

Unit : 1

[20%]

Meaning-need-importance of historical background of yoga types of yoga. Bhakti yoga, karma yoga, Raja yoga

Unit : 2

[20%]

Effects of yoga on different system of human body, impact of yoga on daily life. Scientific effects of yogasanas. Prayanaym – Kriyas : Therapeutics of use of yoga. Yoga and dietary principles.

Unit : 3

[20%]

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 : 4

[20%]

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

Unit : 5

[20%]

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:

1. Swami Digamberji.Yoga and physical education,Kavivalyadhama.Lonavala,India
2. Yogamimamsa,Quarterly Publication Kavivalyadhama Lonavala,India
3. Dr.M.L.Gharota,Science of Yoga,kaivalayadhama, Lonavala,India
4. Dr.Karambalkar,Therapuetic value of yoga,Kaivalyadhama, Lonavala,India
5. Barry L.johnson and jack k Nelson,Practical Measurement for evaluation in physical Education Burguss Publishing Company,University of Minnesota.
6. Werner.W.K.Horger and Sharon A Hdger,Fitness and Wellness,morton publishing company,Englewood
7. Resthowel and A.K.Uppal,Foundation of physical Education,Friends publication Newdelhi

805 : Health & Yoga [practical List]

Health : [50%]

General fitness test

[Note: AAPHER Fitness Test or Barrow's Motor ability Test may be applied]

Yoga: [50%]

1. Shutkriyas

Neti - Cleansing the Nasal Passages

Kapalbhati - Cleansing the cavities in the SKULL

Tratak - Steady Gazing

2. Pranayam

Unulom - Vilom Pranayam

Bhastrika Pranayam

Bhramari Pranayam

Aum-Ram Mantra

3. Asan

1. Padmasan

2. Vajrasan

3. Matsyendrasan

4. Pashchimottanasan

5. Sarpasan

6. Shulabhasan

7. Bhujangasan

8. Dhanurasan

9. Tiryakasan

10. Padangushtasan

11. Anuvrattasan

12. Uttanpadasan

13. Chakrasan

14. Halasan

15. Matsyasan

16. Lolasan

17. Kraunchasan

18. Kukkutasan

19. Sarvangasan

20. Shirshasan

4. Surya Namaskar