



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERION 7 – INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES

KEY INDICATOR 7.1

7. 1. 10 The Institution has a prescribed code of conduct for students, teachers, administrators and other staff and conducts periodic programmes in this regard:

Certified that the following documents showing measures taken by the University in offering courses on human values, professional ethics, value education etc to the students.


Registrar
Registrar
Tamilnadu Physical Education
and
Sports University
Chennai - 600 127.



தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
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Accredited with "B" Grade by NAAC
India's First State University in Physical Education and Sports

PROFESSIONAL ETHICS

PAPER / COURSE TITLE

S.NO	NAME OF COURSES
1.	RESEARCH PROCESS IN PHYSICAL EDUCATION AND SPORTS SCIENCES
2.	YOGIC SCIENCES
3.	SPORTS MANAGEMENT AND CURRICULUM DESIGN IN PHYSICAL EDUCATION
4.	SPORTS JOURNALISM AND MASS MEDIA
5.	YOGA EDUCATION
6.	HISTORY PRINCIPLES AND FOUNDATION OF PHYSICAL EDUCATION
7.	CONTEMPORARY ISSUES IN PHYSICAL EDUCATION FITNESS AND WELLNESS
8.	METHODS IN PHYSICAL EDUCATION
9.	SCIENCE OF YOGA
10.	FUNDAMENTALS OF YOGA
11.	BASIC YOGA TEXTS
12.	RESEARCH PROCESSES IN YOGA
13.	FOUNDATIONS OF YOGA
14.	PATANJALI YOGA SUTRAS
15.	CLINICAL NUTRITION AND DIETETICS



தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்

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16.	NUTRITION FOR HEALTH, FITNESS AND SPORTS.
17.	EXERCISE REHABILITATION AND INJURY MANAGEMENT.
18.	TRAINING AND PERFORMANCE
19.	STRENGTH TRAINING AND CONDITIONING FOR FITNESS
20.	EXERCISE ASSESSMENT IN SPECIAL POPULATION
21.	INTRODUCTION TO SPORTS PERFORMANCE ANALYSIS
22.	LEGAL SYSTEMS IN BUSINESS (BBA)
23.	BUSINESS LAWS
24.	PROFESSIONAL ETHICS
25.	PHILOSOPHY OF COACHING
26.	SCIENCE OF SPORTS TRAINING
27.	METHODS OF NATUROPATHY
28.	CLASSICALYOGIC PRACTICES AND APPLIED PHYSIOLOGY
29.	PRACTICAL– I
30.	METHODOLOGY OF TEACHING YOGA
31.	TRADITIONAL INDIAN SYSTEMS OF MEDICINE AND THERAPIES



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GENDER

PAPER / COURSE TITLE

S.NO	NAME OF THE COURSES
1.	HEALTH EDUCATION AND SPORTS NUTRITION
2.	GENDER STUDIES
3.	HEALTH EDUCATION AND FIRSTAID
4.	CLASSICAL YOGA PRACTICES – I(PRACTICAL)-BSC
5.	CLASSICAL YOGA PRACTICES – II (PRACTICAL)-BSC
6.	CLASSICAL YOGA PRACTICES – I(PRACTICAL)-MSC
7.	CLASSICAL YOGIC PRACTICES – II(PRACTICAL)-MSC
8.	ANATOMY AND PHYSIOLOGY
9.	CLASSICAL YOGA PRACTICES-M.SC-YOGA THERAPY
10.	PRACTICAL : CLINICAL PSYCHOLOGY
11.	EXERCISE AND SPORTS FOR WOMEN
12.	PSYCHOLOGY FOR EFFECTIVE LIVING
13.	WOMEN AND SPORTS



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HUMAN VALUES

PAPER / COURSE TITLE

S.NO	NAME OF THE COURSES
1.	SPORTS PSYCHOLOGY AND SOCIOLOGY
2.	DISABILITY AND INCLUSIVE EDUCATION
3.	YOGA FOR CHALLENGED PEOPLE
4.	PERSONALITY DEVELOPMENT
5.	TIRUMULAR'S TIRUMANTIRAM
6.	STRESS MANAGEMENT
7.	VALUE EDUCATION



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ENVIRONMENT & SUSTAINABILITY

PAPER / COURSE TITLE

S.NO	NAME OF THE COURSES
1.	SPORTS ENGINEERING AND TECHNOLOGY
2.	ENVIRONMENTAL STUDIES
3.	BUSINESS ENVIRONMENT
4.	DISASTER MANAGEMENT



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DEMOGRAPHIC CHANGES

PAPER / COURSE TITLE

S.NO	NAME OF THE COURSES
1.	YOGA FOR HEALTH
2.	YOGIC DIET AND NUTRITION
3.	STATISTICS IN YOGA
4.	CLINICAL EXERCISE TESTING PROCEDURE AND ASSESSMENT
5.	TRAINING AND PERFORMANCE
6.	NUTRITION THROUGH LIFECYCLE'
7.	WEIGHT MANAGEMENT
8.	NUTRITION AND IMMUNE FUNCTION IN ATHLETE'S.
9.	RESEARCH METHODS IN EXERCISE PHYSIOLOGY AND NUTRITION
10.	CLINICAL SPORTS NUTRITION
11.	MARKETING MANAGEMENT
12.	SPORTS MEDICINE AND NUTRITION
13.	SPORTS PSYCHOLOGY AND SOCIOLOGY OF SPORT



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PROFESSIONAL ETHICS

1. RESEARCH PROCESS IN PHYSICAL EDUCATION AND SPORTS SCIENCES

SYLLABUS

Learning Objectives

1. Gain knowledge about research in the field of physical education
2. To understand the concept of sample and population
3. To testing the existing theories/trainings methods
4. To develop systematic and scientific approach in finding solutions for the questions.

UNIT I

Meaning and Definition of Research - Need, Nature and Scope of research in Physical Education. Classification of Research: Basic Research, Applied Research, Action Research. Identification, Location and formulation of Research Problem - Criteria for selection of a problem. Qualities of a good researcher. Ethical Issues in Research.

UNIT II

Meaning and Definition of Historical Research - Steps in Historical Research - Sources of Historical Research. Primary Data - Secondary Data - Historical Criticism: Internal Criticism, External Criticism. Descriptive Methods of Research: Survey Study - Case study - Normative Study. Tools of research- Questionnaires, opinionnaires, interviews and observation. Sources and steps of literature search- library, research data bases, internet-search engines, online journals. Note taking and critical reading.

UNIT III

Nature, meaning and methods of experimental research. Meaning and Definition of Hypothesis. Formulation, types and testing of Hypothesis. Experimental Methods of Research:



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Meaning of variable - Types of Variables - Nature and meaning of experimental Research.

Types of Experimental Design: Single Group Design, Reverse Group Design, Repeated

Measure Design, Static Group Comparison Design, Equated Group Design, Factorial Design.

UNIT IV

Meaning of Data, its types and collecting measures , Meaning and Definition of Sample and Population. Sampling – Process and techniques. Types of Sampling: Probability Methods : Systematic Sampling, Cluster sampling, Stratified Sampling. Area Sampling- Multistage Sampling. Non – Probability Methods: Convenience Sample, Judgment Sampling, Quota Sampling.

UNIT V

Chapterization of Thesis/ Dissertation: Front Materials, Body of the Thesis- Back materials. Method of Writing Research proposal, Thesis/ Dissertation. Method of writing abstract and full paper for presenting in a conference and to publish in journals. Mechanics of writing Research Report – Method of writing bibliography for books, journals, unpublished thesis and web resources.

Text Book

1. Best J. W (1971) Research in Education, New Jersey: Prentice Hall, Inc.
2. Clarke David.H& Clarke H, Harrison (1984) Research processes in Physical Education New Jersey : Prentice Hall Inc.
3. Rothstain, A. (1985) Research Design and Statistics for Physical Education, Englewood Cliffs : Prentice Hall, Inc.



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2. YOGIC SCIENCES

SYLLABUS

Learning Objectives

1. To understand and apply the underlying concepts of Yoga
2. To promote knowledge and awareness of skeletal alignment and body mechanics, emphasizing a safe and intelligent use of the body
3. To cultivate breath control, relaxation techniques and kinaesthetic awareness

UNIT –I

Meaning and Definition of Yoga. Origin, History and evolution of Yoga. Asthanga Yoga: Yama, Niyama, Asana, Pranayama, Prathyahara, Dharana, Dhyana, Samadhi, Principles of Yogic Practices – Asana, Pranayama and Meditation. Principles, Philosophy and scope of Yoga. Yogic practices for various age groups. Yoga – Values – Spirituality, Yogic practices for personality development

UNIT –II

Asanas : Types – Advanced asanas and Benefits. Pranayama: Aspects of Pranayama - Methods and benefits. Nadis and Chakras: Major Chakras - Benefits of clearing and balancing Chakras. Preparatory exercises & Loosening exercise: Techniques and benefits. Meaning, types and benefits of Koshas. Concept of Trigunas. Surya Namaskar: Methods and benefits. Asanas: Types- Techniques and Benefits. Counter posture.



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UNIT – III

Shat Kriyas- Meaning, Techniques and Benefits of Neti-Dhauti- Kapalapathi-Trataka - Nauli – Basti. Bandhas: Meaning, Techniques and Benefits of JalendraBandha, JihvaBandha, UddiyanaBandha, MulaBandha. Mudras : Meaning, Techniques and Benefits of Hasta Mudras, Asamyuktahastam, Samyuktahastam, Mana Mudras, Kaya Mudras, Banda Mudras , Adhara Mudras . Meditation: Meaning, Techniques and Benefits of Meditation Types:- Passive and active. Saguna Meditation and Nirguna Meditation, Techniques, Benefits.

UNIT IV

yoga and Sports: Yoga Supplemental Exercises -Yoga Compensation Exercises- Yoga Regeneration Exercises- Power Yoga. Role of Yoga in Psychological Preparation of athlete: Mental Wellbeing, Anxiety, Stress, Depression, Concentration, Self Actualization. Effect of Yoga on Physiological System: Circulatory, Skeletal, Digestive, Nervous, Respiratory, Excretory System. Difference between yogic exercises, Exercises and its applications

UNIT –V

Yoga for skill development: Yoga for performance enhancement of sports persons, Yoga management of selected sports injuries, Yoga for Leadership, Yogic Diet for Fitness and Hygiene. Scientific importance of yogic Exercises in organic development and its Medical effects

Text Book

1. Gore. (1990). Anatomy and Physiology of Yogic Practices. Lonavala: KanchanPrkashan.
2. Moorthy .A.M & Alagesan. S. (2004). Yoga Therapy. Coimbatore: Teachers Publication House.
3. SatyanandaSarasvati. (1989). Asana Pranayama Mudra Bandha. Munger: Bihar School of Yoga.



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3.SPORTS MANAGEMENT AND CURRICULUM DESIGN IN PHYSICAL EDUCATION

SYLLABUS

Learning Objectives

1. To identify the basic principles of Sports Management.
2. To know about organizational management and leadership.
3. To identify important issues and future trends in the field of sports management
4. Understand curriculum according to the needs of the students
5. Construct the curriculum for various levels
6. Update the present need which is mandatory

UNIT I

Management: Concept and Principles of Management. Sports Management: Definition, Importance. Basic Principles and Procedures of Sports Management. Functions of Sports Management. Personal Management: Objectives and principles of Personal Management, Personal Policies, Self-Appraisal, communication skills and time management, essential skills of administration. Guiding Principles for organizing physical education and sports programmes in institutions.

UNIT II

Management of infrastructure, equipment, finance and personnel. Programme Management: Factors influencing programme development. Organisation and Functions of Sports bodies. Financial management – objectives, purposes, principles and scope. Competitive Sports Programs, Benefits, Management Guidelines for School, College Sports Programs, Management Problems in instruction programme, Community Based Physical Education and Sports program. Management and Maintenance of Records and Registers as per Department of School Education requirements. Role of Sports Manager – Inter-personal, informational and decision making. Managerial skills-technical, human and conceptual.



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UNIT III

Purchase and Care of Supplies of Equipment: Planning and Preparation of Budget, Facility Management : Planning, procuring and maintenance of facilities – Indoor and outdoor facilities . Planning and management of sports infrastructure . Guidelines for selection of Equipments and Supplies, Purchase of equipments and supplies, Equipment Room, Equipment and supply Manager. Guidelines for checking, storing, issuing, care and maintenance of supplies and equipments. Public Relations in Sports: Planning the Public Relation Program - Principles of Public Relation - Public Relations in School and Communities - Public Relation and the Media. Professional Ethics. Mass media communication and Publicity, qualifications of Public relation officer. Event Management – its principles , planning, check list, rehearsal, itinerary, execution, reporting and follow-up procedures of an event.

UNIT IV

Curriculum: Meaning and Definition of Curriculum. Curriculum Development –Concepts of Curriculum planning – Subject matter for different levels of education. Principles of Curriculum Construction: Students centred, Activity centred, Community centred, Forward looking principle, Principles of integration. Approaches to Curriculum : Subject centred, Learner centred and Community centred, Curriculum Framework. Application of Idealism, Naturalism, Realism, Pragmatism, Existentialism, Humanism in Physical Education. Curriculum Design and content – importance , selection and classification of subject matter with reference to age,sex, and differently abled pupils . Integrated programmes for boys and girls. Course content for academic and professional courses.

UNIT V

Factors affecting curriculum: Sources of Curriculum materials – text books – Journals – Dictionaries, Encyclopedias, Magazines, Internet. Integration of Physical Education with other Sports Sciences – Curriculum research, Objectives of Curriculum research – Importance of Curriculum research. Curriculum Evaluation : concepts and purpose , procedure and appraisal. Supervision – Objectives, principles and importance of supervision. Techniques of supervision, Duties and responsibilities of a supervisor.



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Text Book

1. Bucher A. Charles,(1993) Management of Physical Education and Sports (10 ed.,)
St. Louis
2. Carl, E, Willgoose. (1982).Curriculum in Physical Education, London: Prentice Hall.
3. Charles, A, Bucher & March, L, Krotee. (1993). Management of Physical Education and Sports. St.Louis: Mosby Publishing Company.
4. McKernan, James (2007) Curriculum and Imagination: Process, Theory, Pedagogy and Action Research, . U.K: Routledge.



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4.SPORTS JOURNALISM AND MASS MEDIA

SYLLABUS

Learning Objectives

1. To promote the awareness of sports through journalism
2. To learn the techniques to sports organization through media
3. To know about Sports journalism and mass media contribution in sports field

UNIT I

Meaning and Definition of Journalism. Ethics of Journalism - Canons of journalism-Sports Ethics and Sportsmanship - Reporting Sports Events. National and International Sports News Agencies.

UNIT II

Sports Bulletin :Journalism and sports education - Structure of sports bulletin - Compiling a bulletin- Types of bulletin . Role of Journalism in the Field of Physical Education: Sports as an integral part of Physical Education - Sports organization and sports journalism- General news reporting and sports reporting.

UNIT III

Mass Media in Journalism : Radio and T.V. Commentary - Running commentary on the radio - Sports experts comments. Role of Advertisement in Journalism. Sports Photography: Equipment- Editing –Publishing. Media and Sports.

UNIT IV

Brief review of Olympic Games, Asian Games, Common Wealth Games World Cup, National Games and Indian Traditional Games. Preparing report of an Annual Sports Meet for Publication in News paper. Organization of Press Meet.

UNIT V



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Sports organization and Sports Journalism – General news reporting and sports reporting.
Methods of editing a Sports report. Evaluation of Reported News. Interview with an elite
Player and Coach.

Text Book

David K. Miller & T. Earl Allen(1989), Fitness, A life time commitment, Surjeet
Publication Delhi.

Dificore Judy, the complete guide to the postnatal fitness, A & C Black Publishers Ltd.
Bedford row, London 1998

Uppal A.K (1992), Physical Fitness, Friends Publications (India),

Warner W.K. Oeger& Sharon



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5.YOGA EDUCATION

SYLLABUS

Learning Objectives

1. To understand and apply the underlying concepts of Yoga
2. To promote knowledge and awareness of skeletal alignment and body mechanics, emphasizing a safe and intelligent use of the body
3. To cultivate breath control, relaxation techniques and kinesthetic awareness

UNIT I

Yoga: Meaning and Definition. Origin and History – Yoga Sutra – Hatha yoga texts. Systems of Yoga: Karma yoga - Jnana yoga - Bhakthi yoga - Raja yoga. Eight limbs of yoga: Yama – Niyama – Asana – Pranayama – Pratyahara – Dharana – Dhyana – Samadhi. Aims and objectives of yoga, Need and importance of yoga in physical education and sports – Yogic Diet.

