

Senior Secondary Course

373 – Physical Education and Yog

Book-2



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NATIONAL INSTITUTE OF OPEN SCHOOLING

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LESSON WRITERS

Dr. Satish Yadav Assistant Professor Govt. PG College, Gurgaon	Dr. Rakesh Kumar Assistant Professor Gargi College, University of Delhi	Dr. Nidheesh Kumar Yadav Assistant Professor Patanjali University, Haridwar
Dr. Ajit Assistant Professor Amity University, Noida, U.P.	Dr. Jyoti Mann Physical Education Teacher Delhi Administration, Delhi	Dr. Udham Singh Assistant Professor Gokul Kangri University, Haridwar
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Dr. Shubhra Kathuria Director of Physical Education Bharti College, DU	Dr. Arun Kumar Assistant Director, Sport Sharda University, Greater Noida	Dr. Snehalata Domala Associate professor, PG Deptt. of Balarog, VYDS Ayurveda Mahavidyalaya, Khurja (U.P.)
Dr. Meenakshi Assistant Professor IGIPSS, University of Delhi	Ms. Seema Singh Director Integrated Yog Centre, Ghaziabad	

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M/s. Tessa Media & Computers, C-206, Shaheen Bagh, Jamia Nagar, New Delhi-110025

A Word With You

Dear Learners

National Institute of Open Schooling welcomes its learners to the Senior Secondary Course in 'Physical Education and Yog'. The course includes 'the Concept of Physical Education and Yog', 'Dimensions of the physical education and yog', 'Holistic Health', 'Physical Education and sports sciences' and Yogic practices. This course comprises both theory and practicals. The theory part has been divided into 22 lessons to make it more elaborative.

The study material has been developed for the learners to widen their knowledge, understanding and skills in the field of sports, games and yog asanas. This course provides a chance to the learners to be able to choose physical education and yog as a career. In the present age physical education and yog has gained more importance as people are getting conscious about their health and well being.

The course has been developed in modular form and every module deals with a separate concept. Each module is interlinked with others and motivates the learners to seek more information.

Please note that out of 22 lessons, 06 lessons have been kept apart for you to study and be assessed through Tutor Marked Assignment (TMA) only. These are **Physical Fitness and Wellness** (Lesson No.3), **Career Aspects of Physical Education** (Lesson No.4), **Physical and Physiological Aspects** (Lesson No.5), **Introduction to Health** (Lesson No.9), **Physical Education for Various Populations** (Lesson No.13) and **Asana** (Lesson No.20) that you work upon throughout the year. The public examination (PE) or final exam shall have the lessons other than those earmarked for TMA.

We hope that this course will attract a number of learners and will help them to understand the importance of physical education and especially Yog - that has gained the international acceptance. Physical education and Yog are related to our daily life and makes us proud of our culture.

Your feedback is always welcome. For any kind of suggestion or difficulty feel free to contact us. We shall be more than happy to serve you.

Thanks

Chairman
NIOS

How to use the Study Material

Congratulation! You have accepted the challenge to be a self-learner. NIOS is with you at every step and has developed in the material in Physical Education and Yog with the help of a team of experts, keeping you in mind. A format supporting independent learning has been followed. If you follow the instructions given, then you will be able to get the best out of this material. The relevant icons used in the material will guide you. These icons have been explained below for your convenience.

Title: will give a clear indication of the contents within. Do read it.

Introduction: This will introduce you to the lesson linking it to the previous one.



Objectives: These are statements that explain what you are expected to learn from the lesson. The objectives will also help you to check what you have learnt after you have gone through the lesson. Do read them.

Content: Total content has been divided into sections and subsections. Section leads you from one content element to another and subsections help in comprehension of the concepts in the content elements.



Notes: Each page carries empty space in the side margins, for you to write important points or make notes.



Intext Questions: Very short answer self check questions are asked after every section, the answers to which are given at the end of the lesson. These will help you to check your progress. Do solve them. Successful completion will allow you to decide whether to proceed further or go back and learn again.



What You Have Learnt: This is the summary of the main points of the lesson. It will help in recapitulation and revision. You are welcome to add your own points to it also.



Terminal Exercises: These are long and short questions that provide an opportunity to practice for a clear understanding of the whole topic.



Do You Know: This box provides additional information. The text in boxes is important and must be given attention. It is not meant for evaluation, but only to improve your general knowledge.



Answers : These will help you to know how correctly you have answered the questions.



Activities: Certain activities have been suggested for better understanding of the concept.

**Senior Secondary Physical Education and Yog Course
Overview of the Learning Material**

Module	Lesson No.	Name of the Lesson	Mode of Assignment TMA/PE	
Module 1 Concept of Physical Education and Yog	1.	Introduction and Historical Development	TMA TMA	PE
	2.	Ethics and Values		PE
	3.	<i>Physical Fitness and Wellness</i>		
	4.	<i>Career Aspects of Physical Education</i>		
Module 2 Dimension of Physical Education and Yog	5.	<i>Physical and Physiological Aspects</i>	TMA	
	6.	Psychological Aspects		PE
	7.	Social Aspects		PE
	8.	Spiritual Aspects		PE
Module 3 Holistic Health	9.	<i>Introduction to Health</i>	TMA	
	10.	Diet and Nutrition		PE
	11.	Awareness of Lifestyle Disorders		PE
	12.	School Health Programme		PE
Module 4 Physical Education and Sports Sciences	13.	<i>Physical Education for Various Populations</i>	TMA	
	14.	Sports Training		PE
	15.	Test and Measurement		PE
	16.	Organization of Tournaments		PE
	17.	Athletic Injuries, First Aid and Safety		PE
Module 5 Yogic Practices	18.	Hatha Yog	TMA	PE
	19.	Shatkarma		PE
	20.	<i>Asana</i>		
	21.	Prāṇāyāma		PE
	22.	Mudra and Bandha		PE

Total Lesson = 22
Lesson for Public Examination (PE) = 16
Lesson for Tutor Marked Assignment (TMA) = 6

Contents

S.No.	Lesson Name	Page No.	Mode of Assignment TMA/PE
Module 4: Physical Education and Sports Sciences			
13.	Physical Education for Various Populations	1	TMA
14.	Sports Training	7	PE
15.	Test and Measurement	15	PE
16.	Organization of Tournaments	21	PE
17.	Athletic Injuries, First Aid and Safety	41	PE
Module 5: Yogic Practices			
18.	Hatha Yog	57	PE
19.	Shatkarma	69	PE
20.	Asana	83	TMA
21.	Prāṇāyāma	97	PE
22.	Mudra and Bandha	113	PE

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