



**BHARATHIDASAN UNIVERSITY, TIRUCHIRAPPALLI - 620 024**

*(Accredited with A<sup>+</sup> Grade by NAAC in the Third Cycle)*

**Department of Physical Education & Yoga**

**Non Major Elective – Other P.G. Department students**

**(With effect from the academic year 2021-22 onwards)**

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**YOGA AND FITNESS**

**Regulations**

Eligibility: First / second year students studying in any P.G. degree under CBCS in the University departments / centres / schools.

Duration: During the second / third semester in the afternoon on Thursday between 2.00 pm & 5.00 pm

Evaluation: The examination shall comprise of continuous internal assessment throughout the course period, followed by the University examination (Three hours duration) at the end of the course. Internal - 25 marks and External - 75 marks.

Credit: 2

Subject code: 21PQ1

**Objectives**

- To understand the fundamental concepts of yogic practice.
- To study the yogic techniques of asana, pranayama, meditation and surya namaskar.
- To acquire the knowledge other yogic practices and influences of yoga practices on selected system.
- To know basics of fitness, physical fitness & its types.
- To understand the fundamental concepts about physical fitness training and assessment.

**Unit – I Fundamentals of Yoga**

Yoga – Meaning and definition. Aim and objectives of yoga. Historical background of yoga. Types of yoga: Bhakthi yoga, Jnana Yoga, Karma Yoga, Mantra Yoga, Hatha Yoga, Raja Yoga. Nadis and Chakras. Principles of practicing – Asana / Prayamana / Meditation / Kriya. Contributions of Patanjali and Thirumular to Yoga. Eight limbs of Yoga: Yama, Niyama, Asana, Pranayama, Pratyhara, Dharana, Dhyana & Samathi. Difference between Yogic practices and Physical exercises. International Yoga day.

**Unit – II Yogic Techniques and Methods**

Preparatory exercises / Loosening exercises / Warming-up exercises. Yogic Technique, Methods & Benefits – Asana: Relaxative asanas – Shavasana & Makarasana. Meditative asanas: Padmasana & Vajrasana. Cultural asanas – Bhujangasana, Dhanurasana, Saravangasana, Halasana, Thadasana & Patchimottasana. Techniques and benefits of Suryanamaskar. Pranayama: Nadi Suddhi, Sitali & Sitkari. Meditation: Silent Meditation, Breathing Meditation & Object Meditation.

**Unit – III Other Yogic Practices and Influences of Yoga on Selected Human System**

Meaning of Bandas, Kriya & Mudra. Types of Bandhas (Uddiyana Bandha, Jalandhara Bandhas, Mula Bandas) Types of Kriyas (Kapalabhati, Trataka, Neti – JalaNeti, Sutra Neti, Dhauthi – Vamana Dhauthi). Types of Mudras (Chin Mudra, Chinmaya Mudra & Adi Mudra). Anatomy and

**(P.T.O.)**

Physiology – definition. Various systems in the human body. Impact of yogic practices on cardio-respiratory system, nervous system and endocrine system. Stress, Types of stress - Causes and symptoms of stress. Stress management of yogic practices.

#### **Unit – IV Introduction to Physical Fitness**

Meaning & Definition: Fitness and Physical fitness. General & Specific fitness. Need & importance of Physical fitness. Types: Performance related Physical fitness and Health related Physical fitness. Performance related Physical fitness Components (Speed, Strength, Endurance, Agility, Power and Flexibility). Health related Physical fitness Components (Cardio-respiratory Endurance, Muscular Strength, Muscular Endurance, Flexibility and Body Composition). Meaning of warm-up. General & Specific warming-up. Advantages of warming-up. Cool down exercises & its benefits.

#### **Unit – V Physical Fitness Training and Assessment**

Meaning & definition of Exercise, Training and Conditioning. Aerobics, Swimming & Cycling. Free hand exercises. Exercises with partner. Weight training: Barbell exercises, dumbbell exercises, Swiss ball exercises and Medicine ball exercises. Endurance and strength training gym equipments. Physical fitness assessment - Field tests. Points to be considered while assessing the Physical fitness components. Test battery and administration of test - Speed - 50m run; Strength – standing broad jump; Endurance – 12 minutes run & walk; Agility – shuttle run; Flexibility – sit and reach. Measuring – Height, Weight and BMI. Waist circumference. Heart rate: Resting & Maximum heart rate. Heart rate. BP.

#### **Text Books**

- Baechle, Thomas. R, & Earle, Roger. W., (2000). Essentials of Strength Training and Conditioning. Champaign: Human Kinetics.
- Brooks, Douglas. S., (2004). The Complete Book of Personal Training. Champaign: Human Kinetics.
- Chandrasekaran, K., (1999). Sound Health through Yoga. Sedapatti: PremKalyan Publications.
- Iyengar, BKS., (2003). The Art of Yoga. New Delhi: Harper Collins Publishers.

#### **Reference Books / Websites**

- Mariayyah, P., (2000). Suriyanamaskar. Perunthurai: Jaya Publishing House.
- Sandler, David., (2010). Fundamental Weight Training. Champaign: Human Kinetics.
- Singh, Hardayal, (1995). Science of Sports training. New Delhi: D.V.S. Publications.
- Tummers, Nanette, E., (2009) Teaching Yoga for Life. Champaign: Human Kinetics.
- <https://www.ayush.gov.in/>

#### **Course outcomes**

- Understanding of the fundamental concepts of yogic practice.
- Learned the selected asana, pranayama, meditation and surya namaskar techniques.
- Studied the other yogic practices techniques and influences of yoga practices on selected system.
- Gain knowledge on the fundamental concepts of fitness, physical fitness and its types.
- Got clear idea about sports training and various fitness tests assessment was learned.