

Semester – II
PART – A: THEORY COURSE
BTC-201: YOGA EDUCATION

| Credit | | | Teaching Hours | | | Assessment | | |
|--------|-----|-------|----------------|-----|-------|------------|------|-------|
| L/T | P/I | Total | L/T | P/I | Total | Int. | Ext. | Total |
| 3 | 1 | 4 | 48 | 32 | 80 | 30 | 70 | 100 |

Lecture/Tutorials, P/I=Practical/Internship, Int.=Internal, Ext.=External

ESSENCE OF THE COURSE

This course will enable students to understand the concept of yoga. It aims to develop understanding about foundation of yoga, need and importance of yoga in physical education and modern lifestyle. The student will also conceptualize and practice astanga yoga, various asanas and pranayama with reference to wellness.

COURSE LEARNING OUTCOME

After completing this course, the students will be able to

- Understand the yoga and its historical development.
- differentiate between various stages of astanga yoga.
- demonstrate different asanas, pranayamas and kriyas.
- apply and demonstrate various benefits of yoga to be applied in the field of sports.
- relate yoga with health and wellness.
- develop yogic programs/schedules.

COURSE CONTENTS

Unit – I: Introduction

- Meaning and Definition of Yoga
- Aims and Objectives of Yoga
- Yoga in Early Upanisads
- The Yoga Sutra: General Consideration
- Need and Importance of Yoga in Physical Education and Sports

Unit - II: Foundation of Yoga

- The Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi
- Yoga in the Bhagavadgita - Karma Yoga, Raja Yoga, Jnana Yoga and Bhakti Yoga

Unit - III Asanas

- Effect of Asanas and Pranayama on various system of the body
- Classification of asanas with special reference to physical education and sports
- Influences of relaxtive, meditative posture on various system of the body
- Types of Bandhas and mudras
- Type of kriyas

Unit – IV Yoga Education

- Basic, applied and action research in Yoga
- Difference between yogic practices and physical exercises
- Yoga education centers in India and abroad
- Competitions in Yogasanas

TEACHING LEARNING STRATEGIES

- The content of the syllabus may be taught by using lecture method, discussion method, quiz method, educational videos, charts and assignment method depending upon the resources and facilities available at the University/Institute/ Department/Colleges.

MODE OF TRANSACTION

- Field Work/Project Work/Viva/Seminars/Term Papers/Presentations/Self-Learning Instructional Material etc.

ASSESSMENT RUBRICS

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| ● End Semester Exam | Marks: 100 (70+30) Marks: 70 |
| ● Classroom Test, Project Work, Assignments, Presentations | Marks: 30 (10+20) |
| ○ Classroom Tests: Best one out of two unit tests | (Marks: 10) |
| ○ Project Work, Assignments, Presentations | (Marks: 20) |

SUGGESTED READINGS

- Brown, F. Y. (2000). *How to use yoga*. Delhi: Sports Publication.
- Gharote, M. L. & Ganguly, H. (1988). *Teaching methods for yogic practices*. Lonawala: Kaixydamoe.
- Rajjan, S. M. (1985). *Yoga strenthening of relexation for sports man*. New Delhi: Allied Publishers.
- Shankar, G. (1998). *Holistic approach of yoga*. New Delhi: Aditya Publishers.
- Shekar, K. C. (2003). *Yoga for health*. Delhi: Khel Sahitya Kendra.