

SEMESTER – I

EPC 2 PHYSICAL EDUCATION AND YOGA

Credits: 2

Internal: 50 marks

Hours/Week: 5 hrs

Objectives

At the end of this course, the student-teachers will be able to:

- acquaint with the fundamental skills of games and sports;
 - explore different physical activities;
 - familiarize with general bodily posture;
 - develop leadership, followership and sportsmanship qualities;
 - competently acquire different asanas.
1. **Calisthenics** : Standing, Sitting, Bending, Jumping, Lunging exercises
 2. **Light Apparatus** : Dumb-Bell and Hoop Drill
 3. **Marching** : Attention, Stand-at-Ease, Turns, Quick March, Salute, Turns while marching
 4. **Recreation** : Minor games-Good Morning, Four Corner, Kangaroo Relay, Snatch the Kerchief, Dodge Ball, Zigzag Relay, Tunnel Ball Relay
 5. **Organized Games:** Throw Ball-Dimensions of Court, Rules and Regulations, Fundamental Skills
Tennikoit - Dimensions of Court, Rules and Regulations, Fundamental Skills
 6. **Athletics** : Running-Sprint, Jumping-Long Jump, Throwing- Shot put, Javelin
 7. **Competitions** : Intramural- Organising and conducting, benefits
Extramural- Organising and conducting, benefits
 8. **Yogasana** : Sitting - Padmasana, Yogamuthra, Vajrasana, Pachimuthasana
Lying - Pujangasana, Salabasana, Dhanurasana, Makarasana
Standing - Chakrasana, Vrikshasana, Ardha chakrasana, Trikonasana

Suggested references:

- ❖ Angeline, Sheela Lilly. (2014). *Learning Material on Physical Education*. NKT National College of Education for Women.
- ❖ Tiwari, O.P.(2002). *Asana: why and how?* India: Kanalyadhana.
- ❖ Krishna,G.(1993). *The purpose of Yoga*. New Delhi: UBS Publishers Ltd.
- ❖ Pandit, Laksmi Doss. (2002). *Yogasana for everybody*. Chennai: Balaji Publications.
- ❖ Thomas, J.P.(1954). *Organisation of Physical Education*. Chennai: YMCA College of Physical Education.
- ❖ Dhanajoy.S., & Seema.K. (2007). *Lesson Planning: Teaching methods and class Management in Physical Education*. New Delhi: Khal Sahitya Kendra.
- ❖ Athicha, Pillai.A., & Bevison, Perimbaraj S.(2006). *Methods in Physical Education*. Pravin Publishers.
- ❖ டேவிட்சன் எஸ். இளங்கோ வை. (2005). உடற்கல்வியும் சுகாதாரக் கல்வியும், சென்னை :சாந்தா பப்ளிஷர்ஸ்,
- ❖ இரத்தினசபாபதி பி, பாக்டர். ருக்மணி கோபால் .(2009), உடற்கல்வியும் உடல்நலம் கல்வியும், சென்னை :சாந்தா பப்ளிஷர்ஸ்,
