

**CENTRAL UNIVERSITY OF KERALA**  
DEPARTMENT OF YOGA STUDIES  
M.Sc. YOGA THERAPY

**MYG 5007: Yoga and Sports**

Course Code	MYG5007	Semester	
Course Title	<i>Yoga and Sports</i>		
Credits	2	Type	Open Elective

**Course Description**

**This course intended to develop the skill in integration of Yoga and sports that enhances the employability as a fitness expert for the students undergoing this course.** The course teaches similarities and difference between yoga and sports activities. It also teaches the techniques how yoga should utilise to improve the sports performance. The course provide thorough knowledge in integrated exercise therapy using Yoga postures and different types of exercises.

**Course outcome**

- **Knowledge about various types of physical exercise.**
- Understanding of difference between physical exercise and yoga.
- **Skill in integration of Yogic techniques and Sports activities.**
- **Understanding of Kinesiology of the Asanas.**

**Course Structure**

The following is a detailed syllabus MYG5007 Yoga and Sports.

**Module.**

First unit teaches basic introduction for Yoga and Sports activities. Second unit teaches technical aspects and classifications of the physical exercise. Third unit teaches physical fitness as per yogic concept and modern concept of physical fitness.

**Unit I. Introduction**

**(10 hours)**

- Definition and meaning of Yoga, Physical Education and Sports.
- Difference and Similarities of Yogic exercises and Physical exercise.
- Need and importance of Yoga for Sports promotion.
- Introduction to minor games and major games in Physical education.

**Unit II. Types of yogic exercises and Physical exercise**

**(10 hours)**

- Meaning of exercise, Isotonic and Isometric Exercises.
- Aerobic exercises, Aerobic dance.
- Types of Stretching – Static, Dynamic, Active, Passive, Ballistic and PNF stretching.
- Yogic warm up exercises, General Warm up and cooling down exercises.
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### Unit III. Concept of yogic fitness and Physical fitness

(10 hours)

- Meaning and definition of fitness -Components of Health related Fitness -Cardio respiratory endurance, Muscular strength, Muscular endurance and body composition and their assessment.
- Isometric and Isotonic nature of asanas for muscular and core strength, Cultural asanas for improving flexibility and for correcting postural deformity.
- Asanas works on vestibular receptors for balance and coordination, Asanas and Pranayamas with Yogic diet for maintaining normal body composition.
- Yoga Nidra for Psychophysical relaxation, Yogasasna Competitions.

### Testing & Evaluation

#### Internal Assessment - 40 marks.

Internal examination - 20 marks, Assignments - 10, Overall performance 10

#### End semester examination - 60 marks

Objective type questions -10 marks, short notes – 30 marks, essay - 20

#### References:

1. Dick, Frank W. (1980) *Sports Training Principles*. London Lepus Books Stephen; 1980.
2. Ananda: *The Complete Book of Yoga Harmony of Body and Mind* Orient Paper Backs: Vision Book Pvt. Ltd., 1982
3. Havley E. T. and Franks B . D. *Health Fitness instructions handbook* . Third edition. Human kinetics Champaign Illinois; 1997
4. Bucher, C. A. *Foundation of physical education*. St. Louis: The C.V. Mosby Co.
5. Deshpande, S. H. *Physical Education in Ancient India*. Amravati: Degree college of Physical education; 2014
6. Swami Satyananada Sarasvati., *Asana Pranayama Mudra Bandha*. Yoga publication Trust, Bihar School of Yoga, Munger;1989.
7. BKS Iyengar, *Light on Yoga ;Yoga Dipika*, Schocken Book House,New York; 1979