

**ENHANCING PROFESSIONAL CAPACITIES (EPC)****SEMESTER - I****EPC 2 PHYSICAL EDUCATION, ADAPTED 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, Adapted Physical Education and Yoga record.

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| 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 Tennis - 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<br>Extramural- Organising and conducting, benefits  |

8. Yogasana : Sitting - Padmasana, Yogamuthra, Vajrasana, Pachimuthasana Lying - Pujangasana, Salabasana, Dhanurasana, Makarasana Standing - Chakrasana, Vrikshasana, Ardachakrasana, Trikonasana
9. Adapted physical Education : Meaning and Needs for adapted physical education- Facilities: play area, temporary boundaries, and equipments - Suitable activities: Marching, free hand and light apparatus exercises, Rhythmic, minor games, major games and athletics.

### Suggested References:

- Angeline, Sheela Lilly. (2014). *Learning Material on Physical Education*. N.K.T. 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, Lakshmi 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.
- Jaimithra, S (1990) "physical education for the blind". Private circulation, grace printers, madras.
- டேவிட்சன் எ இளங்கோ வை. (2005). உடற்கல்வியும் சுகாதாரக் கல்வியும், சென்னை: சாந்தாபப்ளிசாஸ்.
- இரத்தினசபாபதி .பி. டாக்டர். ருக்மணி கோபால்.(2009), உடற்கல்வியும் உடல்நலம் கல்வியும், சென்னை: சாந்தாபப்ளிசாஸ்.

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