

19/12/17  
DOI Prefix: 10.22183  
Journal DOI: 10.22183/23501081

UGC Approved Journal No. 4476  
ISSN 2350-1081

IMPACT FACTOR  
5.210

# RESEARCH DEMAGOGUE

UGC APPROVED JOURNAL SR.NO.44476  
Yaswantrao Chavan Arts & Science Mahavidyalaya, Mangrulpir, Washim, Maharashtra  
www.ycjournal.net  
SPECIAL ISSUE DECEMBER 2017

INTERNATIONAL CONFERENCE  
ON

Future Prospective of Physical Education,  
Sports Sciences and Yogic Practices

# RESEARCH DEMAGOGUE

15<sup>th</sup> December to 16<sup>th</sup> December 2017

Organized by



Department of Physical Education,  
Sant Gadge Baba Amravati University, Amravati,  
Maharashtra, India.  
NAAC Re-Accredited Grade: A



R. D. Special Issue Future Prospective of Physical Education, Sports Sciences and Yogic Practices

1



### SANT GADGE BABA AMRAVATI UNIVERSITY, AMRAVATI (M.S.)

Established on 1st May, 1983, the auspicious Maharashtra Day & Worker's Day. This University geographically covers the western Vidarbha belt (i.e., five districts - Amravati, Akola, Yavatmal, Buldhana and Washim) of Maharashtra State. The University, in its small span of two decades, has contributed in many ways for economic, social and cultural upliftment of the society by offering quality education.

The Motto of this University is - *"Education for Salvation of Soul"*

- The University is recognised under Section 12(B) of UGC Act.
- The University is also an associate member of Association of Commonwealth Universities, London (U.K.)
- The University has 10 faculties which includes Arts, Commerce, Sciences, Medicine, Ayurved, Education, Social Science, Law, Home Science, Engineering & Technology.
- The University has facilities to offer post-graduate & advanced education in Computer, Biotechnology, Business Management, Law & degree courses in Chemical-Technology.
- University values research as evidence that teaching programmes are underpinned by a solid base of latest knowledge and advanced techniques.

#### Vision

To emancipate the youth from the darkness of ignorance for elevation of the society by imparting knowledge and fostering wisdom at its' plentiful.

#### Mission

To contribute to the society through the pursuit of education, learning and research at the highest level of excellence.

#### ABOUT DEPARTMENT


Department of Physical Education, Sant Gadge Baba Amravati University is well known in the country in the field of Games and Sports. Department has a good linkage with various universities/institutions of national and international repute. It is also internationally known due to its Teaching Staffs and Students participation in International Academic Activities and Sports activities at the Global level

R. D. Special Issue Future Prospective of Physical Education, Sports Sciences and Yogic Practices



14.	<b>DR. R.M. KSHIRSAGAR</b> Principal, B.P. Ed. College, Yavatmal.	Nutrition Needs For Sport Person	77
	<b>TANAY PANDHARINATH GODE</b> Director Of Physical Education, Late Pushpadevipatil Arts & Science College. Risod.		
15.	<b>DR. TEJSIHA L. JAGDALE</b> Assistant Professor Hod Physical Education Department Nabira Mahavidyalaya Katol, Dist - Nagpur	Effect Of Yoga On Mental And Physical Health- Parameters Of Adolescents Youth	80
16.	<b>DR. ULHAS V. DESHMUKH</b> Shri Shivaji College Of Physical Education Amravati	Describing The Body Composition And Some Anthropometric Features Of Elite Female Volleyball Students	84
	<b>CIETEK R. SHENDE</b> Jtu. Research Scholar		
17.	<b>DR. VIKRANT RAMCHANDRA WANKHADE</b> Director, Department Of Physical Education & Sports, Bharatiya Mahavidyalaya, Amravati	Effect Of Six Weeks Plyometric Training On Lower Body Performance Of Tribal Students	89
18.	<b>DR. VINOD MAROTRAO BALI</b> Yashwantrao Chawhan College Lakhandur Dist-Bhandara-441803	Application Of Biomechanics In Sports	94
19.	<b>PROF. HARICHARN GAJBHIYE</b> Vice Principal & Director Of Physical Education, Phulsingh Naik Mahavidyalaya, Pusad, District: Yavatmal	Development Of Sports Activities And Physical Education At Grass Root Level	97
20.	<b>PROF. DR. SANGITA M. KHADSE</b> Director Of Physical Education. Smt. Sindhutaijadhao Arts & Science Mahavidyalaya Mehkar, Dist.buldhana Maharashtra	Future Prospective Of Physical Education Sports Sciences And Yogic Practices	100
21.	<b>DR. A. S. DESHMUKH,</b> Assistant Professor, Department Of Home Science, Sant Gadge Baba Amravati University, Amravati	Effect Of Communication Media Andmodernization Tools For Women	102
22.	<b>DR.NILIMA AMBADKAR</b> Assistant Professor, P.R. Patil College Of Education, Amravati .Maharashtra	Educational Pedagogy	107
23.	<b>HEMANTKUMAR ANANDRAO NARAYANKAR</b> Director Of Physical Education, Yashwantraochavan Arts And Commerce College, Islampur, Tal-Walwa, Dist-Sangli	Yoga As A Traditional System Of Exercise	110
24.	<b>PROF. DR. SUNIL N. DHERE</b> Arts & Commerce College Bori Arab, Tq. Darwha, Dist. Yavatmal	Marketing Management	112



 Research Demographic

INFOBASE INDEX

MEMBER OF

Crossref

OPEN ACCESS

INDO SPACE



**PROF. DR. SANGITA  
M. KHADSE**

Director of Physical  
Education,  
Smt. SindhutaiJadhao  
Arts & Science  
MahavidyalayaMehkar,  
DistBuldhana



International Conference on Future Prospective of Physical Education,  
Sports Sciences and Yogic Practices (15<sup>th</sup> to 16<sup>th</sup> December 2017)  
Department of Physical Education,  
S. G. B Amravati University, Amravati, M.S.

