Measuring – Height, Weight and BMI. Waist circumference; Heart rate: Resting & Maximum heart rate; Heart rate and BP.

References:

1. Baechle, Thomas.R., & Earle, Roger.W., (2000). Essential of Strength Training and Conditioning, Champaign: Human Kinetics.
2. Brooks, Douglas.S., (2004). The Complete Book of Personal Training; Champaign; Human Kinetics.
3. David., (2010). Fundamental Weight Training. Champaign: Human Kinetics.
4. Chandrasekaran, K., (1999). Sound Health through Yoga. Sedapatti: Prem Kalyan Publications.
5. Iyengar, BKS., (2003). The Art of Yoga; New Delhi; Harper Collins Publishers.
6. Mariayyah, P., (2000). Suriyanamaskar. Perunthurai: Jaya Publishing House,
7. Sandler. Tummers, Nanette, E., (2009) Teaching Yoga for Life; Champaign; Human Kinetics



****Scheme of Examination: as per CUTN norms for value added courses***