

## **PE-III - PHYSICAL EDUCATION AND YOGA [SEMESTER I]**

**Course Code: FBEPE3**

**Credits : 4**

**Total number of hours -100 (L- 25; T-25; P/PW- 50)**

### **Objectives**

*The student teacher is enabled to*

- understand the meaning of physical education and yoga.
- understand the aim of yoga and its significance.
- understand the role of Yoga in Holistic Health Education
- integrate Yoga and meditation in school education
- perform various Asanas correctly and to know its benefits

### **Unit I - Nature of Physical Education**

**(L - 5; T - 4; P/PW -**

**6)**

Meaning of Physical Education, Definition, Scope of Physical education, Aim and objectives of Physical Education, Need and importance of Physical Education, Indoor games and outdoor games.

### **Unit II - Nature of Yoga Education**

**(L - 4; T - 4; P/PW -**

**8)**

Concept of Yoga, Need and Importance of Yoga - Objectives of Yoga - Historical development of Yoga - Guidelines for Practicing Yoga - Difference between physical exercises and yogic practices - Types of Yoga - Eight limbs of yoga.

### **Unit III - Physical Education for Overall development**

**(L - 5; T - 5; P/PW -**

**12)**

Health related components of Physical fitness - Muscular strength - Muscular Endurance - Flexibility - respiratory endurance and body composition, Need and Importance of Physical Exercise - Aerobic exercise - Anaerobic Exercise - Recreation - Difference between leisure and recreation - Recreation and work in the students learning centre - Recreation and Physical Education - Play out let for tension - Need for Recreation - Levels of Recreation.

### **Unit IV - Yoga for Holistic Health**

**(L - 5; T - 4; P/PW -**

**12)**

Concept of Health, Need of Yoga for Positive Health - Potential concept of ill health, Role of Yoga for preventing common diseases, Yoga and meditation in

life situations, stress management through yoga, Posture - Common postural deformities - Round shoulders - Kyphosis - Lordosis - Scoliosis - Yogic Exercises for improving postural defects, Different position of Asanas - Long sitting Asanas - Prone Position Asanas - Supine position Asanas - Standing position Asanas - Kneeling position Asanas

## Unit V - Physical Education and Yoga Program in secondary schools

(L - 6; T - 5; P/PW -

7)

Need, Importance and planning for teaching of Yoga, Yoga and class room problems - solutions - General Lesson Plan - Preparation of yoga lesson plan, Physical Education activities in Secondary Schools and their importance - Intramural competitions - Methods of teaching physical activities.

### Practicum (Any Three)

(T-3; P/PW-5)

1. Suggest certain ways to motivate children to play physical activities. (out door games)
2. Prepare three Yoga lesson plans in teaching Asanas.
3. Prepare a booklet to depict various positions of Asanas.
4. Express your personal views and experiences on the role of Yoga and meditation in promoting Holistic Health.
5. Submit a report on Physical Education programme in any school.

### References

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- Biranchi Narayan Dash. (2010). *Health and physical education*. New Delhi: Neelkamal Publications Pvt. Ltd.
- Deepak Jain. (2001). *Text of physical education*. Delhi: Vivek Thani Khel Sahitya Kendra Publishers.
- James Hewilt. *Teach yourself yoga* (3rd ed.). Bungag, Suffolk: British Library Cataloguing Publication.
- Mangal, S.K. (2005). *Health and physical education*. Ludhiana: Tandon Publications.
- MDNIY. 2010 "Yoga Teachers Manual for School Teachers", New Delhi
- Narayanan, N.C. (2002). *Handbook on yoga*. Tirunelveli: SCAD Sports Academy.
- NCERT. 2013 *Training and resource materials on Adolescence Education*, NCERT, New Delhi (This material is also available on [www.aeparc.org](http://www.aeparc.org) [www.ncert.nic.in](http://www.ncert.nic.in))
- NCTE. 2015. Yoga Education-Bachelor of Education Programme, New Delhi.

Pandit Shambu Nath. (1988). *Speaking of yoga: A practical guide to better living*. New Delhi: Sterling Publishes Private Limited.

Swami Sathiyanda Saraswathi. (1983). *Dynamics of yoga*. Bihar: Bihar School of Yoga.

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Karaikudi: Alagappa University.

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[www.boneandspine.com](http://www.boneandspine.com)>Pediatric Disorders

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[www.who.int/featuresa/malnutrition/en/](http://www.who.int/featuresa/malnutrition/en/)

[www.peacefulplaygrounds.com/physical-activity-in-schools/](http://www.peacefulplaygrounds.com/physical-activity-in-schools/)