UNIT II

Schools of yoga - Effect of yoga on various systems of the body: Muscular system – Circulatory system – Endocrine system – Respiratory system – Nervous system – Digestive system – Yoga for Physical Fitness, Yoga for Health and Wellness. Yoga for Diseases. Yoga for child with special needs.

UNIT III

Loosening the joints - Suryanamaskar (Bihar school of yoga). Meaning of Asana – Classification – Guidelines for practicing asanas, Do's and Don'ts - differences between asanas and physical exercises - Techniques and benefits. Standing Asana: Vrksasana –

Trikonasana – Padmahastasana. Seated Asanas: Siddhasana – Padmasana –



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Paschimottanasana. Inverted asanas: Sarvangasana – Halasana. Prone position: Mayurasana

– Sirsasanana. Back bend asanas: Bujangasana, Salabhasana, Dhanurasana, Ushtrasana.

Supine position: Navasana, Suptavajrasana, Twisting: Vakrasana, Ardhamatsyendrasana,

Kukutasana. Influence of relative, meditative posture on various system of the body.

UNIT IV

Pranayama: Definition, Types and Benefits: NadiShodhana, Surya Bhedana, Chandra bhedana, Kapalabhati, Bhastrika, Sitakari, Sitali, Bhramari – Ujjai. Nadi: Ida, Pingala, Sushumna. Five Khoshas: Annamaya, pranyama, manomaya, anandamaya, viynanamayakhoshas.

UNIT V

Techniques and Benefits of Shat kriyas: Neti (Jala, Sutra) Dhauti (Vamana, vastra)

Bhasti, Nauli, Trataka, Kapalabhati, Yoga Nidra. Meditation: Meaning and benefits.

Bandhas and Mudras : Meaning and benefits.

Text Book

1. George Feuerstein. (1975).Text Book of Yoga. London: MotilalBansaridass Publishers (P) Ltd.
2. Gore. (1990). Anatomy and Physiology of Yogac Practices. Lonavala: KanchanPrkashan.
3. Iyengar, B. K. S. (2000). Light on Yoga. New Delhi: Harper Collins Publishers.
4. Moorthy .A.M & Alagesan. S. (2004).Yoga Therapy. Coimbatore: Teachers Publication House.
5. Swami SatyanandaSaraswathi. (1984). Kundalini and Tantra. Bihar: Yoga Publications Trust.
6. Swami Kuvalayananda. (1998). Asanas. Lonavla: Kaivalyadhama. Publication.



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6. HISTORY PRINCIPLES AND FOUNDATION OF PHYSICAL EDUCATION

SYLLABUS

Learning Objectives

1. To know the origin and development of Physical Education
2. Understand the basic concepts of physical education.
3. Know the historical development of physical education in India.
4. Understand the foundation of physical education.
5. Know the principles of physical education.
6. Know the psychological and sociological principles

UNIT I

Introduction: Meaning and Definition of Education, Physical Education, Aims and Objectives of Physical Education. Role of Physical Education in General Education. Development of Teacher Education in Physical Education. Professional Courses in Physical Education and Sports.

UNIT II

Historical development of Physical Education in India

Physical Education in India: Pre Independence period Vedic age, Epic age, Muslim period, Ancient Greece (Sparta – Athens). British period (before 1947) -Physical Education in India (after 1947) -Contributions of YMCA -National Sports Day.

UNIT III

Policies, Schemes, Awards: NCC – NSO - NSS - Scouts and Guides - Sports Authority of India - Sports Development Authority of Tamil Nadu - School Games Federation of India - Association of Indian Universities – Central and State Sports Universities-Indian Olympic Association. RDG-BDG-RDS. Awards: Arjuna award - Dronacharya award - Major Dhyan Chand Khel Ratna Award- Fit India-Khelo India

UNIT IV



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Biological foundations of Physical Education - Growth and Development at various Levels of Childhood: Pre - Adolescence – Adolescence – Adulthood. Differences in boys and girls. Types of Age: Chronological Age-Physiological Age and Mental Age. Classification of body types: Sheldon – Krestchmer. Philosophical Foundation of Physical Education: Idealism, pragmatism, naturalism, realism, humanism, Existentialism. Sociological Foundations of Physical Education: Society, culture and Socialization Process-Traditions in sport- Social Integration

UNIT V

Psychological foundations: Learning: Meaning and Definition – Theories of Learning : Trial and Error theory, Conditioned Response theory, Insightful Learning. Laws of Learning: Law of readiness, Law of Exercise , Law of effect, Law of Primacy, Law of Intensity. Law of Recency, Types of Learning : Primary, Associate, Concomitant; Transfer of Learning – Learning Curve - Theories of Play

Text Book

1. Baljit Singh (2009). Principles of Physical Education. New Delhi: Sports Publication.
2. Bevinson Perinbaraj. S (2002). History of Physical Education. Karaikudi: Vinsi Publications. Bucher A.
3. Charles. (1983). Foundations of Physical Education. St. Louis: Mosbyco.
4. Charles A. Bucher. (1982). Foundations of Physical Education. USA: The C.V. Mosby company.
5. Charles C. Cowell & William L. France. (1963). Philosophy and Principles of Physical Education. New Jersey: Prentice-Hall.]



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7. CONTEMPORARY ISSUES IN PHYSICAL EDUCATION, FITNESS AND WELLNESS

SYLLABUS

Learning Objectives

1. Understand physical education as more diversified and systematized process
2. Develop competencies, skills and knowledge required for the fitness management
3. To understand the relationship between fitness and wellness

UNIT I

Concept of Physical Education and Fitness : Definition, Aims and Objectives of Physical Education, fitness and Wellness. Importance and Scope of fitness and wellness. . Modern concept of Physical fitness and Wellness. Physical Education and its Relevance in Inter Disciplinary Context. Issues in curriculum-
Issue in teaching learning (Approaches in teaching games, Formal and informal model of assessment in Physical Education)

UNIT II

Fitness, Wellness and Lifestyle ; Fitness – Types of Fitness and Components of Fitness. Understanding of Wellness. Modern Lifestyle and Hypokinetic Diseases – Prevention and Management. Physical Activity and Health Benefits - Promotion of fitness and wellness

UNIT III

Principles of Exercise Programme: Means of Fitness development – aerobic and anaerobic exercises. Exercises and Heart rate Zones for various aerobic exercise intensities. Concept of free weight Vs Machine, Sets and Repetition . Concept of designing different fitness training programme for different age group. Concept of designing different fitness training program for different age group and sports ,Games

UNIT IV



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Safety Education and Fitness Promotion: Health and Safety in Daily Life. First Aid and Emergency Care. Common Injuries and their Management. Modern Life Style and Hypokinetic Disease –Prevention and Management. Health and safety in daily life issues related to body image (stress management, mental health and wellness throughout life healthy aging.

UNIT V

Sports Nutrition: Diet for sports competition- supplementation to the daily diet. Vitamins, Minerals, Fluids. Electrolyte replacement, Carbohydrate loading, Protein loading, Calcium and iron supplement. Pre-event meal. Time for pre-event meal, Alternate eating pattern, Foods to avoid. Exercise and weight control, Crash dieting, Weight Control. Dietary guideline of good health status.

Text Book

1. Difiore, J.(1998). Complete guide to postnatal fitness. London: A & C Black,.
2. Giam, C.K & The, K.C. (1994). Sport medicine exercise and fitness.
Singapore: P.G. Medical Book.
3. McGlynn, G., (1993). Dynamics of fitness. Madison: W.C.B Brown.
4. Sharkey, B. J.(1990). Physiology of fitness, Human Kinetics Book.
5. William, D. Mc Aradle. (1996). Exercise Physiology,
Energy, Nutrition and Human
Performance. Philadelphia: Lippincott Williams Company.



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8. METHODS IN PHYSICAL EDUCATION

SYLLABUS

Learning Objectives

1. Administer a variety of tests as they apply to physical education, health and fitness.
2. Analyze and evaluate various fitness movements
3. Create interest in research through test and measurement

UNIT I

Meaning and Importance of Organization and administration – Scheme of Physical Education in: Schools, Colleges, Universities, Districts State and National Level.

UNIT II

Facilities – Track, Play Grounds, Gymnasium, Swimming Pool – Layout of Playfields (Basketball, Kabbadi, Hockey, Volleyball, Cricket) Care and Maintenance of Playfields.

UNIT III

Method in Physical Education – meaning – Factors influencing Method Presentation Technique – Teaching Aids – Principles of Class Management.
Teaching of activities: Marching, Calisthenics, light apparatus (Wands, Hooks, Poles) Lezium, Folk dance – Minor Games – Lead up activities.

UNIT IV

Teaching activities of minor games, major games track and field, Yogic Practice, Suryanamaskar, Calisthenics, Light apparatus, Rhythmic activities, Commands, Marching.

UNIT V

Tournaments – Types of Tournament, Knock out, League, Combination Tournament, Methods of drawing Fixtures.



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Text Book

Kamlesh M.L. Scientific "Artof Teaching Physical Education" New Delhi Metropolitan 1994. Thiru. Narayanan C and Harishara Sharma "Methods in Physical Education" Karailkudi C and

S.H. 1989

Joseph. P.M. "organization of Physical Education".



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9. SCIENCE OF YOGA

SYLLABUS

Learning Objectives

4. To understand and apply the underlying concepts of Yoga
5. To promote knowledge and awareness of skeletal alignment and body mechanics, emphasizing a safe and intelligent use of the body
6. To cultivate breath control, relaxation techniques and kinaesthetic awareness

UNIT –I

Meaning and Definition of Yoga. Origin, History and evolution of Yoga. Asthanga Yoga: Yama, Niyama, Asana, Pranayama, Prathyahara, Dharana, Dhyana, Samadhi, Principles of Yogic Practices – Asana, Pranayama and Meditation. Principles, Philosophy and scope of Yoga. Yogic practices for various age groups. Yoga – Values – Spirituality, Yogic practices for personality development

UNIT –II

Asanas : Types – Advanced asanas and Benefits. Pranayama: Aspects of Pranayama - Methods and benefits. Nadis and Chakras: Major Chakras - Benefits of clearing and balancing Chakras. Preparatory exercises & Loosening exercise: Techniques and benefits. Meaning, types and benefits of Koshas. Concept of Trigunas. Surya Namaskar: Methods and benefits. Asanas: Types- Techniques and Benefits. Counter posture.

UNIT – III



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Shat Kriyas- Meaning, Techniques and Benefits of Neti-Dhauti- Kapalapathi-Trataka - Nauli – Basti. Bandhas: Meaning, Techniques and Benefits of JalendraBandha, JihvaBandha, UddiyanaBandha, MulaBandha. Mudras : Meaning, Techniques and Benefits of Hasta Mudras, Asamyuktahastam, Samyuktahastam, Mana Mudras, Kaya Mudras, Banda Mudras , Adhara Mudras . Meditation: Meaning, Techniques and Benefits of Meditation Types:- Passive and active. Saguna Meditation and Nirguna Meditation, Techniques, Benefits.

UNIT IV

yoga and Sports: Yoga Supplemental Exercises -Yoga Compensation Exercises- Yoga Regeneration Exercises- Power Yoga. Role of Yoga in Psychological Preparation of athlete: Mental Wellbeing, Anxiety, Stress, Depression, Concentration, Self Actualization. Effect of Yoga on Physiological System: Circulatory, Skeletal, Digestive, Nervous, Respiratory, Excretory System. Difference between yogic exercises, Exercises and its applications

UNIT –V

Yoga for skill development: Yoga for performance enhancement of sports persons, Yoga management of selected sports injuries, Yoga for Leadership, Yogic Diet for Fitness and Hygiene. Scientific importance of yogic Exercises in organic development and its Medical effects

Text Book

4. Gore. (1990). Anatomy and Physiology of Yogic Practices. Lonavala: KanchanPrakashan.
5. Moorthy .A.M & Alagesan. S. (2004). Yoga Therapy. Coimbatore: Teachers Publication House.
6. SatyanandaSarasvati. (1989). Asana Pranayama Mudra Bandha. Munger: Bihar School of Yoga.



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10.FUNDAMENTALS OF YOGA

SYLLABUS

UNIT - I

Yoga: Meaning – Definitions – Need - Nature - Aim and Objectives, Principles, Philosophy and Scope of Yoga

Philosophy: Scope of Philosophy

Shad Darshanas: Nyaya, Vaisesika, Sankhya, Yoga, Mimamsa, Vedanta.

Misconceptions and Clarifications of Yoga-Yoga and Education.

UNIT - II

History of Yoga - Modern Developments - Contribution to yoga by Vedas, Upanishads, Tantra, Bhagavad Gita, Yoga Vasishtha, Yoga Sutras, Thirumandiram, Yoga YajnavalkyaSamahitha, Goraksataka, Hatha Yoga Pradipika, GherandaSamhitha, Siva Samhitha, Hatha Ratnavali, Siddha SiddhantaPaddihati, NaradaBhakthi Sutras, Yoga Rahasya.

UNIT - III

Contributions to Yoga by Ramakrishna, Swami Vivekananda, Sivananda, Sri Aruobindo, Maharishi Mahesh Yogi, Swami Rama, Krishnamacharya, Swami Kuvalayananda, Ramana Maharishi, Vethathiri Maharishi, Swami DayanandSaraswathi- Sri YogendrajiParamahansaYoganada- B.K.S Iyengar, GurumahanParanjothiyar.

UNIT – IV

Contributions of Yoga to Religions: Hinduism, Jainism, Buddhism, Christianity, Islam, Sufism - Spirituality - Role of Yoga & Religions on Spirituality - Methods to promote Spirituality.

Paths of Yoga: Hatha Yoga, Bhakti Yoga, Jnana Yoga, Karma Yoga, Raja Yoga, Mantra Yoga, Laya Yoga, Yantra Yoga.



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UNIT - V

Ashtanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi.
Schools of Yoga: Sivananda Yoga, Integral Yoga, Bihar School of Yoga, Kundalini Yoga, Ashtanga Yoga, Viniyoga, Iyengar Yoga, Hatha Yoga, Swara Yoga, One Minute Meditation and Mantra Yoga.



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11. BASIC YOGA TEXTS

SYLLABUS

Unit I

Vedas

Upanishads

Ishasyopanishad, kena, katha, Mundaka, Mandukya, Aitareya, Taittiriya, chandogya, Brihadaryanaka Upanishads

Bhagavad Gita

Yoga in Bhagavad Gita (Chapter-II), Karma Yoga (Chapter-III), Yoga in Chapter -VI, Bhakthi Yoga (Chapter XII), Yogic diet (Chapter XIV & XVII), Moksha(Chapter-XVIII)

Yoga Vasishtha

Highlights and concepts of Freedom, gunas, meditation and ailments Prasthanatrayee, PurusharthaChatushtaya, NaradaBhakthi Series

Unit II

Goraksataka, Hatha Yoga Pradipika, GherandaSamhitha, Siva Samhitha, HathaRatnavali, Siddha SiddhantaPaddihati.

Unit III

Asanas in Hatha text: Definition, pre requisites, Special features

Unit IV

Pranayama in Hatha text:

Concept, phases& Stages, pre requisites, Benefits, precautions, Contraindications.

Unit V

Bandha, Mudra & other practices:

Concept, Definition, Benefits, precautions & contra-indications, stages.



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12. RESEARCH PROCESS IN YOGA

SYLLABUS

UNIT-I:

Research –Meaning, Definitions, Need, Nature and scope of research in yoga,Types of research- Basic-Applied-Action – Qualities of a researcher-Criteria in locating and selecting a research problem- preparation of research proposal Mechanism of research proposal- formulation of hypothesis-variables and its types.

UNIT-II:

Types of research design –Describe research –survey method, case study, method,Experimental Method- Categories: Longitudinal design, Quasi Experimental design, cross sectional design, Double blind placebo design, Experimental Design Types: Single group Design Reverse group design, repeated measure design static group comparison design,Rotated group design, Random group design, Equated group design, Factorial design.

UNIT-III:

Data- Population- Sample-Subject- Sampling: Characteristics, Principles, steps,Determining the sample size, criteria in selection, Types of sampling probability sampling methods- Random and complex, Non –Probability Sampling methods- Writing Synopsis and Research report-Front Materials, Main Chapters and Back materials- Recent trends in yoga research, yoga research centers and their works in India.

UNIT – IV:

Statistics-Meaning- Need and importance in research – non-parametric statistics-Treatment of F-test, 't' test one way- two way – testing- chi square-statistical packages-SPSS-SAS- data process, data analysis-Graphical Representation, Data interpretation.

UNIT-V:

Types of Statistics- Parametric and non-parametric-Normality of data-Normal Curve – Data Analysis- 't' Test, F-test Type I Type II error-ANOVA-ANCOVA (one way & two way)-Post hoc test- Pearson product moment correlation-Partial and Multiple Correlation-Regression simple linear and multiple linear-Post hoc tests.



