
Semester III Theory Course

MDH501: CONTEMPORARY TRENDS IN PHYSICAL EDUCATION AND SPORTS

Number of credits: 4 Number of hours : 4 Marks : Internal - 30 External - 70

Objectives:

At the end of the course the student should understand

- The meaning of different kinds of fitness and their purposes
- The methods of developing the different kinds of fitness and their benefits
- Various psychological parameters and their effects on sports performance and health.
- Different types of sports injuries and their rehabilitation techniques
- Basic aspects of yoga and the application of yoga in physical education and sports
- Historical significance and development of imports sports events at the international level.

Unit I Fitness Development

- Aerobic development: Meaning and methods
- Anaerobic development: Meaning and methods
- Flexibility: Meaning, methods of training
- Methods and means of training:- Continuous method, Interval method, Repetition method, Circuit training, Fartlek training, Plyometric, Resistance training – weight training, body weight exercises, Hill training, sand training, resistance bands.
- Current trends in means and methods of training:- Pilates, Swiss ball, Aerobic dance – Zumba, Step Aerobics, Kick boxing aerobics, water aerobics; Cross fitness, Power yoga

Unit II – Psychological Applications in Sports and Sports Injuries

- Role of anxiety in Sports performance
- Motivation – Types and effect on sports performance
- Psychological preparation for sports competition – Auto suggestions, progressive relaxation, Visual imagery, pep talk
- Sports injuries, first aid and therapeutic interventions– Cardio pulmonary emergences, Soft tissue injuries, hard tissue injuries, Therapeutic modalities – Cryotherapy, thermotherapy, electro therapy and massage

Unit III – Applications of Yoga in Physical Education and Sport

- Yoga for Health
- Meaning of yoga, Types of yoga,
- Ashtanga yoga
- Yogasanas, Mudras, kriyas and Meditation
- Pranayama
- Yoga in physical education and sports.

Unit IV Historical and current perspectives in international sports events

- **Olympics** – Ancient Olympics – Origin and History of Ancient Olympics, Olympic flame, Events at ancient olympics
- **Modern Olympics** – Origin, Olympic ideals, Olympic flag, Olympic flame and torch, Olympic motto, Olympic anthem, Olympic movement, IOC, Indian participation and performance at Olympics
- **Asian Games** – Origin and history of Asian Games, Olympic Council of Asia, Asian Games Organising Committee (AGOC), India at Asian Games.
- **Commonwealth Games** – History and development, Commonwealth Games Federation, Queen's Baton Relay, Countries in CGF, India at Commonwealth games

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