

Semester-V
BSc-PE-DSE-3 (4)-301(xiii):YOGA

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Prerequisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
B Sc-PE-DSE- 3(4) – 301 (xii): YOGA	4	2	0	2	Class XII pass	NIL

Learning objective: - The learner will be able to use the knowledge of Yoga in real life and will have a command on the basic and advanced rules and regulations of Yoga and conduct a tournament.

Learning Outcomes: After completing the course, the students will be able to:

1. Understand yoga its limitations and misconceptions
2. Identify the importance of yoga in education and other fields Rules and regulations for yoga championships: State, national, international, SGFI, AIU.
3. Understand the Pre-Vedic and Vedic period
4. Organize -Select teams and conduct camps
5. Officiate and Coach with an understanding of Duties/responsibilities
6. Identifies Protocols of referees, judges, umpires, Roles of sports psychologists, sports physiotherapists, and fitness trainers
7. Train children, beginners, intermediate players (advanced sportspersons) seniors (high-performance sportspersons)
8. Apply Safety measures and prevent injuries
9. Manage injuries' Causes
10. Identify classification and components of nutrition and energy requirements in specified events

THEORY SYLLABUS (30 HOURS)

UNIT-I YOGA EDUCATION: (8 HOURS)

1.1 Meaning, definition, and scope of yoga, limitations and misconceptions, the importance of yoga in education and other fields

1.2 Pre-vedic and Vedic period; upanishad, sutra period, patanjali yoga sutra; hatha yoga tantra

UNIT-II RULES AND THEIR INTERPRETATIONS (8 HOURS)

- 2.1 Rules and regulations for yoga championships: State, national, international, SGFI, AIU.
- 2.2 Officiating and coaching - Qualifications, qualities, and responsibilities of a coach, Duties/responsibilities of technical official, Scoring system and judgment criteria, Protocols for referees, judges and officials

UNIT-III ORGANIZATION OF YOGA COMPETITION: (7 HOURS)

- 3.1 Structure and organization of yoga competition
- 3.2 Preparation, execution, and closing of the competition
- 3.3 Protocols and Ceremonies

UNIT-IV NUTRITION IN YOGA (7 HOURS)

- 4.1 Meaning, definition, classification, and components of nutrition, nutrients
- 4.2 Yogic diet
- 4.3 PRATHYARA, VEGETARIAN DIET

PRACTICALS (60 HOURS)

1. Visit to yoga center
2. Planning for a Yoga competition
3. Organization of a Yoga competition
4. Project on research in Yoga
5. Officiating in Yoga competitions

SUGGESTED READINGS

- Kaminoff, L. et al (2007). Yoga Anatomy. Human Kinetics, USA.
- Kirk, M. (2005). The Hatha Yoga Illustrated. Human Kinetics, USA.
- Sharma JP and Ganesh S(2007). Yog Kala Ek Prichya. Friends Publication. New Delhi
- Sharma J. P. (2007). Manav Jeevan evam yoga. Friends Publication. New Delhi.
- Sharma Jai Prakash and Rathore Bhupender Singh (2007). Yoga Ke Tatva. Friends Publication. Delhi

- Mukerji, A.P. (2010). The Doctrine and Practice of Yoga. General Books, LLC, New Delhi.
- Norton, W.W. (2010). Yoga for Osteoporosis: The Complete Guide. W.W. Norton & Company, USA.

Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.