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13. FOUNDATIONS OF YOGA

SYLLABUS

UNIT - I:

History, Evolution of Yoga and Schools of Yoga: Origin of Yoga, History and Development of Yoga; Etymology and Definitions, Misconceptions, Aim and Objectives of Yoga, True Nature and Principles of Yoga, Introduction to Vedas, Upanishads, Prasthanatrayee and PurusharthaChatushtaya, General introduction to Shad-darshanas with special emphasis on Samkhya and Yoga Darshana, Yoga in Vedanta.

UNIT - II:

Modern Developments Introduction to Epics - (Ramayana, Mahabharata), Yoga in Ramayana, Yoga in Mahabharata, Introduction to Smritis and Yoga in Smritis; General introduction to Agamas and Tantra, Yoga in Tantra; Concepts of Nadi and Prana in Tantra, Kundalini, Effects of Kundalini Shakti and Shat chakra Sadhana, Yoga in Medieval Literature, Bhakti Yoga of Medieval Saints, Yoga in Narada Bhakti Sutras.

UNIT - III:

Yoga in Modern Times: Yogic Traditions of Ramakrishna and Swami Vivekananda, Shri Aurobindo; Maharshi Ramana and Swami Dayanand Saraswati, Yoga in Contemporary Times: Brief Introduction to important Yoga Paramparas (lineages), Sri T. Krishnamacharya, Yoga Parampara of Swami ShivanandaSaraswati, Swami Rama of Himalayas, Maharshi Mahesh Yogi and their contributions for the development and promotion of Yoga.

UNIT - IV:

Introduction to Schools (Streams)of Yoga: Yoga Schools with Vedanta Tradition (Jnana, Bhakti, Karma, and Dhyana), Yoga Schools with Samkhya-Yoga Tradition (Yoga of Patanjali) and Yoga Schools with Tantric Tradition (Hatha Yoga, Swara Yoga and Mantra Yoga).

UNIT - V:

Asanga Yoga – Yama – Niyama- Asana- Pranayama- Prathyahara – Dharana – Dhyana – Samadhi. Elements of Yoga and Yogic practices on Hinduism, Jainism, Buddhism, Christianity, Islam, Sufism- Spirituality - Role of yoga & Religions on Spirituality- Methods to promote Spirituality.



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14. PATANJALI YOGA SUTRAS

SYLLABUS

UNIT: I

Introduction to Samadhi Pada Sadhana Pada Vibhuti Pada Kaivalya Pada. Concept of Chitta, Chitta-Bhumis, Chitta-Vrittis. Abhyasa and Vairagya as the tools, Concept of Bhavapratyaya& Upaypratyaya, SadhanPanchak, Chitta-Vikshepas (Antaraya),EktattvaAbhyasa,Chitta-prasadanam. Concept of Ishwara and attributes of Ishwara, Process of Ishwarapranidhana.

UNIT: II

Concept of Kriya Yoga, theory of Kleshas; Concept of Karmashaya and Karmvipaka,Nature of dhukha, Concept of Chaturvyuhavada, DrishyanirupanaDrasthanirupanam,Prakriti-PurushaSamyoga.

UNIT: III

Ashtanga Yoga; Yama- Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi. Concept of Vitarka& Mahavrata.

UNIT: IV

Nature of Sanyama; Concept of Chittasamskara, Parinamatrayaandvibhutis.Five means of Siddhis, concept of Nirman Chitta.

UNIT: V

Importance of siddhis achieved through Samadhi, Four types of Karmas; Concept of Vasana; Dharmamegha Samadhi and its result, VivekaKhyatiNirupanam, KaivalyaNirvachana.



15. CLINICAL NUTRITION AND DIETETICS

SYLLABUS

UNIT – I

Objectives of Diet Therapy: Objectives of diet therapy - Role of a dietician. Principles of diet preparation and counselling. Normal diet in the hospitals –, liquid, semi liquid, light, soft diet, bland diet and regular diet Different types of Feeding - Basic concepts of oral feeding, tube feeding, IV feeding, gastrostomy feeding.

UNIT – II

Therapeutic Diets: Therapeutic diets for the following disorders- Underweight - definition, etiology, treatment Obesity - definition, etiology, treatment. Diseases of the gastro intestinal tract- ulcer, Constipation and diarrhoea. Diverticular Diseases, Crohn's Disease and Ulcerative Colitis.

UNIT – III

Disease of Liver, Gall Bladder and Heart: Diseases of the liver and gall bladder (risk factors and diet therapy) jaundice, hepatitis, cirrhosis, fatty liver and Diet Therapy Diseases of the cardiovascular system (risk factors and diet therapy), atherosclerosis, arteriosclerosis, hypertension and congestive heart Failure.

UNIT – IV

Diabetes Mellitus: Diabetes mellitus – Types, causes, symptoms, bio-chemical changes, insulin, hypo- glycemic drugs, types only, food exchange list, dietary management Diseases of the kidney and urinary tract - Acute and chronic nephritis, Nephrotic syndrome, Renal failure, Urinary calculi Causes and dietary treatment of kidney diseases and dialysis.

UNIT – V

Diet in Allergy, Febrile Conditions, Stress & Cancer and AIDS: Diet in Allergy - Definition, classification, common food allergy, test of allergy, diet therapy. Diet in febrile conditions - Short duration -Typhoid, Long duration- Tuberculosis. Metabolic stress and cancer - Metabolic and clinical aberrations, diagnosis, complications, treatment, MNT and dietary counselling in Metabolic Stress -Surgery, Burns, Sepsis and Trauma Critical care, Cancer- General and Specific cancers, Effect of Cancer therapy on MNT, Diet in AIDS.



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16. NUTRITION FOR HEALTH, FITNESS AND SPORT

SYLLABUS

UNIT- I

Meal Planning and Preparation: Principles of meal planning-Planning and preparation of nutritionally adequate diets for Adult man - Adult woman- Adolescent - School going child - Preschooler- Nutrition for Active Pregnant woman and Lactating woman- Special Nutritional Concerns: Vegetarian diets-The types of vegetarian:FlexitarianLacto-Ovo-Vegetarian-Lacto-Vegetarian-Ovo-Vegetarian-Vegan-Other Styles (Fruitarians)- Nutrition Challenges for Vegetarians.

UNIT -II

Energy and Sports Performance: Dietary Carbohydrate and Sports PerformanceDietary Fat and Sports Performance-Dietary Protein and Sports Performance-Vitamins and Sports Performance-Minerals and Sports Performance-The Pre-competition MealLiquid Meals- Planning and preparation of Energy dense recipes- High fibre recipes- Low fat recipes- Low sodium recipes- Antioxidants, Exercise and free radicals, Role of antioxidants in preventing damage and recovery time.

Unit -III

Current Trends in Nutrition: Nutrigenomics – Nutrigenomics – Immune nutrition Nutrition - Immunity Interactions - Antioxidants and Immune Function - Physiological Regulation of Feeding. Appetite and Satiety - Psychology and Nutrition - Nutrition and Sleep - Update on Nutritional Objectives and Recommended Intakes - New Evidence on the Mediterranean Diet



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UNIT- IV

Water Balance and imbalance: Euhydration, Hypohydration, and Hyperhydration- Thermoregulation-Hyponatremia-Dehydration-Rehydration- Fluid balance in sports and exercise, importance, symptoms and prevention of dehydration-Age-Related Fluid Needs - Sports Drink – Hypotonic, Isotonic and Hypertonic drink for hydration/ energy and recovery drink-Other Types of Drinks: Energy Drinks-Oral Rehydration Solutions (ORS)-Sports Waters-Vitamin Waters-Coconut Water-Alcohol-Tea, Coffee and Cola.

UNIT -V

Paralympic sports: Classification of disabilities - Physiology and metabolismPhysiological responses to exercise-Energy expenditure-Thermoregulation-Body composition-Bone density-Dietary issues for athletes with disabilities: Current dietary intakes- Fiber, timing of food intake and bowel control-Fluid intake-Body composition management- Nutritional supplements-Eating difficulties and behaviors observed in some athletes with disabilities



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17. EXERCISE REHABILITATION AND INJURY MANAGEMENT

SYLLABUS

UNIT -I

Principles of Exercise Rehabilitation – Introduction - Physical Stress Theory - Mechanotransduction Hypothesis - Mobility and Stability – The Influence of pain on movement and motor control – Rehabilitation Considerations : Motor Skill Learning - Re-loading Rehabilitation - Generate a Needs Analysis - Building Chronic Capacity - Load Management : Identifying Load – Monitor Load – Progressing Load - Role of mental skills and confidence in exercising regularly - Barriers and motivators for exercise - Exercise participation and well-being - Counselling for exercise behaviour change - self-determination theory in exercise contexts - environment for exercise behaviour change – The rehabilitation team, and rehab planning - Current trends in research, critical assessment of research and future research directions

UNIT- II

Injury and Repair - Introduction to Injury of Traumatic Injury – Stages of Soft Tissue Repair : Inflammatory phase, Repair phase, Remodeling phase - Supporting Soft Tissue Repair - Injury Evaluation – Supporting Healing in the Inflammatory Phase – PRICE, POLICE Protocol - Supporting the Repair Phase - Supporting the Remodeling Phase - Introduction to Injury Prevention : Adapting tasks, Modifying environments, Building capacity, Restoring variation, Developing adaptability, Improving reactions.

UNIT- III

Exercise Rehabilitation for Non-Communicable (Chronic) Diseases : Non Communicable Diseases - Global Incidence of NCDs - People at risk - Risk factors : Modifiable



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behavioral risk factors, Metabolic risk factors - Socioeconomic impact - Prevention and control - NCDs and Physical Inactivity - Physical Activity Interventions - Physical activity – a powerful investment in people, health, the economy and sustainability – Guiding principles for a population based approach to physical activity – A framework for action – Implementation of National policy and action plan – Introduction of policies that support physical activity - Reorient services and funding to prioritize physical activity - Develop partnerships for action.

Unit -IV

Training for injury prevention: injury risk factors for team sports players: Intrinsic injury risk factors-Extrinsic injury risk factors- Specific Strength and Neuromuscular Training for Injury Prevention-Risk factors and injury mechanisms for common sites of injury in team sports: Ankle complex- Knee-Hip-Lumbar spine-Shoulder complex. Functional Biomechanics - Posture and Position - Anatomical Variation of Form and Technique - Movement Screens - Corrective Exercise - Positions of Ease of the Path of Least Resistance - Functional Evaluation - Complex Movement.

Unit -V

Functional Program Design: Fundamental Principles of Training: Overload, Progression, Recovery, Variation, Periodization, Individualization - Client Appraisal: Goals, Activities of daily living, Painful movements and injury history, Attitudes, perceptions and beliefs regarding exercise - Functional Evaluation: Primary patterns, Secondary patterns, Travel patterns, Pain patterns - Functional Program Design: General warm-up, Dynamic stretch, Movement preparation, Main program, Cool-down - Pre-Session Appraisal (PSA) - Functional Platform. Pain Rehabilitation - Manage Emotion - Define Pain – Prevention of Pain - Engage Pain Patterns - Intelligent Variation in Rehabilitation – Corrective Exercise - Mapping Drills - Inhibition Exercises - Activation Exercises.



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18. TRAINING AND PERFORMANCE

SYLLABUS

UNIT -I

Introduction to Training Definition and meaning of training and Sports Training, importance of Sports Training - Training principles: over load, specificity, progression - reversibility – volume, Intensity, Frequency. Macro cycles - Mesocycles – Microcycles - Periodization- General Preparation phase (offseason), Specific preparation phase (preseason), Competitive phase (in-season), Transition phase (active rest) – Overtraining - Detraining - Retaining Exercise and Training as Stressors.

UNIT – II

Competitive forms of Resistance Training: Definition of Strength- Factors Determining Strength- Types of Strength: Maximum Strength- Explosive Strength — Strength Endurance – Types of Muscle Contraction: Isotonic, Dynamic or Concentric Contraction Isotonic, Dynamic or Eccentric, Contraction Advantages and Disadvantages of Isotonic Method Isometric or Static Contraction, Advantages and Disadvantages of isometric Method- Isokinetic Contraction - Methods of Strength Development. Bodybuilding - Weightlifting - Powerlifting - Strength Competitions - Competitive Lifting Modes and Performance

UNIT – III

Speed, Agility and Plyometric Training Definition of Speed - Types of Speed - Acceleration, change of Direction, Reaction of Agility, Maximum Velocity or Speed, Speed Endurance Training- Methods to Increase the All Types of Speed - Physics of Sprinting, Change of Direction and Agility. Plyometrics - Physiology of Plyometric Exercise – Phases of Stretch Shortening Cycle- Components of Plyometric Training - Program Design for Plyometric –Plyometric Drills for Upper Body and Lower Body.



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UNIT – IV

Introduction to Core Training and Functional Training Definition of Core Strength and Stability – Origin, Insertion and function of Rectus abdominis, Erector spinae group, External oblique, Internal oblique, Quadratuslomborum, Iliopsoas, Transverse abdominis, Multifidus muscles - Factors that Affect the Core-Benefits of a Strong Core -Training Core Strength-Core-Stabilization Training. Definition of Functional Training.

UNIT – V

Age- and Sex-Related Differences Definition of Strength- Factors Determining Strength- Types of Strength: Maximum Strength Explosive Strength — Strength Endurance – Types of Muscle Contraction: Isotonic, Dynamic or Concentric Contraction- Isotonic, Dynamic or Eccentric, Contraction Advantages and Disadvantages of Isotonic Method- Isometric or Static Contraction, Advantages and Disadvantages of isometric Method- Isokinetic Contraction- Methods of Strength Development.



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19. STRENGTH AND CONDITIONING FOR FITNESS

SYLLABUS

UNIT – I

Introduction to Wellness and Lifestyle Management : Definition and Meaning of Wellness - Dimensions of Wellness: Physical Wellness, Emotional Wellness, Mental Wellness, Social Wellness, Environmental Wellness, Occupational Wellness, and Spiritual Wellness – Wellness issues for diverse populations – Behaviours that contribute to wellness – Wellness and Health – Wellness and Physical Activity – Wellness through Life style management – Self Planning for Healthy- Lifestyles Wellness in the digital age.

UNIT -II

Introduction to Fitness and Lifestyle Management : Definition and Meaning of Fitness - Physical Activity and Exercise for Health and Fitness - Physical Activity and Exercise Recommendations for Promoting General Health, Fitness, and Weight Management Components of physical fitness : Health Related fitness components - Cardiorespiratory endurance, Muscular strength, Muscular endurance, Flexibility, Body composition - Skill (Neuromuscular) Related Components of Fitness – Speed, Power, Agility, Balance, Coordination, Reaction and movement time.

UNIT – III

Introduction Meaning and Definition of Strength training and conditioning- Brief History of Strength Training and Conditioning - Strength and Conditioning Today - Benefits of resistance training - SAID Principle: Mechanical specificity-Neuromuscular specificity-Metabolic specificity-Progressive Adaptations from Resistance Training: Stabilization-Muscular endurance Muscular hypertrophy-Strength-Power-Resistance Training Program Design: Exercise Selection Exercise order and Workout Structure-Intensity-Training Volume-Rest Intervals-Repetition Velocity-Frequency.



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UNIT- IV

Principles of Physical Training: FITT-VP principle - Physical activity pyramid - Designing Exercise Program - Guidelines for Training - ACSM Exercise Recommendations for Fitness Development in Healthy Adults - Health and fitness benefits of different amounts of physical activity and exercise - Choosing a Fitness Center. Developing a Personal Fitness Plan: Set Goals - Select Activities - Set a Target Frequency, Intensity, and Time (Duration) for Each Activity - Set Up a System of Mini-Goals and Rewards - Include Lifestyle Physical Activity and Strategies to Reduce Sedentary Time in Your Program - Importance of Reducing Sedentary Time - Develop Tools for Monitoring Progress - Make a Commitment - Exercise Guidelines for Life Stages - Exercise Guidelines for People with Special Health Concerns

UNIT – V

Warm-up and cool down: Definition of Warm-up and cool down - Physiology of Warming Up- Flexibility- Flexibility and Injury Prevention- Factors Affecting Flexibility- Types of Stretching: Static Stretching- Dynamic Stretching- Proprioceptive Neuromuscular Facilitation Stretching - Flexibility Training Guidelines - The Cool down.



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20. EXERCISE ASSESSMENT IN SPECIAL POPULATION

SYLLABUS

UNIT – I

Aerobic Training: Basic Physiology of Cardiorespiratory Endurance Exercise - The Cardiorespiratory System - The Cardiorespiratory System at Rest and During Exercise - Energy Production - Exercise and the Three Energy Systems - Benefits of Cardiorespiratory Endurance Exercise - Different Training Program for Aerobic Endurance. Long Slow Distance – Interval Training – Circuit Training – Fartlek High Intensity Interval. Factors Influence the Aerobic Performance- VO₂ Max - Lactate Threshold. Influence of Altitude and Resistance Training in Aerobic Performance.

