

SEMESTER – I

EPC 2 PHYSICAL EDUCATION AND YOGA

Credits: 2

Internal: 50 marks

Hours/Week: Theory-2hrs & Practical- 1hr

Course Learning Outcomes:

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

- integrate the fundamental skills of games and sports;
- explore the different physical activities;
- develop the correct body postures for better health;
- indicate leadership, followership and sportsmanship qualities;
- demonstrate different asanas for enhancing physical health; and
- prepare the Physical Education and Yoga record.

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. Organised 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,
Paschimottanasana Lying - Bujangasana, 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.

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இரத்தினசபாபதி.பி. டாக்டர். ருக்மணி கோபால் (2009), உடற்கல்வியும் உடல்நலம் கல்வியும் சென்னை சாந்தா பப்ளிஷர்ஸ்.
