

M.P.E – 402. – Yoga and Physical Fitness

Unit - I

Meaning – need – importance of historical background of yoga types of yoga. Bhakti yoga, Karma yoga, Gnana yoga, Raja yoga

Unit - II

Effects of yoga on different systems of human body, impact of yoga on daily life. Scientific effects of yogasanas. Pranayam – Kriyas: Therapeutics uses of yoga. Yoga and dietary principles.

Unit - III

Definition – meaning of physical fitness – its need and importance, meaning of wellness - difference between physical fitness and wellness – the relationship between fitness / wellness and health – components of physical fitness and their meaning and importance.

Unit - IV

Assessment of physical fitness – athletic related fitness and health related fitness. Problems associated with measurement of physical education strength and endurance, assessment and prescription. Problems associated with measurement of cardio – vascular endurance.

Unit - V

Body composition – techniques for assessing body composition nutrition for weight control and wellness – effects of exercises on physical fitness – preventive and curative. Exercise for cardiovascular disease – chronic obstructive pulmonary diseases – diabetes – back pain

Reference books:

- Swami Digamberji. Yoga and physical education, Kavivalyadhama. Lonavla, India
- Yogamimamsa, Quarterly Publication Kavivalyadhama Lonavla, India.
- Dr. M.L. Gharota, science of Yoga, Kaivalayadhama, Lonavla, India
- Dr. Karambalkar, Therapeutic value of yoga, Kaivalyadhama, Lonavla, India.
- Barry L.Johnson and Jack K Nelson, Practical Measurements for evaluation in Physical Education Burgess Publishing Company, University of Minnesota.
- Werner. W.K.Hoeger and Sharon A Hdger, Fitness' and Wellness, morton publishing company, Englewood.
- Resthowel and A.K. Uppal, Foundations of Physical Education, Friends Publication, New Delhi.