UNIT - II

Exercise assessment in Children's – exercise testing considerations – Hemo dynamic and pulmonary characteristic of children response to exercise –equipment used in testing - exercise equipment -Cycle ergometer – treadmill – ECG recording equipment Comparison of treadmill versus cycle ergometer for pediatric exercise testing– exercise protocol- Indications and Contra indication for stress testing – relative risks for Stress testing – Lower risk and Higher risk.

UNIT - III

Exercise assessment in Elderly - clinical evaluation - practical considerations of Routine exercise testing- Exercise testing Consideration - prognostic assessment with exercise testing – exercise protocol – Special consideration for older than 75 years.



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UNIT - IV

Definition of Preeclampsia – Post partum –Exercise and pregnancy - Exercise testing – Exercise assessment in pregnancy — Pre testing screening - PAR Med-X for Pregnancy- physical activity readiness examination – Patient information – Pre exercise testing checklist – general health status – Status of current pregnancy – activity habits during pregnancy period – Contra indication to exercise to be recommended by the healthcare provider Medical and safety Concerns for mother and fetus Maximal exercise testing – fetal response to maximal exercise – submaximal exercise - Aerobic capacity testing, strength testing.

UNIT - V

Emergencies – information pertinent to the information report – emergency equipment and supplies for a health/ fitness facility. Sudden cardiac arrest – Automated External Defibrillators – Implantable Cardio inverter Defibrillators and Sudden cardiac Arrest. Other medical concerns – First aid kits – Blood borne pathogens – first aid kit for a fitness facility.



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21. INTRODUCTION TO SPORTS PERFORMANCE ANALYSIS

SYLLABUS

Learning Objectives:

1. To make the students to learn the fundamental and advance strategies of performance analysis.
2. To enable the students to acquire the video capturing technique.
3. To make the students to learn and acquire the skills of using sports performance analysis Software.
4. To enable the students to acquire the skills of sports performance analysis.
5. To enable the students to diagnose the strength and weakness of a player / team.
6. To create a platform for the students to choose sports perform analysis as a career.

Unit-I

Sports Performance analysis – meaning, need and importance of sports performance analysis, careers

Opportunities in sports performance analysis – purpose of sports performance analysis – match Analysis, work rate analysis. Sports performance analysis methods and procedures.

Unit-II

Notational Analysis - Sport-specific notational systems; computerized notational analysis; notation in

Individual sports; notation in team sports; augmented feedback through video based technologies;

Modelling of competitive sport; analysis of structures of sports informing performance indicators;

Flowcharts and presentation models of sports performance; reliability and validity of notational data;



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Data processing; probability analysis; literature searching; critical evaluation of literature.

Unit-III

Analysis of Sports Technique - Observation of movement; systematic models of qualitative technique

analysis; deterministic models of technique analysis; principles of movement (position, orientation,

velocity, acceleration, force production); quantitative analysis of performance; accepted 2D filming

protocols; comparison to model proformas; assessment of reliability; justification of methods.

Unit-IV

Athlete monitoring and analysis - Time-motion analysis in sport; analysis of athlete tracking systems;

GPS and accelerometer analysis of training and competition; monitoring and analysis of sport-specific

physical and psychological variables; physiological monitoring; external sources of data relating to

sports performance; wind gauge, photo finish, hawk eye technology, goal line technology, hot spot,

reliability of data and sources.

Unit-V

Softwares in sports performance analysis – Dartfish, Sports code, Quintic, Kinovea, and Longomatch.

Technical requirements, installation procedure, tools, features and report generation.

Reference:

1. Hughes M. and Franks, I. **Essentials of performance analysis in sport**. Routledge. 2015..
2. McGarry, T., O'Donoghue, P. and Sampo J. **Handbook of sports performance analysis**. Routledge. 2013.
3. Peter & Lucy. **Data analysis in sports**. Routledge. 2015.



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22. LEGAL ASPECTS IN BUSINESS

SYLLABUS

Unit–I: The Contract Act

Meaning and Formation of a Contract and its Essentials; Definition of Contract; Essential Elements of a Valid Contract; Types of Contracts; Offer and Acceptance; Consideration; Void Agreements; Performance of Contract; Discharge of Contract; Discharge by Operation of Law; Discharge by Breach of Contract; Remedies for Breach.

Unit–II: The Sale of Goods Act, 1930

Definition of Contract of Sale; Kinds of Goods; The Price; Document of Title to Goods; Conditions and Warranties, Transfer of Title; Rules regarding Transfer of Property; Definition and Rights of an Unpaid Seller.

Unit–III: The Negotiable Instruments Act, 1881

Negotiable Instruments: Definition - Characteristics of Negotiable Instruments; Promissory Note – Definition and Essentials of a Promissory Note; Bill of Exchange – Definition and Essentials of a Bill of Exchange; Cheque – Definition, Distinction between a Cheque and a Bill of Exchange - Bank Draft - Parties to Negotiable Instruments.

Unit–IV: Laws pertaining to Business Organizations:

Types of Business Organizations - Types of Companies according to the Mode of Incorporation; Types of Registered Companies - Partnership Firms - Formation and Registration of Partnership Firms; Duties and Liabilities of Partners; Dissolution of a Partnership Firm; Distinction between a Firm and a Company.



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Unit-V: Application of law in sports: Case Studies in India and Abroad:

IPL Controversies; - **Agreements & protection of Intellectual property within the sports industry:** Footage limitation rights with Indian News Television- Terrestrial Vs Broadcast Rights in Sports – Image Rights of Athletes- Trademarks & Copyright Issues.

References

1. N.D. Kapoor-Elements of Mercantile Law - S. Chand & Co.
2. K.R. Bulchandani - “Business Law for Management”-Himalaya Publishing House.
3. M.C. Kutchal - “Mercantile Law”-Vikas Publishing.



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23.BUSINESS LAWS

SYLLABUS

UNIT I

Indian Contract Act 1872: Contract – Meaning – Essential elements – Nature of contract – Performance of contract – Discharge of contract – Remedies for breach of contract – Quasi contracts. Indemnity and guarantee – Bailment and Pledge.

UNIT II

Law of Partnership: Introduction – Formation – Kinds of Partners – Authorities, Rights and Liability of Partners – Dissolution of Firm.

UNIT III

Sale of Goods Act: Sale and Agreement to sell. Condition and Warrantee, Transfer of Ownership – Performance of Contract of Sale – Remedies for Breach of Contract. Negotiable Instruments Act: Kinds of Negotiable Instruments – Dishonor and discharge of Negotiable Instrument.

UNIT IV

Company Law – Meaning, Definition, Formation of Company, Rights, Duties and Liabilities of Directors, Winding up of Company.

UNIT V

The Consumer Protection Act 1986. The Information Technology Act 2000 - Right to Information Act. Securities and Contracts Regulations Act 1956 - SEBI Act 1992. Depository Act 1996 - Foreign Exchange Management Act 1999. Competition Act 2005

Reference Book:

1. N.D.Kapoor, Mercantile Law – Sultan & Sons
2. Vakul Sharma, Cyber Law – Mac Milan
3. Akhileshwar Pathak, Legal aspects of business- Tata McGraw-Hill
4. Relevant Bare Acts



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24.PROFESSIONALS ETHICS

SYLLABUS

UNIT 1 INTRODUCTION: Definition & nature Business ethics, Characteristics, Ethical theories; Causes of unethical behavior; Ethical abuses; Work ethics; Code of conduct; Public good.

UNIT 2. ETHICS IN SPORTS– Nature, Characteristics and Needs, Ethical practices in the field of Sports, Sports Code of Conduct.

UNIT 3. SPORTS AS A PROFESSION– Conflict between organization demand, Individual needs and professional ideal, Conflicts the Sports Managers face.

UNIT 4 SOCIAL AND ETHICAL - Responsibilities of different Sports Association -Sports Clubs -Sports Manager -Sports Coach- Sports Persons. Morale of Sportsmen.

UNIT 5. ETHICAL VALUES- Importance, Sources of Value System, Types, Loyalty and Ethical Behaviour. - Respect for elders, Hierarchy and Status, non- violence and tolerance, cooperation. Rights and Duties. Holistic relation between Man- Attitudes- Beliefs. Ethical value system – its application in the field of sports.

REFERENCES

1. S.A. Sherlekar, Ethics in Management, Himalaya Publishing House, 2009.
2. Beeslory, Michel and Evens, Corporate Social Responsibility, Taylor and Francis, 1978.
3. Philip Kotler and Nancy Lee, Corporate social responsibility: doing the most good for company and your cause, Wiley, 2005.
4. Subhabrata Bobby Banerjee, Corporate social responsibility: the good, the bad and the ugly, Edward Elgar Publishing, 2007.
5. Larue Tone Hosmer and Richard D., The Ethics of Management, Irwin Inc., 1995.
6. Joseph A. Petrick and John F. Quinn, Management Ethics - integrity at work, Sage, 1997.



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25.PHILOSOPHY OF SPORTS COACHING

SYLLABUS

UNIT – I

Coaching philosophy: definition – meaning - objective - coaching - art – science - technique - skill - style- secret of successful coaching

UNIT - II

Effective practices - knowledge –what makes coach - functional activities of coach – fitness – rules – anatomy and physiology- sport psychology - bio mechanics – anthropometric – test and measurement

UNIT - III

Role and quality of coach- teacher – trainer - research - teacher - trainer - motivator - disciplinarian - scientist - social worker – student.

UNIT - IV

Coaching skill practice – coaching method – coaching path way - - Long Term Athlete Development (LTAD) - development model – other countries plan

UNIT - V

Performance management - coaching process – planning principles - Long term training conception - legal responsibilities - General Methodology psychological preparation
Performance development

REFERENCES:

1. Coaching Manual I & II FIVB
2. Football Coaching -1, (1983), BLV Verlagsgesellschaft, Munich
3. Hockey coaches manual
4. Athletics – Coaches manual
Kabaddi - coach manual



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26. SCIENCE OF SPORTS TRAINING

SYLLABUS

UNIT - I

Sports training: meaning - definition - aim - objective - characteristic - General principles – Progression of load – Individualizing - over load - specificity- reversibility. Warming up: types – general – special - importance and benefits. Cool down: importance and benefits.

UNIT - II

Physical fitness components: meaning definition- importance. Speed – strength- endurance – coordinative abilities – flexibility. Training load: over load – symptoms – causes – recovery. Forms of speed – reaction speed – Speed in movement- locomotors speed- sprinting speed – speed endurance. Factors affecting speed.

UNIT - III

Strength: Meaning – definition- types – maximum strength- explosive strength- strength endurance- factors affecting strength. Flexibility: meaning – definition – importance – factors affecting flexibility - types

UNIT – IV

Coordinative abilities: Meaning-definition-types-Differential ability-Orientation ability-Coupling ability-Reaction ability-Balance ability-Rhythm ability-adaptation ability-Endurance: Meaning- definition-types-Nature of activity-duration of activity-long term-middle term-short term-importance.

UNIT - V

Periodization: meaning – definition- types – single – double- multiple- Periods: preparatory – competitive – transition. Plan: annual plan - Micro – meso- macro – session plan

REFERENCE

1. Frank W. Dick, Sports training principles, London, Lepus Book Co., 1980
2. Hardy Singh Science of Sports training, DVS publication, New Delhi, 1995



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27.METHODS OF NATUROPATHY

SYLLABUS

UNIT - I

Yoga philosophy; The four streams of yoga; Concept of yoga and health; Yoga posture for health; Pranayama and its Medical significance; Meditation and mind; Kriyas and their Medical Significance.

UNIT - II

Philosophy of Naturopathy; Principles of Naturopathy; methods and practice of treatment in Naturopathy; Fasting, Hydrotherapy –spinal bath, hip bath, steam bath, enema, and full wet pack.

UNIT - III

History of Naturopathy; Role of Yoga and Naturopathy in the prevention and treatment of disorders of the present times. Methods of Naturopathy; Control of diet; Fasting; Mud therapy; Magneto therapy.

UNIT - IV

Special Features of Colour Therapy; Effects of colour s on the Mind and body; Preparation and use of Colour charged Medicines; and Massage therapy- Natural method of cleaning the body natural and health preserving dress- natural and healthy sleeping places.

UNIT - V

The basic knowledge of Acupressure-theory of Acupressure-identification of points Acupressure-Therapeutic use of Acupressure; benefits of acupressure; Acupressure treatment for common diseases.



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28. YOGIC PRACTICES AND APPLIED PHYSIOLOGY

PRACTICUM-I

SYLLABUS

UNIT – I

Loosening Exercise Loosening the joints, Joint freeing series - Surya Namaskar: (Bihar school of yoga 12 Steps) – Prayer, Meaning, Definition, Guidelines, Procedure, Breathing technique, Awareness, Contra-indication, and Benefits. Procedure, Breathing technique, Awareness, Contra-indication, Benefits, Type and Category of each asana. Ardhashakrasana, Padmahasthasana, Trikonasana, Ekapadasana. Padmasana, vajrasana, Ustrasana, Pachimotrasana. Utthanapadasana, Arthahasthasana, Savasana. Bhujangasana, Shalabhasana, Makrasana.

UNIT – II

Pranayama: Name, Meaning, Definition, Guidelines, Procedure, Breathing technique, Awareness, Contra-indication, Benefits, Type and Category of each one - Pranayama: Surya nadi, Chandra nadi, Surya bhedhana, Chandra bhedhana, Nadisudhi.

Kriyas and Bandha: Name, Meaning, Definition, Guidelines, Procedure, Breathing technique, Awareness, Contra-indication, Benefits, Type and Category of each one

Kriya – Kapalabhati, Vamanabhauti.

Bandha: Jalandhara Bandha, Moola Bandha, Uddiyana Bandha.

UNIT – III

Mudra and Relaxation Technique: Name, Meaning, Definition, Guidelines, Procedure, Breathing technique, Awareness, Contra-indication, Benefits, Type and Category of each one - Mudras: Chin mudra, Chin maya mudra, Adi mudra, Brahma mudra, Bhairava mudra, Bhairavi mudra. Relaxation Technique : Instant Relaxation Technique, Quick Relaxation Technique.

UNIT – IV

Measurement of Temperature, Pulse rate, Respiratory rate - Measurement of Blood Pressure - Muscle Examinations

UNIT – V

Sensory functions – Examinations, Identification of a specimen organ and explain its functions.



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29. METHODOLOGY OF TEACHING YOGA

SYLLABUS

UNIT- I:

Education: Yoga Education, Goal, Scope and importance, Principles of Teaching Yoga- Yogic psychological, Physiological, Pedagogical, sociological, meaning of methodology of teaching - factors influencing Methodology, Presentation technique, Role of language, Voice, fluency, clarity and body language in Teaching, Factors of Yoga Education: Teacher, Student and Teaching- Guru- Shishya Parampara, Types of students and teachers – promotion of leadership qualities, Yogic levels of learning, Vidyarthi, Shishya, mumukshu, Yoga Guru.

UNIT- II:

Methods of Yoga Teaching, Lecture method, Response to instruction method (method), Individualized Instructional Method, Group discussion Method, Directed Practice Method, Project method, Demonstration Method, Lecture cum Demonstration Method, Imitation Method, Dramatization Method, Sources of teaching methods

UNIT- III:

Teaching aids: Audio visual aids, Visual aids, Audio aids, Models, Props, Wooden brick and foot rest belt, ropes, slanting plank, chair, stool, bench, box, the heart rate, ladder stool and drum, bolster and pillow, bandage, weight, the horse, big and small.

UNIT- IV:

Preparing lesson plan- Essentials of a good lesson plan, Advantages of preparing a lesson plan, Contents of a lesson plan, Class management- formation of the class, conducting yoga practical lessons: Precautions and contra-indications of practices, Lesson plan: Assembly and roll call, Relaxation & prayer, Loosening the joints, Introduction of the practice, Demonstration, Individual practice, Group practice, Yoga game (if time permits), Question and answer session, Relaxation, End prayer.

UNIT- V:

Organizing yoga class, Yoga camp, workshop in yoga, Yoga tours, Yoga games and competitions, classification of age groups for competitions, Evaluation, Advantages, Devices of evaluation.



