

SPORTS AND GAMES

OBJECTIVES

1. To acquire basic knowledge of Physical Education.
2. To know the rules and regulations of sports and games.
3. To acquire knowledge about recreation.
4. To spread the message of positive health as taught in Yoga to people in a systematic and scientific manner.
5. To provide a proper perspective and insight into various aspects of Yoga education to the trainees.

UNIT-I

Concept and meaning of Physical Education –Definition of Physical Education-Aims and Objectives of Physical Education - Scope of Physical Education.

UNIT –II

Origin of games (Basketball, Ball-Badminton, Cricket, Football, Hockey, Kabaddi, Kho-Kho, Tennikoit, Volleyball) – Basic skills of any one of the major games (Basketball, Volleyball, Kabaddi and Football etc) and two events Track and Field Events – Intramural and Extramural tournaments – Recreational activities.

UNIT-III

Common athletic injuries and their treatment – Personal Hygiene – Safety education with special reference to playfield – Modern trends in Physical Education - counseling against doping, drug addition, smoking, alcoholism – Nutrition and Sports diet.

UNIT-IV

Meaning of Yoga – Definition of Yoga – Aims and Objectives of Yoga – Scope of Yoga - Need and Importance of Yoga in the modern era

UNIT - V

The Wheel of Yoga – Eight limbs of yoga - Gandhiji's contribution of Yoga – Meaning and Objectives of Meditation - various types of meditation - Difference between yoga and Physical Exercises - Therapeutical aspects of Yoga and its applications.

Preparation of Physical Education and Yoga record/album in the area of specialization of one of the major game and two track and field events is a must for each student.

Reference Books:

1. Track and Field by C.Thirunarayanan and S.Harihara Sharma.
2. Track and Field by Mariyyah
3. Essential of Exercise Physiology by Larry.G.Shaver.
4. Organisation of Physical Education by J.P.Thomas
5. Methods in Physical Education by S.Harihara Sharma
6. Principles of Physical Education by R.C.Sathiyanesan
7. The complete book of First Aid by John Handerson
8. The official Rules book of Basketball, Football, Hockey, Volleyball, Kabaddi Federation of India.
9. Yogic Therapy - Swami Kuvalyananda and Dr.S.L.Vinekar, Govt. of India, Ministry of Health, New Delhi.
10. Asana-Swami Kuvalyananda Kaivalyadhama, Lonavla.
11. Pranayama -Swami Kuvalyananda Kaivalyadhama, Lonavla.
12. ASANAS -by P. Mariayyah, Sports Publications, Coimbatore.
13. SURIYANAMASKAR -by Dr. P. Mariayyah, Jaya Publishing House, Perunthurai,Erode.
14. SOUND HEALTH THROUGH YOGA -by K Chandrasekaran, Prem Kalyan Publications, Sedapatti, 1999.

SCHEME OF EVALUATION

Theory - 75 Marks (CFA - 25 Marks -End semester - 50 Marks)
Practical - 25 Marks

Total 100 Marks (Two Credits)

Continuous Assessment shall be made through tests as under.

First CFA	-	5	Marks
Second CFA	-	7.5	Marks
Third CFA	-	12.5	Marks
End semester theory	-	50	
Practical Test	-	10	Marks
Record Note Assessment	-	15	Marks

Total 100 Marks (Two Credits)