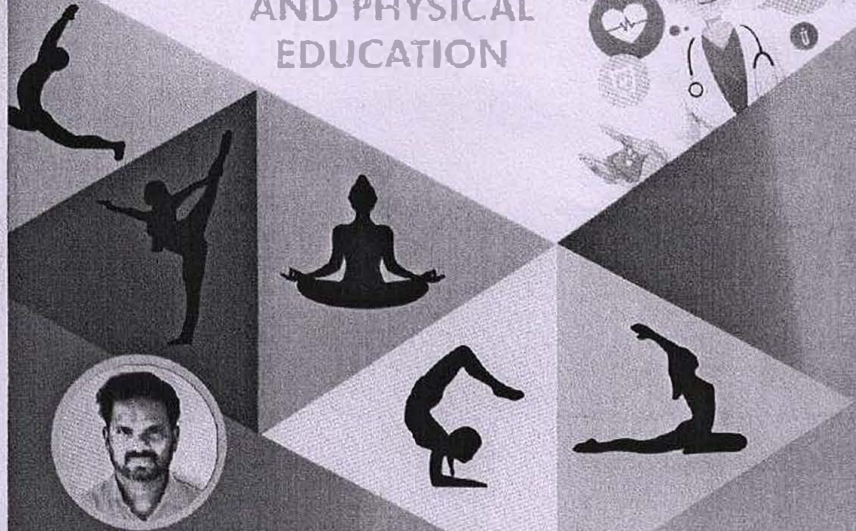


YOGA, HEALTH AND PHYSICAL EDUCATION



Dr. R. Sathesh Franklin has been working as the Director of Physical Education at St. Xavier's College of Education (Autonomous), Palayamkottai, Tirunelveli, since 2013, completing nearly ten years. He completed Master of Physical Education, Master of Philosophy in Physical Education, Doctor of Philosophy in Physical Education, Diploma in Yoga, M.B.A. in Human Resource Management, and cleared the State Eligibility Test and National Eligibility Test in Physical Education. He has got a rich teaching experience of five years as an Assistant Professor in the Department of Physical Education, A.U. Anandar College, Karumathur, Madurai, from 2008 to 2013 for a five-year duration. Honouring his extraordinary skill in playing hockey and training the youth in hockey with commitment and zeal, he has been awarded the 'Fr. Chacko Vallaveetil Best Teacher Award' from Arul Anandar College. He has already edited two books: Human Rights Education for Teacher Educators and Social Media: Influence on Youth in Psychosocial and Behavioural Functions. He has sound knowledge of Sports Biomechanics, Sports Training, Health Education, and Yoga. He has presented 14 papers at national and international conferences and organised 12 national and international seminars and conferences, besides publishing four research papers in leading indexed journals.

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YOGA, HEALTH AND PHYSICAL EDUCATION

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YOGA, HEALTH AND PHYSICAL EDUCATION

(As per the Latest B.Ed., Semester Pattern Syllabus of
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COURSE OBJECTIVES

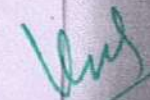
- CO1: Understand the concepts of Yoga and Asanas.
CO2: Gain knowledge about health and safety education.
CO3: Know about the communicable diseases, life style disorders and nutrition.
CO4: Understand about physical education, exercise and effect.
CO5: Acquire skills to organise and conduct sports in schools.

UNIT- I: YOGA AND ASANAS

Meaning and concept of yoga - Aims and objectives - Eight limbs of yoga - Guidelines for practicing yoga - Benefits of yoga - Physiological, psychological, therapeutic and physical-meaning and classification of asana: standing, balancing, sitting, twisting, lying asanas, meditative, relaxation and therapeutic asanas - surya namaskar: meaning, twelve stages of surya namaskar and benefits.

UNIT - II: HEALTH AND SAFETY EDUCATION

Health Education: Meaning - aims, objectives and scope - Methods of imparting health education in schools - health instruction, services, supervision - First Aid: Meaning, principles, need and importance, scope and qualities of first-aid safety in the school as the part of that school health programme instructional -Safety at home: Building -floorings maintenance of surface etc., electricity, wells, drugs, poisons storage, inflammable- storage, use precautionary methods. Safety in the play field, play area, equipment's safety aids in games and sports.


Principal

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