



**VIRUDHUNAGAR M.S.P.NADAR COLLEGE OF EDUCATION**

Run by VHNSN College Paripalana Sabai

Affiliated to Tamil Nadu Teachers' Education University, Chennai.

VIRUDHUNAGAR - 626001



## **YOGA AND PHYSICAL EDUCATION**

### **OBJECTIVES:**

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

- understand the concepts of Yoga and Asanas
- explain the Physical Education concepts and its scope
- practice the various physical exercises
- comprehend the methods of importing health education..

### **UNIT – 1 YOGA AND ASANAS**

Meaning and concept of Yoga – Aims and objectives - Eight limbs of yoga - Guidelines for practicing yoga - Benefits of yoga – Physiological, Psychological, Therapeutic and Physical.- Meaning, Methods and benefits of Asanas – Sitting posture-Standing posture and Lying Posture - Benefits, Preventive and curative effects of asanas.

### **UNIT - 2 PHYSICAL EDUCATION AND PHYSICAL EXERCISES**

Introduction to physical education - Concept of physical education – Scope, need and importance of physical education – Introduction to Physical Fitness: Need and importance of Physical fitness – Health related components of Physical Fitness-Benefits of physical fitness - Physical Exercise – The importance of Physical Exercise and its effects of various systems – Muscular System – Digestive System – Circulatory System – Nervous System – Respiratory System.

### **UNIT – 3 HEALTH EDUCATION**

Meaning, aims and objectives - scope of Health Education - Methods of Imparting Health Education in Schools – Health Instruction – Health Services – Health Supervision - Posture – meaning, causes, defects and prevention - First Aid – Meaning, Principles of first aid, Need and importance of first aid.

### **References:**

- Yoga Education (Bachelor of Education B.Ed). (2015). National Council for Teacher Education, New Delhi: St. Josheph Press.
- Pandit Lakshmi Doss. (2002) Yogasana for Everybody, Chennai: Balaji Publications.
- <http://www.tutorvista.com/content/biology/biology-i/food-nutritionhealth/classification-food.php>.
- <http://www.redcross.ca/training-and-certification/first-aid-tips-andresources-/first-aid-tips/Kit-contents>.
- <http://www.glopalhealth.gov/global-health-topics/communicable-diseases>.