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30. TRADITIONAL INDIAN SYSTEMS OF MEDICINE AND THERAPIES

SYLLABUS

UNIT-1

Origin of Ayurveda – Aim and importance of Ayurveda , Philosophy and goals of Ayurveda, Unique Approach of Ayurveda – Ayurveda texts, chakra samhita, Sushruta Samhita, Kashyapa Samhita, Rasatantra, Unique features of Ayurveda – Hygienic principles of Ayurveda (Dhinacharya)- Five elements of Ayurveda Doshas, Gunas, Dhatus, Upahatus, Eight Categories or branches of treatment – Nadisvijnana – Nadis and Chakras,- Characteristics of different prakritis- causes of disease- method of disease examination – Ayurveda diet.

UNIT II:

Ayurveda effects of yogic principles & therapies – Ayurvedic purification practices – Panchakarma- vamanam, virechanam, basti, Anuvasana, Nasya, RaktaMoksana- Abhyanga, Swedanam, Nasayam, Njavarakizhi, Pizhichil.

UNIT III:

History and concepts of Siddha medicine: Principles of Siddha Medicine System, Five Elements Theory, Three Biological Humors, Seven Physical Constituents, PanchaBhudas, Pancha Koshas, Types of Siddha Medicine, Importance of Karakalpak, Kitchen and herbal medicine, Diet Regulations, Varmam and Thokkanam, Treatment of siddha Medicine for life style diseases.

UNIT IV:

Concept of Naturopathy, Principles of Naturopathy, Methods of Naturopathy: Diet, Fasting, Treatment by earth, water treatment, Treatment by rays, Massage.

UNIT V:

Acupuncture, Acupressure, Exercise therapy, Physiotherapy, Music therapy, Color therapy, Magneto Therapy, Reiki.



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31. PROFESSIONAL PREPARATION FOR NET/ SLET (SEC)

SYLLABUS

UNIT-1

Teaching and Research Aptitude: Concept, Objectives, Levels of teaching (Memory, Understanding and Reflective), Characteristics and basic requirements. Learner's characteristics: Characteristics of adolescent • Research: Meaning, Types, and Characteristics, Positivism and Post- positivistic approach to research. Methods of Research: Experimental, Descriptive, Historical, Qualitative and Quantitative methods. Steps of Research adolescent and adult learners (Academic, Social, Emotional and Cognitive), Individual differences.

UNIT-2

Communication: Communication: Meaning, types and characteristics of communication. Effective communication: Verbal and Non-verbal, Inter-Cultural and group communications, Classroom communication. Barriers to effective communication, Mass-Media, and Society.

Information and Communication Technology: ICT: General abbreviations and terminology, Basics of Internet, Intranet, E-mail, Audio and Video-conferencing. Digital initiatives in higher education. ICT and Governance.

UNIT-3

Mathematical and Logical Reasoning: Types of reasoning: Number series, Letter series, Codes and Relationships. Understanding the structure of arguments: argument forms, structure of categorical propositions, Mood and Figure, Formal and Informal fallacies, Uses of language, Connotations and denotations of terms, Classical square of opposition. Evaluating and distinguishing deductive and inductive reasoning Analogies.

UNIT-4

Data interpretations: Sources, acquisition, and classification of Data. Quantitative and Qualitative Data. Graphical representation (Bar-chart, Histograms, Pie-chart, Table-chart,



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and Line-chart) and mapping of Data. Data Interpretation. Data and Governance.

UNIT-5

Higher Education System: Institutions of higher learning and education in ancient India. Evolution of higher learning and research in post-Independence India. Oriental, Conventional and Non-conventional learning programmes in India. Professional, Technical and Skill Base dedication. Value education and environmental education. Policies, Governance, and Administration.



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GENDER

1.HEALTH EDUCATION AND SPORTS NUTRITION

SYLLABUS

Learning Objectives

1. Identify dietary carbohydrate and protein sources, Identify proper hydration principles and discuss the importance of hydration for physical performance
2. Demonstrate knowledge of a healthy diet for physical performance and demonstrate an ability to utilize this knowledge to complete a self-diet critique.
3. Demonstrate an understanding of health and to develop determination and values of desirable body weight
4. Understand how specific individual characteristics can influence movement skill functioning

UNIT I

Health Education: Concept, Dimensions, Spectrum and Determinants of Health Definition of Health, Health Education, Health Instruction, Health Supervision Aim and objective of Physical Education, Health Education and Recreation. Guiding Principles of Health and Health Education. Health Service and guidance instruction in personal hygiene.

UNIT II

Health Problems in India: Communicable and Non Communicable Diseases Obesity, Malnutrition, Adulteration in food, Environmental sanitation, Explosive, Population, Personal and Environmental Hygiene for schools, Objective of school health service, Role of health education in school Health Services - Care of Skin, Nails, Eye Health Service, Nutritional Service, Health Appraisal, Health Record, Healthful School Environment, first-aid and emergency care. Signs, Symptoms and prevention of communicable Diseases: Malaria, Small Pox, Dysentery, Mumps, Typhoid and AIDS. Psychosomatic Disorders / sedentary life style diseases : causes , symptoms and prevention, Effects of smoking, alcohol, & drugs on health, prevention and rehabilitation.



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UNIT III

Hygiene and Health: Meaning of Hygiene, Type of Hygiene, Dental Hygiene, Effect of Alcohol on Health, Effect of Tobacco on Health, Life Style Management, Management of Hypertension, Management of Obesity, Management of Stress. Balanced Diet. Obesity related health problems. Body weight control and its significance on health. Role of Exercise , dieting and combination of exercise and dieting on weight control.

UNIT IV

Introduction to Sports Nutrition: Meaning and Definition of Sports Nutrition, Role of nutrition in sports, Basic Nutrition guidelines. Misuse of Drugs in Sports. Nutrients: Ingestion to energy metabolism: Carbohydrate, Protein and Fat, Role of carbohydrates, Fat and protein during exercise. Nutrition and Dietary Manipulations. Chief Minister's Mid day meals Scheme. Understanding of malnutrition and nutritional supplements.

UNIT V

Nutrition and Weight Management :Concept of Body mass index (BMI), Obesity and its hazard, Dieting versus exercise for weight control Maintaining a Healthy Lifestyle, Weight management program for sporty child, Role of diet and exercise in weight management, Design diet plan and exercise schedule for weight gain and loss.

Text Book

1. Bucher, Charles A. "Administration of Health and Physical Education Programme".
2. Hanlon, John J. "Principles of Public Health Administration" 2003.
3. Turner, C.E. "The School Health and Health Education"

Moss and et. At. "Health Education" (National Education Association of U.T.A.)



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2.GENDER STUDIES

SYLLABUS

Learning Objectives

1. Able to understand the concepts of gender studies
2. Able to identify the gender issues and problems

UNIT I

Social Construction of Gender: Gender vs. Biology, Equality vs. Difference, Women in the family: socialization, Nature vs. Gender, gender roles, private–public dichotomy, sexual division of labour.

UNIT II

Patriarchy as ideology and practice. Transgender: The Science Behind Transgender- Characteristics and Problems of Transgender- Role of Family and Society on Transgender. The Psychology of Sex Differences.

UNIT III

Emergence of Feminist Thought: Socio-historical perspective, Mapping various women's movements, Emergence of women's studies Gender based Division of Labour/Work Production vs. Reproduction.

UNIT IV

Household work, invisible work Women's work and technology Development policies, liberalisation and globalisation and their impact on women.

UNIT V

Alternative conceptions of gender–caste and gender; class and gender. Gender Issues and problems in Sports.

Text Book

1. Chodrow, Nancy. 1978. The Reproduction of Mothering. Berkeley: University of California Press.
2. Desai, Neera and M. Krishnaraj. 1987. Women and Society in India. Delhi: Ajanta.
3. Maccoby, Eleanor and Carol Jacklin. 1975. The Psychology of Sex Differences. Stanford: Stanford University Press.



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3.HEALTH AND SAFETY EDUCATION/FIRST AID

SYLLABUS

UNIT I

Meaning, Nature, Need and Scope of health Education .Factors influencing Health.
State, National and International health organization. Meaning of wellness and Health
–components of Health Physical and Mental Health. Community health, Environment health,
Occupational health. Personal hygiene School health programme.

UNIT II

Communicable diseases–agent, causative organism ,Incubation period-Mode of spread, sign and
symptoms and preventive measure of typhoid, Cholera,
PulmonaryTuberculosis,Amoeniasus,Malaria,Tetanus,Poliomyneens,Non-Communicablediseases–
SymptomsandPreventionofPepticaulser,Maligency,Cancer,Hypertension, Diabetic mellitus.

UNIT III

Definition–Characterstics–PrinciplesofSafetyEducation–NeedforSafetyEducation in Physical
Education.
Factorsaffectingsafety–NeedandImportanceofsafetyforpreventinginjuries.

UNIT IV

Definitionandimportanceoffirstaid–firstaidforAthleticinjuries–sprain, strain–
Dislocation–cramp–fracture and its types.

UNIT V

Sign, Symptoms and first aid for Poisoning, Drowning, Dog Bit and Burns. Types of
Bleeding–Woundanditstype–Contusion–Abrasion–Puncherwound–Laceration.Artificialrespiration.

Text Book

MangalSKandChandra,P.C.(1979)Health and Physical Education, Ludhiana Tandon Brothers
Publication.

Neiniah(1978)SchoolHealthEducation,NewYork:HarperandBrothersRoyapp
a,DaisyJosephandGovindarajulu,JK.(1972)SafetyEducationFirstAidtotheInju
red,NewDelhi:St.JohnAmbulanceAssociation
SchoolSafetyPolicies,Washington: AmericaAssociationforHealth,PhysicalEducationandRecreation.



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Florio, A.E and Stafford, G.T., (1969) Safety Education, New York: McGraw Hill Book Company.

William, Evans, A., (1952) Everyday Safety, Lyons and Carnahan

Miller, David. E., (1976) Occupational Safety, Health and Fire Index, New York: Marcel Dekker Inc.



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4.CLASSICAL YOGA PRACTICES – I(PRACTICAL)-B.SC

SYLLABUS

UNIT - I

Essentials of Yogic Practices - cleanliness and food, bath, time, sun, closing eyes, place, breathing, awareness, age limitations, sequence, blanket, clothes, position, emptying the bowels and stomach counter pose, contra-indications, duration, straining, special provisions for women and patients, fitness, posture, side effects.

UNIT - II

Loosening Exercise (sithalikarmavyayama) and Surya Namaskar (Bihar school of yoga 12 Steps) -Meaning, Definition, Guidelines, Procedure, Breathing technique, Awareness, Contra-indication, and Benefits.

UNIT – III

Asana

Name, Meaning, Definition, Guidelines, Procedure, Breathing technique, Awareness, Contra-indication, Benefits, Type and Category of each and every asana.

Standing:

Ardhachakrasana, Padhahastasana, Trikonasana, Ekapadasana.

Sitting:

Padmasana, vajrasana, Ustrasana, Patchimotasana.

Supine:

Utthanapadasana, Arthahalasana, Savasana.

Prone:

Bhujangasana, Ardhashalabasana, Makrasana.



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UNIT - IV

PranayamaandKriyas

Name, Meaning, Definition, Guidelines, Procedure, Breathing technique, Awareness, Contra-indication, Benefits, Type and Category of each and every one

Pranayama- Surya nadi, Chandra nadi, suryabhedhana, Chandra bhedhana, Nadisudhi.

Kriya – Kapalapathi, Vamanadhauti.

UNIT – V

Bandha, Mudra and Relaxation Technique

Name, Meaning, Definition, Guidelines, Procedure, Breathing technique, Awareness, Contra-indication, Benefits, Type and Category of each and every one

Bandha

JalandiraBandha, MoolaBandha.

Mudras

Chin mudra, chinmaya mudra, adi mudra, Brahma mudra, Bhairava mudra, Bhairavi mudra.

Relaxation Technique:

Instant Relaxation Technique, Quick Relaxation Technique.



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5. CLASSICAL YOGA PRACTICES – II (PRACTICAL)-B.SC

SYLLABUS

Unit-I

Essentials of yogic practices, cleanliness and food, bath, time, sun, closing eyes, place, mirror, breathing, awareness, age limitations, sequence, blanket, clothes, position, emptying the bowels and stomach counter pose, contra-indications, duration, straining, special provisions for women and patients, fitness, posture, side effects.

Unit-II

Loosening Exercise (sukshnavyama) and Surya Namaskar (Bihar school of yoga 24 Steps)
-Meaning, Definition, Guidelines, Procedure, Breathing technique, Awareness, Contra-indication, and Benefits.

Unit – III

Asana

Name, Meaning, Definition, Guidelines, Procedure, Breathing technique, Awareness, Contra-indication, Benefits, Type and Category of each and every asana.

Standing:

Ardhakaticchakrasana, Triyagathadasana, Parivarthatrikonasana, Veerabhadrasana-1.

Sitting:

Uttitapadmasana, Vakrasana, Komukasana, Janusirasana.

Supine:

Chakrasana, Pavanamuktasana, Sedhubandasana.

Prone:

Dhanurasana, Shalabhasana, Triyagabujangasana, Makrasana.

Unit - IV

Pranayama and Kriyas

Name, Meaning, Definition, Guidelines, Procedure, Breathing technique, Awareness, Contra-indication, Benefits, Type and Category of each and every one



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Pranayama- Anulomaviloma, Savithripranayama, ujjayipranayama, bastrika.

Kriya – Trataka, Neti.

Unit V

Bandha, Mudra, Relaxation Technique and Meditation

Name, Meaning, Definition, Guidelines, Procedure, Breathing technique, Awareness, Contra-indication, Benefits, Type and Category of each and every one

Bandha

JalandharaBandha, UdiyanaBandha, MoolaBandha.

Mudras

Pritivi Mudra, Vayu mudra, Varuna Mudra, Prana mudra, Akasha mudra, Bhairava mudra, Bhairavi mudra.

Relaxation Technique:

Quick Relaxation Technique.

Meditation

Yoga nidra, Om Meditation.



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6. CLASSICAL YOGA PRACTICES – I (PRACTICAL)-M.SC

SYLLABUS

UNIT – I

Loosening Exercise Loosening the joints, Joint freeing series

Surya Namaskar: (Bihar school of yoga 12 Steps) – Prayer, Meaning, Definition,

Guidelines, Procedure, Breathing technique, Awareness, Contra-indication, and Benefits.

UNIT – II

Asana: Name, Meaning, Definition, Guidelines, Procedure, Breathing technique, Awareness, Contra-indication, Benefits, Type and Category of each asana.

Standing:

Ardhachakrasana, Padmahastasana, Trikonasana, Ekapadasana.

Sitting:

Padmasana, vajrasana, Ustrasana, Pachimotasana.

Supine:

Utthanapadasana, Arthahalasana, Savasana.

Prone:

Bhujangasana, Shalabasana, Makrasana.

UNIT – III

Pranayama: Name, Meaning, Definition, Guidelines, Procedure, Breathing

Technique, Awareness, Contra-indication, Benefits, Type and Category of each one



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Pranayama: Surya nadi, Chandra nadi, suryabhedhana, Chandra bhedhana,

Nadisudhi.

UNIT - IV

Kriyas and Bandha: Name, Meaning, Definition, Guidelines, Procedure, Breathing

technique, Awareness, Contra-indication, Benefits, Type and Category of each one

Kriya – Kapalapathi, Vamanadhauti.

Bandha: JalandiraBandha, MoolaBandha.

UNIT – V

Mudra and Relaxation Technique: Name, Meaning, Definition, Guidelines,

Procedure, Breathing technique, Awareness, Contra-indication, Benefits, Type and Category of each one

Mudras: Chin mudra, chinmaya mudra, adi mudra, Brahma mudra, Bhairavamudra, Bhairavi mudra.

Relaxation Technique: Instant Relaxation Technique, Quick Relaxation Technique.



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7. CLASSICAL YOGIC PRACTICES – II (PRACTICAL)-M.SC

SYLLABUS

UNIT I:

Essentials of Yogic Practices: cleanliness and food, bath, time, sun, closing eyes, place, breathing, awareness, age limitations, sequence, blanket, clothes, position, emptying the bowels and stomach counter pose, contra-indications, duration, straining, special provisions for women and patients, fitness, posture, side effects.

UNIT II:

Loosening Exercise (Pawanamuktasana series 1) and Surya Namaskar: (Vinyasa Suryanamaskar) -Meaning, Definition, Guidelines, Procedure, Breathing technique, Awareness, Contra-indication, and Benefits.

UNIT III:

Asana:Name, Meaning, Definition, Guidelines, Procedure, Breathing technique, Awareness, Contra-indication, Benefits, Type and Category of each asana.Tadasana, UtthitaParshvakonasana, Malasana, Moordhasana, veerabadhrasana, Triyangajanusirsasana, Bharadvajasana, Badhakonasana, Ardhamatchendra asana, simhasana. Chakrasana, Sarvangasana, Sedhubandhasarvangasana, Matsyasana, Savasana. Poornadhanurasana, Poorvabhujangasana, Makrasana.

