

Dr Babasaheb Ambedkar Marathwada University

Chhatrapati Sambhajnagar.

Co-curricular Course (CC-II)

Syllabus of Sports and Fitness

**Common Course for all the faculty of Second Semester
(2 Credits - 60 Hours)**

Course Objectives:

1. To inculcate good thinking and scientific temper among the student.
2. To develop physical fitness and sport participation awareness about the student.
3. To develop the leadership quality, self-confidence and organizational.
4. To promote sports & fitness as holistic human values.
5. To make the students apply the theoretical knowledge into practicality through the assignments or practical projects.

Course Outcomes:

1. The students can awareness about physical fitness and sports participation.
2. To increase self-confidence of students.
3. Develop sport attitude among the student.
4. The students will have the conceptual idea about health and fitness through sports and games.
5. The students will able to apply the theoretical knowledge into practicality through the assignments or practical projects.

UNIT- I Sports and Games (30 Hours):

1. Introduction to physical education, sports and games.
2. Indoor and outdoor sports and game event.
3. Track and field events.
4. Introduction to Asian Games, Commonwealth Games and Olympic Games.
5. Participation and achievement of Indian team in Olympic game, Asian game and Commonwealth games.

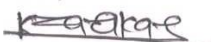
UNIT-II Sports and Physical Fitness (30 Hours):

1. Meaning and definition of Physical fitness.
2. Warm up exercise, Conditioning exercise and Cool down exercises.
3. Weight training exercise, Circuit training exercise, Interval training exercise
4. Types of Physical fitness activities.
5. Importance of Physical fitness in our daily life.
6. Brief study of the Sports and Game, (Any Two)

Cricket, Football, Table-Tennis, Volleyball, Kho-Kho, Kabaddi, Athletics and Wrestling

(With reference to History of the Game, Equipment of the Game, Dimensions of the ground,

Rules and Regulations of the Game, Basic Skills of the game, Techniques and Tactics of the Game)



Reference:

1. Difiore, J. (1998). Complete guide to postnatal fitness. London: A & C Black.
2. Drew Ramsey, M.D. Eat To Beat Depression and Anxiety: Nourish Your Way to Better Mental Health in Six Weeks
3. Giam, C.K & The, K.C. (1994). Sport medicine exercise and fitness. Singapore: P.G. Medical Book.
4. David Asprey Sharkey, B. J. Fast This Way (How To Lose Weight. Get Smarter, and Live Your Longest, Healthiest Life Bulletproof Guide to Fasting) by (1990).
5. Bessesen, D. H. (2008). on obesity. J Clin Endocrinal Metab. 93(6), 2027-2034.
6. Butryn, M.L., Phelan, S., & Hill, J. O.(2007). Consistent self-monitoring of weight: a key component of successful weight loss maintenance. Obesity (Silver Spring). 15(12), 3091-3096.
7. Chu, S.Y. & Kim, L. J. (2007). Maternal obesity and risk of stillbirth: a Meta-analysis. Is J. Obstet Gynecol, 197(3), 223-228.
8. DeMaria, E. J. (2007). Bariatric surgery for morbid obesity. 356(21), 2176-2183.
9. Melvin H. Williams. Nutrition for Health, fitness and Sports, 7th edition, MC Graw Hill international Edition, 2005.
10. विविध खेल आणि नियम, संजय भोला धीर, अनुवाद डॉ. शेखर शिरसाठ, डॉ. कल्पना झरीकर, साकेत प्रकाशन, औरंगाबाद, नववी आवृत्ती, २०१९



Dr Babasaheb Ambedkar Marathwada University

Chhatrapati Sambhajnagar.

Co-curricular Course (CC-2)

Syllabus of Yoga Education

Common Course for all the faculty of Second Semester

(02 Credits- 60 Hours)

Course objectives:

1. Understand and perform skill of yogasanas.
2. To promote yoga as holistic health and human values.
3. Gain knowledge and benefits about Pranayam and Dhyan.
4. Increase the awareness regarding stress, healthy living and life style.
5. Increase the awareness of yogik diet, food and nutrition.

Unit I: 30 Hours

- a) Introduction and definition of yog.
- b) Fundamental concept of yog, relationship of yog and health, physical fitness.
- c) Yogic Sukshma Vyayam, Patanjali ashtang yog Sutra, different types and benefit of asanas.
(Minimum two in each pose)
- d) Suryanamaskar and its benefits.
- e) Different types of Pranayam (minimum three) and their benefits.
- f) Dhyan and its importance.
- g) Importance of diet, food and nutrition.

Unit II: 30 Hours

- a) Prayer
- b) Sukshma vyayam and warm up.
- c) Practice of asanas like, Tadasan, Trikonasan, Ardh ushtrasan, Shashakasan, Bhujangasan, Shalabhasan, Setubandhasan, Pawanmuktasan, shawasan etc.
- d) Thoracic breathing & Abdominal breathing, Pranayam like Anulom Vilom, Kapalbhathi, Bhramari & Shitali.
- e) Dhyan.

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Books recommended:

1. आनंदयोग, श्रीकृष्णव्यवहारे, घंटाळीप्रकाशन, ठाणे. 1991
2. Light on yoga, B.K.S Iyengar, Harper Collins publisher, New Delhi, 2005.
3. Asana Pranayam mudra bandha, Swami SatyendraSaraswati, yoga publication trust, 1997.
4. Patanjaliyog Sutra, Swami Vivekanand, Geeta press Gorakhpur.
5. PranayamRahasya, Swami Ramdev, DivyaPrakashanPatanjaliyogpithHaridwar, 2009
6. भारतीयमानसशास्त्रपतंजलीयोगदर्शन, कृष्णाजीकोल्हटकर, आदित्यप्रतिष्ठानपब्लिकेशन. 2016
7. Yoga professionals official guide book for level 1., Quality council of India, Excel books, New Delhi, 2016.
8. Suryanamaskar, Saraswati, Swami satyanand, Bihar school of yoga, Munger, 2006.
9. Yogikusshmvayam, Brahmchari Swami Dharendra, Dharendra yoga publications, New Delhi. 1986.
10. योगसाधनाएवंयोगचिकित्सारहस्य, स्वामीरामदेव, दिव्यप्रकाशन, पतंजलियोगपीठहरिद्वार, 2018.

Prakash