**FUTURE PROSPECTIVE OF PHYSICAL EDUCATION  
SPORTS SCIENCES AND YOGIC PRACTICES**

Students integrate and apply the skills in everyday life. Through regular participation in physical activity, students will have the opportunity to develop a pattern of life-enhancing and self-rewarding experiences that contribute to their potential to be healthier members of society. Students should be challenged to participate daily in healthy choices and health-enhancing actives and behaviors .physical education and athletic programs have different purposes.

**Introduction :**

Students integrate and apply the skills in everyday life. Through regular participation in physical activity, students will have the opportunity to develop a pattern of life-enhancing and self-rewarding experiences that contribute to their potential to be healthier members of society. Students should be challenged to participate daily in healthy choices and health-enhancing actives and behaviors .physical education and athletic programs have different purposes. The purpose of physical education is for all students

- To learn and develop fundamental movement skills \
- To become physically fit to participate regularly in physical activity
- To appreciate the value of physical activity and its contributions to a healthylifestyle

**Skills in physical activities**

- As with all academic areas, basic skills are the foundation of a more active and productive life. The daily quality application of fundamental movement skills is the process by which we develop skillful movers. In order to meet this standard, the student will
- Demonstrate knowledge and application of fundamental movements skills; locomotors, non-locomotorsand manipulative
- Move using the concepts from the movement framework –body,space,effort, and relationship;Demonstrate competency in a variety of developmentally appropriate movement skills;
- Apply movement skills to new activities and sports; and
- Demonstrate the application of rules, strategies and behaviors in a variety of physical activity and sports

**What is Physical Education?**

Just as physical education and sport have been variously labeled and have faced seeming identity crises, they also have been described in a multitude of ways. What do physical education and sport mean to you? Are they synonymous with exercise, play, games, leisure, recreation, or athletics? Before physical education and sport can be defined, each of these terms needs to be understood. Exercise, in the physical dimension, means using or exerting the body. Play refers to the resultant action, or what the participants do during physical exertion. Games rang from amusements or diversions to competitions with significant outcomes governed by rules. Freedom from work or duties describes leisure, which may or may not be used for physical activity. Similarly, recreation refreshes or renews one's strength and spirit after toil, again with or without activity. Athletics are organized, competitive activities in which skilled individuals participate. **Sports science (also sports and exercise, sports medicine of exercise physiology)** is a discipline that studies how the healthy human body works during exercise, and how sport and physical activity promote health and performance from cellular to whole body perspectives. The study of sports science traditionally incorporates areas of physiology (exercise physiology), psychology (sport psychology), anatomy,



biomechanics, biochemistry and bio kinetics Sports scientists and performance consultants are growing in demand and employment numbers, with the ever-increasing focus within the sporting world on achieving the best results possible Through the study of science and sport, researchers have developed a greater understanding on how the human body reacts to exercise, training, different environments and many other stimuli.

#### Study of Sports science:

Higher –education degrees in Sports Science or Human physiology are also becoming increasingly popular with many universities now offering both undergraduate, postgraduate and distance learning degrees in the discipline. Opportunities for graduates in these fields employment as a Physical Education teacher, Dietician or Nutritionist, Performance Analyst, Sports coach, Sports therapist, Fitness center manager, Sports administrator, Strength and Conditioning specialist or retail manager of a Sports store Graduates may also be well positioned to undertake further training to become an accredited physiotherapist, Exercise Physiologist, Research Scientist and Sports Medical Doctor.

#### Practices and Techniques of Yoga :

The techniques of performing yoga is based on the few steps called as sutras, that are-1). Yama (restraints)2). Niyama (observance) 3). Asana (posture) 4). Pranaayama (breath control) 5). Prathyahara (Sense control) 6) Dhyaana (fixation of mind)7). Dhaarna (meditation)8). Samaadhi (happiness or absorptive concentration)

#### Possible Effects of Yoga on the Students :

1. Control of negative attitude towards the study and whole life activities.
2. It may improve the working efficiency through empowering the line of thinking.
3. Better health of mind and body through yoga practices, may act as a medicine on the treatment of stress on the students.
4. It may control the violent activities of the students in schools and college.
5. The education of yoga in the students essentially is helpful to strengthen the Indian culture.

#### Reference :

- 1) The National Association of Sport and Physical Education (NASPE, 1995). Moving into the future. National standards for physical education : A guide to content and assessment. St. Louis: Mosby.
- 2) Methodology of Research in Physical Education and sports. – Dr. M. Kamlesh.
- 3) Physical Education and sports - Randhir Pal
- 4) J. Krishna murthy, Handbook of Physical Education and Sports. Commonwealth Publisher New Delhi.
- 5) Dr. Janardan V. Bhatt. (2006-Impact of Yoga on-Ve Emotions and Affect. And Organizational Based Study- LBS Journal of Management and Research, Volume : 4



B. J. J.  
Co - Ordinator IQAC  
Arts & Science Mahila Mahavidyalaya  
Mehkar, Dist. Buldana