UNIT IV:

Pranayama and Kriyas:Name, Meaning, Definition, Guidelines, Procedure, Breathing technique, Awareness, Contra-indication, Benefits, Type and Category of each one.Pranayama:Vyaghra Pranayama, Sectional Breathing, Yogic Breathing, Bhramari Pranayama, ShitaliPranayama.Kriya:Nauli, Basthi.



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UNIT V:

Bandha, Mudra and Relaxation Technique: Name, Meaning, Definition, Guidelines, Procedure, Breathing technique, Awareness, Contra-indication, Benefits, Type and Category of each one. Bandha: JalandharaBandha, MoolaBandha, UddiyanaBandha, Maha Bandha. Mudras: Shambavi mudra, Shangu mudra, Linga mudra, Shanmuki mudra, Anjali mudra, Lotus mudra. Relaxation Technique: Deep Relaxation Technique. Meditation: Chakra Meditation, Japa Meditation, Vipasana Meditation.



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8. ANATOMY AND PHYSIOLOGY

SYLLABUS

Unit 1

Tissue cell: Cell structure- groups of Tissue- Epithelial tissue, muscular tissue. Connective tissue- their functions-The skeletal system- Bones, joints and muscles of the skeleton- tendons and ligaments-their functions.

Unit II

The circulatory system- structure of the heart- the cardiac cycle- composition of blood – Blood pressure- Blood vessels- Hematological system-their functions- arteries, veins & capillaries. The Digestive system- alimentary canal-mouth- pharynx- esophagus - stomach- small and large intestine- the peritoneum- Liver- gall bladder- Pancreas- their functions- metabolism- physiology of digestion - The respiratory system - The respiratory passages - nose, pharynx, larynx, bronchi, lungs, their function - oxygen consumption - Physiology of respiration.

Unit III

The Nervous System- The central nervous system- autonomic nervous system- Brain-spinal cord- Sympathetic and parasympathetic systems- their functions-sensory organs-skin- eyes- ear-tongue- nose- their functions: Posture- active posture- inactive posture- ideal posture- control of posture.

Unit IV

The Endocrine system- Hypothalamus, Pituitary gland- Thyroid gland, Parathyroid glands- Thymus gland- Adrenal gland- Pineal gland- their functions. The urinary system- Kidneys, ureters, bladder, urethra, renal function. The reproductive system- puberty- menopause- testes, uterus, ovaries- their functions.

Unit V

Impact of yogic practices on the Anatomy and physiology of different systems of human body-cells, bones, joints and muscles, skin. Cardio-vascular system, respiratory system, digestive & excretory system. Hematological and immune system, glands, nervous system, body metabolism, special senses, locomotor system.



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9.CLASSICAL YOGA PRACTICES-M.SC-YOGA THERAPY

SYLLABUS

UNIT – I

ShatkarmasDhauti (Kunjal), Vastradhauti, Dandadhauti, Laghoo and Poornasankhaprakshalana, Neti (Sutra and Jala), Kapalbhati, Agnisara, Nauli - Suryanamaskar- Suryanamaskar must be practiced traditionally and the variation in Suryanamkar may be taken into consideration based on the convenience of patients for therapy.

UNIT - II

Asnas (yogic postures) Standing Postures Ardhakatichakrasana, Hastapadasana, Ardhashakrasana, Trikonasana, Parivrittatrikonasana, Parsvakanasana, Veersana, Sitting postures Paschimottanasana, Suptavajrasana, Ardhamatsyendrasana, Vakrasana, Marichasana, Malasana, Badhakanasana, Merudandasana, Akarnadhanurasana, Gomukhasana, Prone postures Bhujangasana, Salabhasana, Dhanurasana, Urdhvamukhosvanasana, Makarasana, Supine postures Halasana, Chakrasana, Sarvangasana, Matsyasana, Shavasana, Setubandhasana, Balancing postures Vrikshasana, Garudasana, Namaskarasana, Tittibhasana, Natrajasana.

UNIT – III

Pranayama Breath awareness, Sectional breathing, Nadishuddhi, Bhastrika, Ujjai, Cooling pranayama (Sitali, Sitkari and Sadanta), Bhramari, Pranayama (with Antar&BahyaKumbhaka)

UNIT - IV



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Bandhas and Mudras: Jivha Bandha, Jalandhara Bandha, Uddiyana Bandha, Mula Bandha, Maha Bandha, Yoga Mudra, Maha Mudra, Shanmukhi Mudra, Tadagi Mudra, VipareetKarni Mudra.

UNIT – V

Practices leading to Meditation: Pranav and Soham Japa, Yoga Nidra (1,2,3), Antarmauna, Ajapa Dharana (Stage 1,2,3), Practices leading to Breath Meditation, Practices leading to Om Meditation, Practices leading to Vipassana Meditation, Practices leading to Preksha Meditation. porary Yogic Practices - Yogic SukshmaVyayama, Cyclic Meditation (SVYASA); Mindfulness based Stress Reduction Technique (Kabatzin); Mind Sound Resonance Technique (S-VYASA); Raja Yoga Meditation (Brahmakumaris); Transcendental Meditation (Mahesh Yogi); ZEN Buddhist Meditation; Yoga Nidra (BSY); Savita Ki Dhyana Dharana (DSVV).



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10. PRACTICAL: CLINICAL PSYCHOLOGY

SYLLABUS

UNIT - I

Introduction to models of Psychopathology, Psychoanalytic, behavioural, cognitive, and biological models; Socio biology of health and disease; Diagnostic classification of mental and behavioral disorders.

UNIT – II

Case history taking and mental status examination, Disorders of attention, perception, thought movement, Psycho diagnosis of major Mental Disorders of the Adults and their treatment: Stress and Anxiety Disorders, and Schizophrenia, Affective Disorders, Psychosomatic Disorders, Personality Disorders and Substance abuse.

UNIT - III

Mental Disorders of Children and their treatment, Mental Retardation, Learning Disability, Attention Deficit Disorders and Hyperactivity, Autism, Fears and Phobias, Conduct disorders.

UNIT - IV

Yogic counseling and Human Consciousness, Introduction to counselling, nature approaches and challenges; Approach to counselling Attitude change towards yoga through individualized counseling, Psychological & yogic method Tackling ill effects of conflict and Frustration; Yogic methods Yoga Psychology for Adjustment: Psychological, philosophical and yogic counseling; the remedial measures; Action in relaxation-the secret of Karma Yoga; Psycho-physiological effects and health benefits of Pranayama, Shatkarma; Bandha and Mudra ; Psycho-physiological effects and health benefits of Meditation.

UNIT - V

Human Consciousness - Meaning, definition and Nature of Consciousness, Need of study of Human Consciousness, Present crisis on Human Consciousness and measures of their



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appropriate solutions. Human Consciousness in Ayurveda, Astrology, And Human Consciousness in modern science: Researches related to Human consciousness in Human Anatomy, Physiology and Psychology. Various Psychological methods for development of Human Consciousness.



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11. EXERCISE AND SPORTS FOR WOMEN

SYLLABUS

Unit I :

Structural and Physiological differences between male and female – Body size & Composition, strength, metabolic function, Bone mass – Muscle mass – Fat mass- Heart – Blood Volume – RBC and respiratory difference –Gonadal hormones and Sports performance.

Unit II:

Menstrual cycle – Physiology of menstrual cycle – Exercise during menstrual cycles – Female athletic triad: Disorder of Eating- Amenorrhea – osteoporosis, menstrual cycle and Physical performance.

Unit III:

Pregnancy – Physiological changes during pregnancy – Lactation – Indications and Contraindications to exercise during Pregnancy - Guidelines for exercise during and after pregnancy.

Unit IV:

Hormonal Disorders - Physiological changes – Pre menopause, Menopause and Post menopause - Osteoporosis and its pathophysiology due to lack of exercise – Effect of exercise to prevent Osteoporosis – Anemia – Iron supplements.

Unit V:

Mechanism of hormone action – Gonadal Hormones - Women and weight training – hormonal responses to exercise - Masculinization due to exercise, Hormonal effects on fluid and electrolyte balance during exercise – aldosterone – renin- ADH - Doping and performance – women participation in contact and non-contact sports.



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12.PSYCHOLOGY FOR EFFECTIVE LIVING

SYLLABUS

UNIT I: Illness, health and well being: Conceptualizing illness, health and wellbeing;

Models: Medical, biopsychosocial, holistic health.

UNIT II: Stress and coping: Nature and sources of stress; Personal and social mediators of stress; Effects of stress on physical and mental health; Stress management.

UNIT III: Health management: Health-enhancing behaviors: Exercise, nutrition, meditation; Health compromising behaviours: Alcoholism and smoking; Health protective behaviours: Immunization, maintaining hygiene and pollution-free environment; Illness management.

UNIT IV: Promoting human strengths: Human strengths and virtues; Cultivating inner strengths: Hope and optimism; Gainful employment and Me/We balance.

UNIT V: Health assessments and promotion: Quality of life scales, health indices checklist, lifestyle evaluation and coping scales.

Readings:

Carr, A. (2004). Positive psychology: The science of happiness and human strength. UK: Routledge. DiMatteo, M.R. & Martin, L.R. (2002). Health psychology. New Delhi: Pearson

Forshaw, M. (2003). Advanced psychology: Health psychology. London: Hodder and Stoughton. Snyder,

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13. WOMEN & SPORTS

SYLLABUS

UNIT I

Introduction: Status of women in India Pre- Post independence. Women's Sports participation and Historical Perspective

UNIT II

Global Status of Women in Sports: Women and sports in 21st century – Social issues in women's sport – Barriers for women in sport – Golden Age of sports reborn.

UNIT III

Women, sports and Health: Hormonal Disorders, Women Gynecologic problems – General medical conditions: Disordered eating – Osteoporosis – Anemia, Orthopedic conditions.

UNIT IV

Women, Sports and the Media: What gets covered? – Print Media (Newspapers, Newsletters) – Television: ESPN and CNN Sports – Women's sports and women athletes are treated differently by media.

UNIT V

Women, Sports and social constraints: Lack of family support – Attitude of Society towards women's participation in sports – other related problems.

REFERENCES:

1. Fred Coalter, (2007) A wider social role for sport who's keeping the score, Fred Coalter.
2. Tews, GextrudPfister , (2003) ' Sport and women : Social Issues in International Perspective : Routledge.
3. Marian R Broer (1971), " Individual Sports for Women ", WB Sounders.
4. Janet Wodum, (1998) Outstanding women athletes : who they are and how they influenced sports in America , Oxyx Press.
5. J.A. Mangar , " Gender , Sport, Science selected writings , Patricia Ventinisky.
6. Joe Layden , " Women in Sports : The complete Book on the world's Greatest Female Athletes.



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HUMAN VALUES

1. SPORTS PSYCHOLOGY AND SOCIOLOGY

SYLLABUS

Learning Objectives

1. To know and to understand the sportsmen behaviour.
2. To know the various psychological factors affecting sport performance.
3. To know the relationship of the sports person with society in various sports settings.

UNIT I

Meaning, Definition, History, Need and Importance of Sports Psychology. Present Status of Sports Psychology in India. Motor Learning: Basic Considerations in Motor Learning—Cognitive process-memory and thinking. Principles of motor skill learning. Motor Perception - Factors Affecting Perception – Perceptual Mechanism. Personality: Meaning, Definition, Structure – Measuring Personality Traits. Effects of Personality on Sports Performance, Importance of Sport Psychology for Physical Education teachers and Coaches.

UNIT II Motivation in sports-types, theories and dynamics, Psychological factors affecting sports performance- Achievement Motivation – Meaning and Its methods of measuring. Anxiety: Meaning and Definition, Nature, Causes, Method of Measuring Anxiety. Competitive Anxiety and Sports Performance. Stress: Meaning and Definition, Causes. Stress and Sports Performance. Aggression: Meaning and Definition, Method of Measurement. Aggression and Sports Performance. Self-Concept: Meaning and Definition, Method of Measurement. Personality: Dimensions, theories. Personality and performance, Imagery: Meaning, Types, Uses, how it works, basic of imagery training. Transfer of Training and its types with its implications in sports.



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UNIT III Goal Setting: Meaning and Definition, Process of Goal Setting in Physical Education and Sports. Relaxation: Meaning and Definition, types and methods of psychological relaxation. Psychological Skill Training for activation and relaxation . Long and Short term psychological preparation / competition. Psychological Tests: Types of Psychological Test: Instrument based tests: Passalong test – Tachistoscope - Reaction timer - Finger dexterity board - Depth perception box - Kinesthesiometer board. Questionnaire: Sports Achievement Motivation, Sports Competition Anxiety. Psychological factors, Stress, Anxiety, Tension and Aggression, Self-confidence, emotions, concentration, mental practices and goal settings affecting Sports Performance, Exercise and psychological well-being, Exercise in the reduction of anxiety and depression, exercise and mood changes, how exercise enhances well-being. Psychology of young athletes - Reasons of participation and discontinuation of sports, effective coaching practice

UNIT IV Sports Sociology: Meaning and Definition – Sports and Socialization of Individual Sports as Social Institution. National Integration through Sports. Sociological basis of Physical Education: Socialization process, social nature of men and physical activity, sports as cultural heritage of mankind, customs, traditions and sports, competition and cooperation. Leadership: Meaning, Definition, types. Leadership and Sports Performance. Spectators and their effect on the performance of the sportsmen.

UNIT V Group: Definition and Meaning, Group Size, Groups on Composition, Group Cohesion, Group Interaction, Group Dynamics. Current Problems in Sports and Future Directions Sports Social Crisis Management - Women in Sports: Sports Women in our Society, Participation pattern among Women, Gender inequalities in Sports. Sociometric, economics and politics in sports. Manipulative socialization and coerced conformity- Relationship between sport and culture- Socialization via games and sport.

Text Book

1. John D Lauther (2000) Psychology of Coaching. NerJersy: Prenticce Hall Inc.
2. John D.Lauther (1998) Sports Psychology. Englewood, Prentice Hall Inc.
3. Thelma Horn. (2002). Advances in Sports Psychology. Human Kinetic.
4. Richard, J. Crisp. (2000). Essential Social Psychology. Sage Publications.



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2.DISABILITY AND INCLUSIVE EDUCATION

SYLLABUS

Learning Objectives

1. Benefits of Physical Education for persons with Disabilities
2. Know about classifications of Disability
3. Analyse adaptation of motor activities

UNIT I

Definition of Disabling Conditions - Benefits of Physical Education for persons with Disabilities - Recreational Sports Opportunities, Competition Opportunities - Special Olympics, Paralympics and Deaflympics.

UNIT II

Classification of Disability: Visual, Auditory, Neuromuscular, Orthopedic-Cardiovascular, Respiratory, Mental, Emotional. Adapted Physical Education Activities - Specific Guidelines for: Visual Impairment, Hearing Impairment, intellectually challenged, Orthopedically Handicapped.

UNIT III

Adaptation of Motor Activities – Principles for Adaptation of Motor Activities – Facilities and Equipment for different disabilities. Orientation on Facilities - Types of Equipment- Minimum equipment, Additional Equipment, Evaluation of Equipment. Leisure, Recreation and Sports Facilities for persons with disabilities.

UNIT IV

Adapted Games for Persons with Disability: Rules of Adapted games and Class Management – Adapted Games for the blind: Adapted Volleyball, Kabaddi, Tennis, Table Tennis and Adapted minor games and Track and Field events. Teaching methods to be adapted by the



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Special Educator in Sports, Recreation and Games. Kinesthetic – one on one teaching , group teaching, circular method of teaching. Unified Sports.

UNIT V

Inclusive Education : Meaning, Definition , Aim and Objectives. Strategies for including students. Steps for modifying and adaptation of the physical education curriculum. Methods of playing Inclusive games: Hula Contortion, Lasso, Pumkin Fun, Snickers & Hoots, What Do You Like To Eat, Mr. & Mrs. Owl?, Toy soldier, Clean-up Your Own Back Yard, Parachute Activities, Freeze Tag Not!, Peace Release, Top Gun High Five's and Rock, Paper, Scissors, Dynamite.

Text Book

1. Jain, A. (2003). Adapted Physical Education. Delhi: Sports Publication.
2. Kassar, Susan (1995). Inclusive Games. Human Kinetics Champaign, IL.
3. Lau, D. S. (2001). Physical Education for the Physically Handicapped. Delhi: Khel Sahitya Kendra.
4. Mary E. Samples (2012) Camarillo, CA 93012, www.venturacountyselpa.com
5. Schiffer, M. (1971). The Therapeutic Play Group. London: George Allen and Unwin Ltd.
6. Sharma, D. (2006), Adapted Physical Education. New Delhi: Friends Publication.
- Sullivan, G. M. (1982), Teaching Physical Activities to Impaired Youth: An Approach to Mainstreaming. USA: Jhon Wilkey and Sons



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3. YOGA FOR CHALLENGED PEOPLE

SYLLABUS

Unit I:

Introduction to disabilities - Types of disabilities - Causes of disabilities - Concepts of disabilities

Unit II:

Health: Goals of life- Adhi and Vyadhi, Kleshas, Koshas, Doshas, factors affecting health Panchamahabhudhas, stages of development of disease- Mental and emotional ill-health Yogic rules for good health, Dimensions of health, causes of ill-health, pillars of health. Role of yogic positive attitudes (Maitri, Karuna, Mudita and Upeksha) for healthy living, concept of Bhavas and Bhavanas with its relevance in Health and well-being..

Unit III:

Fitness for disabled: Fitness: Meaning, Definition, components and scope of fitness, yogic practices for promoting the components of fitness: Endurance, strength, speed, flexibility, agility and balance - Natural fitness – Allround fitness - Benefits of fitness
Disability Management.

Unit IV:

Developmental programs for challenged people - Yoga and other forms of exercises

Unit V:

Diet for disabled

Nutrition: Macronutrients, micro nutrients, carbohydrates, fats, proteins, vitamins, minerals, water, balanced diet, benefits of vegetarian diet, gluten free and lactose free diet - composition of the meal (Grains, dairy products, vegetables and fruits nut, pulses, oil and fat), Meditarrenian diet, Vegan diet, Low glycemic diet, DASH diet, yogic diet, principles of yogic diet, characteristics of sattvic, rajasic and tamasic diet, diet for challenged people and Yogic practitioners.



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4. PERSONALITY DEVELOPMENT

SYLLABUS

UNIT-I

Personality: Personality in psychology – Meaning, Definition, concept, need, nature and scope of personality development- structure of personality.

UNIT-II

Stage of human development- determinants of human development of personality- developmental processes: physical, mental, moral, social, emotional and spiritual.

UNIT-III

Guidelines on personality – values and spirituality- developing good personality based on yoga- anger and stress management- role of diet on personality.

UNIT-IV

Personality development with special emphasis on panchakosha- Ashtanga yoga- Factors of personality- Theories of personality- Attitude- Self-esteem - Memory-Concentration- creativity-intelligence- Assessment of personality.

UNIT-V

Leadership- Qualities of leaders-Positive thinking- powers and effects of thoughts- career planning –career rules- Better human relations- time management.



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5. TIRUMULAR'S TIRUMANTIRAM

SYLLABUS

Unit I:

History of Tirumular– Basics of Tirumantiram-learning and non-learning

Unit II:

Second Tantra: Creation of Microcosm –KargapaKriyai

Unit III:

Third Tantra: AshtangaYogam– The Eight great Siddhis-Way to Kayasiddhi Kala Chakra-
Breathe rhythm –Kechari Yoga –Pariyanga Yoga – Life Span.

Unit IV:

Tantra Seven: The Six adharas-Mudra Variations – Controlling Senses

Unit V:

Yogic views on other tantras – Analytical views of Tirumular on Yoga



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6. STRESS MANAGEMENT

SYLLABUS

UNIT I:

Meaning, Concepts, levels, types, reaction, causes, symptoms, complications, remedies, stress, and yoga

UNIT II:

Sources of stress: internal and external, release of stress

UNIT III:

Texts on stress, Kleshas and stress, Stress, and koshas

UNIT IV:

Effective stress management- Diet, yogic practices- systems of medicine and therapies

UNIT V:

Frustration, conflicts and psychosomatic disorders, relationship between body and mind, mental health.



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7. VALUE EDUCATION

SYLLABUS

Unit I: Truth Doesn't Change with Time

1. Universal and Ethical Values
2. Integrity
3. Honesty

Unit II: Living with Values Leads to Success

1. Ethics – Conscience and Loyalty
2. Characteristic Features of an Honourable Person
3. If by Rudyard Kipling

Unit III: Development of Character

1. Character – a Learnt Behaviour
2. Reputation and Character
3. Honourable Character Building

Unit IV: Effect of Thought on Character

1. Man is the Master of Thought
2. Thoughts Crystallize into Habits
3. Good Thoughts and Actions Produce Good Results

Unit V: How to conquer your Problem

1. God is with you to Solve Your Problems
2. You are Greater Than Your Problem
3. Every Human Being has the Built-in Potential to Solve All his Problems



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ENVIRONMENT & SUSTAINABILITY

1. SPORTS ENGINEERING AND TECHNOLOGY

SYLLABUS

UNIT I

SUSTAINABLE SPORTS ENGINEERING & INSTRUMENTATION TECHNOLOGY

Sustainable Design of sports products-Sustainable Manufacturing of sports products-Instrumentation Sports equipment-Smart devices and Technologies of sports equipment-Instrumentation of athletes-Technologies in Exertion games.

UNIT II

MOBILITY SPORTS

Summer mobility sports-Design of Racing Bicycle-Mountain Bike technology-Rowing equipment technology-sports wheel chair technologies-Winter mobility sports-Cross country ski technology-Snow board technology-Ice hockey skate and design performance.

UNIT III

APPAREL AND PROTECTION EQUIPMENT

Design and Mechanics of Running Shoes- Sports Apparel-Sports Helmets - Design and Mechanics of Mountaineering Equipment.

UNIT IV

SPORTS BALLS

The Science and Engineering of Golf Balls-Solid Mechanics and Aerodynamics of Cricket Balls -Mechanical and Aerodynamic Behaviour of Baseballs and Softballs - Hockey balls -



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Oval Shaped Sports Balls: Aerodynamics, Friction and Bounce -Aerodynamics and Court Interaction of Tennis Balls-Aerodynamics and Construction of Modern Soccer Balls .

UNIT V

SPORTS IMPLEMENTATION, SURFACES AND FACILITIES

Golf Club Construction, Design and Performance-Tennis Racquet Technology-Mechanical Behaviour of Baseball and Softball Bats- Ice Hockey Stick Mechanics and Designs - Artificial Turf- Natural Turf Sports Surfaces - Design of Sports Facilities.

Reference:

1. Routledge Handbook of Sports technology and Engineering edited by Franz Konstantin Fuss, Aleksandar Subic, Martin Strangwood, Radindra Mehta.
2. Margaret Estivalet, Pierre Brisson,"The Engineering of Sport 7, Springer 2009.



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2. ENVIRONMENTAL STUDIES

SYLLABUS

UNIT- I

Scope and importance- need for public awareness.

UNIT -II

Resources – Water – Forest – Minerals- Food Energy- land.

UNIT - III

Ron mental – pollution- definition – causes- Effects and control measure of Air pollution – Water- Soil-Noise- Nuclear.

UNIT - IV

Social issues and the environment- Urban problems related to energy – Water conservation –Rainwater harvesting- Water shed management- Environment ethics- Climate change – Global warning – Acid rain – Ozone layer deletion.

UNIT - V

Human Population and the Environment – population growth variation among Nation population explosion –Family welfare program- Environment – and human wreath.



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3. BUSINESS ENVIRONMENT

SYLLABUS

Unit-I: Nature of Business Environment: Components of Environment, Micro Environment; Macro Environment; Need for Environmental Scanning; **Industry:** Public Sector in India, Evolution, Rationale and Performance of Public Enterprises - **Industrial Policy:** An Instrument of Industrial Development.

Unit-II: Business Environment in India: Political Environment – Legal Environment – Economic Environment; Banking and Financial Institutions: Financial Systems, Overview of Financial Institutions, and Objectives of Financial Institutions; Insurance: Overview of Insurance Companies, Types, and Regulations of the Insurance Industry.

Unit-III: Socio-Cultural Environment – Social concerns, such as the role of business in society, environmental pollution, corruption, use of mass media, consumerism, changing lifestyle patterns; **Technological Environment** – Technological Change, Product and Process – Technological Factors Affecting business all over the world.

Unit-IV: Management of Multinational Corporations; The International Monetary Fund (IMF); The General Agreement on Trade and Tariffs (GATT); The World Trade Organization (WTO); India's Commitments to WTO; The United Nations Conference on Trade and Development (UNCTAD), Managing World Trade.

Unit V: Sociology of Sports

Genesis of Sport; The nature of Sport in the Human Psyche; Anthropological context of Sport; Sport & Society

Reference

1. Business Environment by Francis Cherunilam
2. Business Environment by K Aswathappa
3. Business Environment by Raj Agarwal.
4. Principles & Practice of Management – M.D. Kakade.



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4. DISASTER MANAGEMENT

SYLLABUS

Course Objectives

1. learn to demonstrate a critical understanding of key concepts in disaster risk reduction and humanitarian response.
2. critically evaluate disaster risk reduction and humanitarian response policy and practice from multiple perspectives.
3. develop an understanding of standards of humanitarian response and practical relevance in specific types of disasters and conflict situations.
4. critically understand the strengths and weaknesses of disaster management approaches, planning and programming in different countries, particularly their home country or the countries they work in.

Introduction

Disaster: Definition, Factors And Significance; Difference Between Hazard And Disaster; Natural And Manmade Disasters: Difference, Nature, Types And Magnitude.

Repercussions Of Disasters And Hazards: Economic Damage, Loss Of Human And Animal Life, Destruction Of Ecosystem. Natural Disasters: Earthquakes, Volcanisms, Cyclones, Tsunamis, Floods, Droughts And Famines, Landslides And Avalanches, Man-made disaster: Nuclear Reactor Meltdown, Industrial Accidents, Oil Slicks And Spills, Outbreaks Of Disease And Epidemics, War And Conflicts.

Disaster Prone Areas In India

Study Of Seismic Zones; Areas Prone To Floods And Droughts,



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Landslides And Avalanches; Areas Prone To Cyclonic And Coastal

Hazards With Special Reference To Tsunami; Post-Disaster Diseases And Epidemics

Disaster Preparedness And Management

Preparedness: Monitoring Of Phenomena Triggering A Disaster Or Hazard; Evaluation Of

Risk: Application Of Remote Sensing, Data From Meteorological And Other Agencies, Media

Reports: Governmental And Community Preparedness.

Risk Assessment

Disaster Risk: Concept And Elements, Disaster Risk Reduction, Global And National Disaster

Risk Situation. Techniques Of Risk Assessment, Global Co-Operation In Risk Assessment And

Warning, People's Participation In Risk Assessment. Strategies for Survival.

Disaster Mitigation

Meaning, Concept And Strategies Of Disaster Mitigation, Emerging Trends In Mitigation.

Structural Mitigation And Non-Structural Mitigation, Programs Of Disaster Mitigation In

India.



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DEMOGRAPHIC CHANGES

1. YOGA FOR HEALTH

SYLLABUS

UNIT - I

Yoga – Meaning and Relevance. Tradition and origin of yoga. The body, mind and role interlink with yoga. Concepts of yoga. Types of yoga – Hatha Yoga, Bhakti Yoga, Raja yoga, Karma yoga, Jnana yoga, Kundalini yoga, Mantra Yoga, Tantra Yoga and integral Yoga (Sri Aurobindo).

UNIT - III

Components of fitness – Flexibility, Strength, speed, ability, co-ordinative abilities and Endurance. Fitness development – cycling, Aerobic activities, Jogging, calisthenics, Rhythmic exercise, and circuit Training. Components of wellness - Factors (Psychological, Physiological and Anatomical), Progression, warming up and limbering down, Special Physical Fitness Exercise and Principles of Physical fitness development.

UNIT - III

Bandhas: Jalandharbandha, UddiyanaBandha, Moolabandha and Maha bandha. Yogi purification: BamanaDhouti, BarisaraDhouti, sahajAgnisaraDhouti, Nouli, Netikriya, Nasa-polar shahajBastrikria, Water bath, Tub-bath, Hip-bath, sun bath, spinal bath, Air bath, Hot foot bath, The sitz bath, Tratak and message.

UNIT - IV

Food and meditation Food types: Sattvic (Cheese, Butter, curd, Ghee, sweet fruits, Honey, apples, bananas, Grapes, Papaya, Pomegranates, Mangoes, pears, Pineapple, Guavas, Figs etc. Rajasic (Eggs, Meat, Salt, Chillies, Chutney, Asafoetida, Pickles, Tea, Coffee etc.)



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and Tamasic (Beaf, Pork, wine, onion, Garlic, Rotten, state things). Balanced diet, carbohydrate, proteins, Fats, and vitamins (Fat and water soluble).

UNIT - V

Curative power for life - threatening diseases and disorders (Arthritis, Arteriosclerosis, Chronic fatigue, diabetes, Asthma, and obesity). Yoga control the respiratory problem, high blood pressure, Body pain and weight reduction. Yogic practices reduce anxiety, create self-awareness, and provide personal social values.



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2.YOGIC DIET AND NUTRITION

SYLLABUS

UNIT- I

Basic concepts and components of food and nutrition Understanding Nutrition, Basic Terminology in Relation to Nutrition Requirement, Human Nutritional Requirements; Concept of food, Acceptance of Food, Functions of Food; Components of Food & their Classification; Macro Nutrients –Sources, Functions and Effects on the Body; Micro Nutrients - Sources, Functions and Effects on the Body; Fat Soluble Nutrients - Sources, Functions and Effects on the Body; Water soluble Nutrients - Sources, Functions and Effects on the Body; Significance of Carbohydrate, Proteins, Lipids, Vitamins, Minerals and water in the body; Antioxidants and their Role.

UNIT - III

Yogic concept of diet and its relevance in the management of lifestyle.

UNIT - III

Nutrients, proximate principles of diet, balanced diet concept; Carbohydrates, proteins, fats – sources, nutritive values, importance; Minerals-calcium, iron, phosphorus etc. Vitamins – sources, roles, requirements

UNIT - IV

Food groups. Cereals & Millets –Selection, Preparation and Nutritive Value; Pulses, Nuts and Oil Seeds- Selection, Preparation and Nutritive Value; Milk and Milk Products- Selection, Preparation and Nutritive Value; Vegetables and Fruits- Selection, Preparation and Nutritive Value, Fats, Oils and Sugar, Jaggery- Selection, Preparation and Nutritive Value.

UNIT - V

Food and metabolism. Energy- Basic Concepts, Definition and Components of Energy Requirement, Energy Imbalance Concept of Metabolism, Anabolism, Catabolism, Calorie Requirement-BMR, SDA, Physical Activity; Metabolism of Carbohydrates, Lipids and Protein; Factors Affecting Energy; Requirement and Expenditure, Factors affecting BMR.



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3. STATISTICS IN YOGA

SYLLABUS

UNIT-I

Statistics-Basic Concept -Need and Importance of Statistics; Data-Raw and Grouped, Types of data; Concept and Calculations of Measures of Central Tendency-Mean, Median and Mode; Measures of Variability- Range, Mean Deviation, Quartile Deviation and Standard Deviation.

UNIT-II

Introduction To Normal Distribution - Normal Curve - Characteristics of Normal Curve - Properties of Normal Curve - Standard Normal Curve - Problem Based on Normal Distribution - Uses of Normal Distribution.

UNIT-III

Testing Of Hypothesis - Procedure, Types of Hypotheses, Level of Significance, One Tailed and Two Tailed Test, Degrees of Freedom; Test of Significance for Difference of Means- t Test -Independence and Dependence Test, Z-Test; One Way Analysis of Variance.

UNIT-IV

Correlation- Pearson Product Moment Correlation, Spearman Rank Order Correlation, Phi Correlation, Biserial Correlation Partial and Multiple Correlation

UNIT-V

Non-Parametric: Chi Square Test - Equal Occurrence Test, Independence of Attributes, Contingency Coefficient; Graphical Representation - Line Diagram, Bar Diagram- Multiple Bar Diagram, Pie Diagram.



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4. CLINICAL EXERCISE TESTING PROCEDURES AND METHODS OF ASSESSMENT

SYLLABUS

UNIT- I

Introduction to Exercise Physiology Definition of Terms Exercise Physiology and Sports Physiology - Focus of Exercise and Sport Physiology - Acute and Chronic Responses to Exercise - Historical Aspects of Exercise Physiology- Evolution of Exercise Physiology Tools and Techniques- Ergometers- Treadmills - Cycle Ergometers - Women in Exercise Physiology- Exercise Physiology Beyond Earth's Boundaries.

UNIT- II

Assessing Cardiorespiratory Fitness Definition of Terms cardiorespiratory Endurance – Maximum oxygen uptake (VO₂max) - General Guidelines for Exercise Testing - Procedures for Administering a Graded Exercise Test - Treadmill Maximal Exercise Tests: Balke Treadmill Protocol - Bruce Treadmill Protocol. Cycle Ergometer Maximal Exercise: Astrand Cycle Ergometer Maximal Test Protocol- Fox Cycle Ergometer Maximal Test Protocol.

UNIT- III

Submaximal Exercise Test Protocols Treadmill Submaximal Exercise Tests: Multistage Model, Single-Stage Model- AstrandRyhming Cycle Ergometer Submaximal Exercise Test Protocol- YMCA Cycle Ergometer Submaximal Exercise Test Protocol- Astrand-Ryhming Step Test Protocol - Queens College Step Test Protocol-9 or 12 Min Run/walk Tests - 1.5-Mile Run/Walk Test- 1.0 -Mile Jogging Test - Rockport 1-Mile Walk Test Procedures.

UNIT- IV

Blood Pressure Measurements Blood pressure (BP) - systolic blood pressure (SBP) - diastolic blood pressure (DBP) - Blood Pressure Responses to Exercise- Accurate Blood



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Pressure Checks- Effects of Body Position on BP- Resting BP- Effects of Dynamic Exercise on BP- Submaximal Exercise BP- Effects of Isometric Contractions on BP- Upper-Body Isometric Exercise BP- Lower-Body Isometric Exercise BP

UNIT- V

Postural Analysis and Body Alignment Assessments Definition of Terms Posture - Range of Motion - Static and Dynamic Posture- Posture Screening and Assessment Process - Joint Range of Motion Assessments: Neck, Spine, Shoulder, Hip, Knee and Foot.



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5. TRAINING AND PERFORMANCE

SYLLABUS

UNIT – I

Definition of training, Sports performance, aerobic training, aerobic system , volume, Intensity, Steps to find intensity (MHR, RHR, HRR, Training Intensity Zone) , frequency-FITT Principle – Factors affect sports performance Training principles – over load , specificity , reversibility – influence of Gender, Initial fitness level and Genetics – components of work session – warm up , work out and cool down - Training to improve aerobic power - Interval training – long slow distance – High Intensity Continuous exercise - Training intensity and improvement in VO₂ max- Endurance Training and VO₂ max.

UNIT – II

Definition of Anaerobic exercise, Anaerobic training , anaerobic system – Anaerobic power and capacity– Training to improve anaerobic system - - ATP – Pc System (Phosphogen system) – Anaerobic Glycolysis– Oxidative system - Methods of Anaerobic training – Explosive training, Speed training , Interval training and various methods of Resistance training - Modes of Anaerobic training – sprinting , Plyometrics , Stair Climbing , Resistance training and weight lifting – Effects of training on Anaerobic system - muscular adaptation – muscle adaptation to anaerobic training - adaptation in a Lactate Threshold.

UNIT – III

Definition of strength, Hypertrophy, 1 RM (One Repetition maximum) muscular fitness, muscular strength, muscular endurance, resistance training – classification of strength training – Isometric – Isotonic – Isokinetic – factors involved in muscular adaptation – principles of resistance training- physiological effects of strength training – neural and muscular adaptation to resistance training.



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UNIT – IV

Definition of Optimum Training, Overtraining , Over reaching – types of overreaching (Functional and Nonfunctional overreaching - Symptoms of overtraining – effect of overtraining – Risk of overtraining syndrome – Negative effect of Over training - predicting the overtraining syndrome – Prevention of Over Training Syndrome - treating the overtraining syndrome – tapering for peak performance.

UNIT – V

Definition of Retraining , Detraining - muscular strength, power, muscular endurance, speed, agility, flexibility and cardio respiratory endurance – Benefits of muscular strength and muscular endurance- Difference between muscular strength and Muscular endurance – Components muscular strength work - speed, Training to improve speed, agility, flexibility and cardio respiratory endurance.



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6. NUTRITION THROUGH LIFECYCLE

SYLLABUS

UNIT-I

Introduction to meal planning - Balanced diet, food groups, Food Guide Pyramid (ICMR), Food plate, RDA, factors affecting RDA. Principles of meal planning – steps involved in planning a diet. Nutrition for Adult - Food and nutrient requirements for adult man and women, RDA, nutritional guidelines, changes in consumption pattern- physical, mental and social changes influencing meal pattern.

UNIT-II

Nutrition during pregnancy- Physiological changes in pregnancy, RDA, nutritional guidelines, nutritional needs, effect of nutritional status on pregnancy outcome, optimal weight gain and its components, nutrition related problems in pregnancy and ways to control them, complications in pregnancy. Nutrition during lactation- Physiology of lactation, RDA and nutritional needs of a nursing mother, nutritional guidelines, composition of breast milk and advantages, disadvantages of bottle feeding

UNIT-III

Nutrition during infancy- Growth and development, growth standards, food and nutrient requirements, breast feeding, comparison of human milk with cow's milk, weaning and supplementary foods, weaning problems and complications. Characteristics of low birth weight infant, small for date babies, pre-term babies- Feeding of preterm infants.

UNIT-IV

Nutrition for Pre-schoolers and School Age Children: Nutrition in preschool age – Growth and development, nutritional requirements, factors affecting nutritional status,



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nutrition and cognitive development, food requirement, low cost supplementary foods, nutrition related problems among the preschool children, meal planning for the preschool child. Nutrition in the school age children – Growth pattern in school children, nutritional and food requirement, packed lunch – factors to be considered, nutritional problems, meal plan for the school children.

UNIT-V

Nutrition in Adolescence and Elderly: Nutrition in adolescence - growth and development, body composition, puberty, secondary sexual characteristics, psychological changes, nutritional requirements, nutritional problems, malnutrition due to early marriage, food habits and meal plan. Eating disorders-Binge eating, anorexia nervosa, bulimia nervosa. Nutrition in elderly: definition of geriatrics, changes in body composition, physiological changes, theories of aging, psychological and socio- economic factors in relation to food intake, menopausal and post-menopausal women- hormonal changes, nutritional requirement, food modification in old age. Nutrition related problems.



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7. WEIGHT MANAGEMENT

SYLLABUS

UNIT - I

Health Consequences of Physical inactivity and Sedentary Behavior Definition of Physical Inactivity- Deconditioning- Prevalence of inactivity - Exercise is Medicine Sedentary behaviors - Health Effects of Sedentary Behavior. Weight Management: Meaning, Concept of Weight Management in the Modern Era – Factors affecting Weight Management and Values of Weight Management - Maintaining a Healthy Life Style - Barriers to Lifestyle Changes - Body Mass Index (BMI)

UNIT – II

Weight-Management Strategies for Overweight and Obese Individuals: Meaning and Definition of Overweight and Obese – Types – Causes and Solution for overcoming Obesity. Myths of Spot Reduction and Weight Loss – Principles of Lifestyle Modification – Behavioral Modification - Dietary Recommendations for Weight Loss Exercise and Weight Loss.

UNIT - III

Assessing Calorie Intake and Energy Expenditure: Energy Intake- Energy Expenditure- Impact of Diet on Food Intake- Impact of Exercise and Exercise Training on Food Intake - Resting or Basal Metabolism - Metabolism and Weight loss: Factors that Influence Metabolism - Basal Metabolic Rate and Methods for Measuring BMR - How Metabolism Affects Weight - How to Increase the Metabolism - Relationship between Metabolism and Caloric Intake

UNIT - IV

Planning of Weight Management: Determination of Desirable Body Weight – Daily Caloric Intake and Expenditure – Balanced Diet for Indian School Children – Weight Management Programme for Sporty Children – Role of Diet and Exercise in Weight Management – Diet Plan and Exercise Schedule for Weight Gain and Loss. Weight Management for Special Populations - Pregnant and Postpartum Women - Weight Management for seniors - Weight Management for Persons with Disabilities



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UNIT – V

Human Body composition: Meaning and Definition of Body composition - Essential and Storage Fat - Assessment of Underwater weighing - Assessment of Dual-energy X-ray absorptiometry (DEXA) - Assessment of Bioelectrical Impedance Analysis- Assessment of Near infrared reactance (NIR) - Air Displacement Plethysmography- Measurement of Skinfolds Thickness. Assessment of Free Mass and Lean body mass - Ideal Body Weight - Assessment of Waist-to-hip ratio.



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8. NUTRITION AND IMMUNE FUNCTION IN ATHLETE'S

SYLLABUS

UNIT – I

Immune system: Meaning and Definition of Immune system – Functions of the immune system- Components – Leukocytes – Definition and Types of Neutrophils – Eosinophils – Basophils – Monocytes - Lymphocytes - function and characteristic - Factors Affecting Immune Function.

UNIT – II

Immune response – mechanism of general response – Clonal selection and immunological memory – cellular immune response –Humoral fluid response – Antigen – Antibody reactions – Complement – Disorders of the immune mechanism

UNIT – III

Effect of exercise on the immune system – Acute effect of exercise on immune function – Chronic effect of exercise on immune function – Guidelines for the athlete to reduce the risk of infection – nutritional counter and measures

UNIT – IV

Nutritional Manipulation - immune depression in athletes –nutritional influence on immune function in athletes – Role of carbohydrate, protein and fat in immune function – pre and post exercise

UNIT – V

Immune function and nutrition of elite athletes -Nutritional influence – role of vitamins and minerals in immune function – Effect of Dietary deficiency and excess - Dietary Sources – RDA – Fluid Concentration



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9. RESEARCH METHODS IN EXERCISE PHYSIOLOGY AND NUTRITION

SYLLABUS

UNIT – I

Introduction: Definition of research – Meaning, Need, Important of research in Exercise Physiology and Nutrition, Qualities of good research, classification of research – Basic Research, Action Research, Applied Research, Philosophical Research, and Historical Research.

UNIT -II

Methods of Research: Experimental Research – Comparative and Analytical Research – Descriptive Research Methods–Need,Importance and Tools of Survey, Case Study, Interview Technique.

UNIT- III

Research Design: Experimental Design – Single Group Design – Reverse Group Design, Repeated Measures Design – Static Group Design, Equated Group Design, Random Group Design, Rotated Group Design, Static Group - Comparison Design.

UNIT -IV

Concept of Sampling: Sampling - Need For Sampling; Advantages – Disadvantages; Determining the Sample Size; Types of Sampling-Probability Sampling Method, on-Probability Sampling Method, Random Sampling Design- Simple Random Sampling; Complex Random Sampling Design - Stratified Sampling-Proportionate Sampling-Cluster Sampling Multistage Sampling, Systematic Sampling, Sequential Sampling.

UNIT -V



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Research proposal and Research Report: Research format, Research proposal, Style of writing research, Objectives of the Study , The significance of the problem, Hypothesis, Delimitations, Limitations Review of Related Literature, Methodology, Results and Discussions, Method of writing Abstract



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10. CLINICAL SPORTS NUTRITION

SYLLABUS

UNIT -I

Nutritional Genomics: Genetic Fundamentals - Genetics and Genomics: Nutritional Genomics, Nutrigenomics, and Nutrigenomics - Modes of Inheritance: Mendelian inheritance, mitochondrial inheritance, and epigenetic inheritance- Genetics and Nutrition Therapy Nutrigenomic Influences on Health and Disease- Epigenetic Influences on Health and Disease Nutritional Genomics and Chronic Disease.

UNIT -II

Disordered eating in athletes: Disordered eating categories/classifications- Prevalence of disordered eating among athletes- Etiology of disordered eating among athletes- Performance and health consequences disordered eating- Prevention of disordered eating among athletes Management of disordered eating among athletes, Female Athlete Triad- Prevention and treatment of the Female Athlete Triad.

UNIT -III

Bone, exercise and nutrition: Definitions of sports osteopenia and osteoporosis Exercise effect on bone in athletes and healthy people- Calcium intake and bone mineral changes at various life stages- Effect of calcium intake during childhood and adolescence on bone mineral density- Effect of calcium intake on BMD during the premenopausal years, early postmenopausal and later postmenopausal years on BMD- Effects of amenorrhea on bone mass- Stress fractures in athletes with menstrual disturbances.



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UNIT -IV

Iron- Stages of iron depletion- Iron Depletion in Athletes- Sport Anemia- Causes of iron deficiency in athletes- Assessment of iron status of an athlete: Serum ferritin- Serum transferrin- Red blood cell- Hemoglobin and hematocrit- Hepcidin- Clinical symptoms- Dietary intervention for iron depletion and iron deficiency.

UNIT -V

Gut Health : Definition of Gut Health – sign of poor Gut Health – signs of good Gut health – Gut Health and Its importance – Brain –Gut connection – Gut Health and Skin Health – Gut microbiome – Gut Health and Depression – Gut Health and Emotional Wellbeing – Best Probiotics for Gut Health – Gut Health Diet – IBD , IBS – signs and symptoms – food to avoid.



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11. MARKETING MANAGEMENT

SYLLABUS

Unit 1- Introduction to Marketing Management: Market and Marketing – the Exchange Process – Functions of Marketing – Importance of Marketing – The Marketing Process: Marketing Mix – The Traditional 4Ps – the Modern Components of the Mix – Developing an Effective Marketing Mix – Marketing Planning and Control.

Unit 2- Marketing Environment: Environmental Scanning – Techniques of Environment Scanning – Analyzing the Micro and Macro – Difference between Micro and Macro Environment – Segmentation, Targeting and Positioning: Concept of Market Segmentation – Benefits of Market Segmentation – Requisites of Effective Market segmentation – The process of Market segmentation - Bases for Segmenting Consumer Markets.

Unit 3- Consumer Buying Behavior: Types of Buying Decision Behavior – Henry Assail Model – Consumer Buying Decision Process – Buyer Decision Process for New Products – Buying Motives – Buyer Behavior Models – Understanding the Marketing Research: Marketing Research Process – Customer Relationship Management (CRM): process – Significances.

Unit 4- Product Management: Classification of Products – Product Line Strategies – Product Mix Strategies: New Product Development – Packaging and Labelling – Product Life Cycle(PLC) – Brand and Branding – Advantages and Disadvantages of Branding – Brand name Selection – Types of Brands – Brand Equity – Brand Positioning – Pricing: Pricing Objectives – Factors Affecting Price Decisions – Pricing Policies/Methods – Significance of pricing.

Unit 5- Promotion Management: Introduction to Advertising – Advertising Development – Budget Allocation – Media Selection – Fundamentals of Sales Promotion – Basics of Public



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Relations and Publicity – Personal Selling – Personal Selling Process – Sales Management Basics – HR Practices in Sales Management – Training and Compensation – Distribution Management: Need For Marketing Channels – Types of Channels – Decisions Involved in Setting up the Channel – Channel Management Strategies – Introduction to Logistics Management.

Reference Books:

1. Philip Kotler, Kevin Lane, Abraham Koshy-Marketing Management – A South Asian Perspective-Pearson/Prentice Hall India Ltd
2. Rajan Saxena – Marketing Management-Tata McGraw Hill
3. Ramaswamy&Namakumary-Marketing Management-Global Perspective-Indian Context-Mac Millon India Ltd



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12. SPORTS MEDICINE AND NUTRITION

SYLLABUS

UNIT – I

Sports medicine: meaning - aim - objective - need - importance - preventive - measures
- First Aid - Safety - hygiene

UNIT - II

Injuries: Meaning - types – sprain- strain – contusions - tear - sports specific injuries -
fracture - types - laceration - abrasion - dislocation - CPR

UNIT - III

Women in sports : anatomical - biological - physiological - psychological - factors
affecting sports performance

UNIT - IV

Massage - types - importance - need - principles - doping – classifications.
Rehabilitation – treatments.

UNIT - V

Nutrition - classification - sources - balance diet - Carbohydrate - fat - protein -
vitamins - supplements - pre game meal - post game meal

REFERENCE

1. Lars Peterson and Per Restorn (2001) Sport Injuries – Their Prevention and treatment, United States, Human Kinetics
2. Richard B.Birrer (2004), Sports Medicine for the Primary care physician, Florida, United States, Human Kinetics



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3. Bruckner and Karim Khan (2006) Clinical Sports medicine, Australia Megraw Hill
Sports medicine by Richer H. Strauss

13.SPORTS PSYCHOLOGY AND SOCIOLOGY OF SPORT

SYLLABUS

UNIT - I

Psychology - Definition – importance – branches - sports psychology - Definition – importance – role - development

UNIT - II

Personality – definition – theories - traits– neuroticism – extraversion – introvert- openness – agreeableness – conscientiousness - inter personal relation – temperament – sanguine – choleric – melancholic - phlegmatic.

UNIT – III

Motivation - definition – types – intrinsic – extrinsic – social influence – peer group - anxiety – cognition - stress - aggression – arousal – emotions

UNIT - - IV

Learning - Theories of learning - classical conditioning – gestalt learning theory – law and effect – operant conditioning - transfer of learning – self confidence – development - Psychological skill training – imagery – goal setting

UNIT – V

Sports sociology: meaning – definition - need - importance - scope - sociogram - audience effect



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Registrar
Tamilnadu Physical Education
and
Sports University
Chennai - 600 127.