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Well known for her efficiency in Aerobics and Yoga and possess a long list of honours and wide experience in the field of Physical Education and Sports. She is a Ph.D., The research guide and has produced outstanding scholars. Her research papers have found special pages in many of the leading International and National Journals and authored three books. She has been recognized as a technical expert for Bharathiam, New Delhi, during the inauguration of Nehru Stadium, Chennai and choreographed Aerobics and rhythmic gymnastics for the VII SAF Games conducted in Chennai and is a recipient of many awards.



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IDEAL CONCEPTS OF HEALTH 60

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SECRETS TO LIFE YOGA EVEN IN DOWN ECONOMY

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WOMEN AND HEALTH RELATED ISSUES - COPING THROUGH YOGIC PRACTICES

DR.K. JOTHI DAYANANDAN



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Her research papers have found special pages in many of the leading International and National Journals and authored three books. She has been recognized as a technical expert for Bharathiam, New Delhi, during the inauguration of Nehru Stadium, Chennai and choreographed Aerobics and rhythmic gymnastics for the VII SAF Games conducted in Chennai and is a recipient of many awards.



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Dr. James attended number of Coaching Clinics in Hockey and participated in National and International Level Seminars, Workshops and conferences also presented research paper in few of these Seminars / Workshops.

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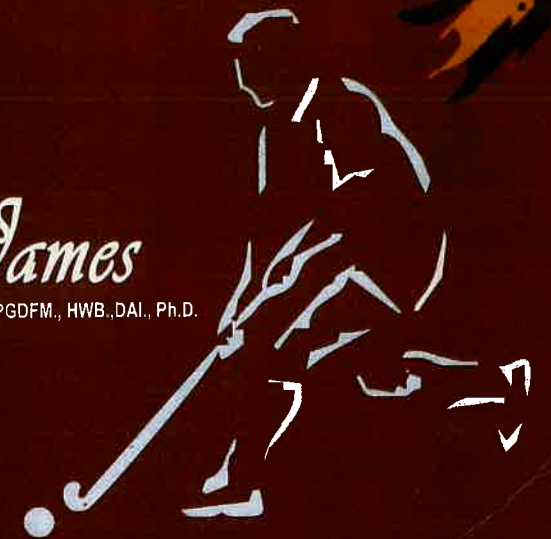


Teaching Methodology in Hockey

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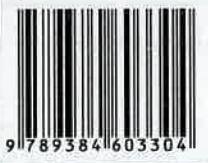


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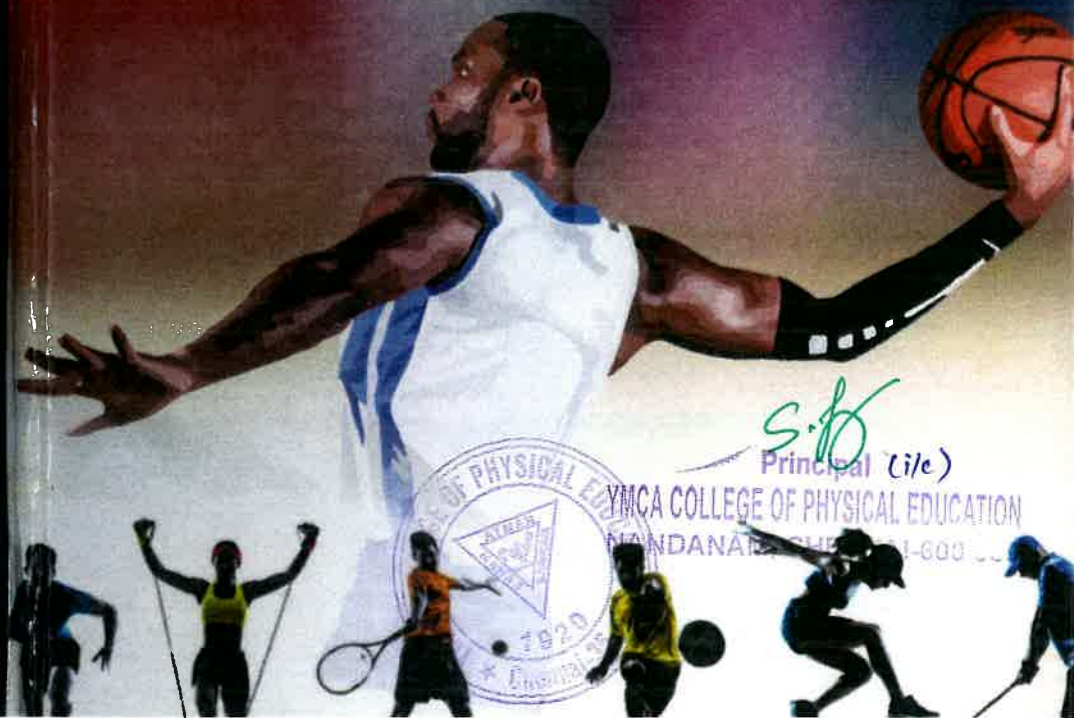
Principles of Sports Training

Jesudoss



Dr. J. Samuel Jesudoss

PRINCIPLES OF SPORTS TRAINING



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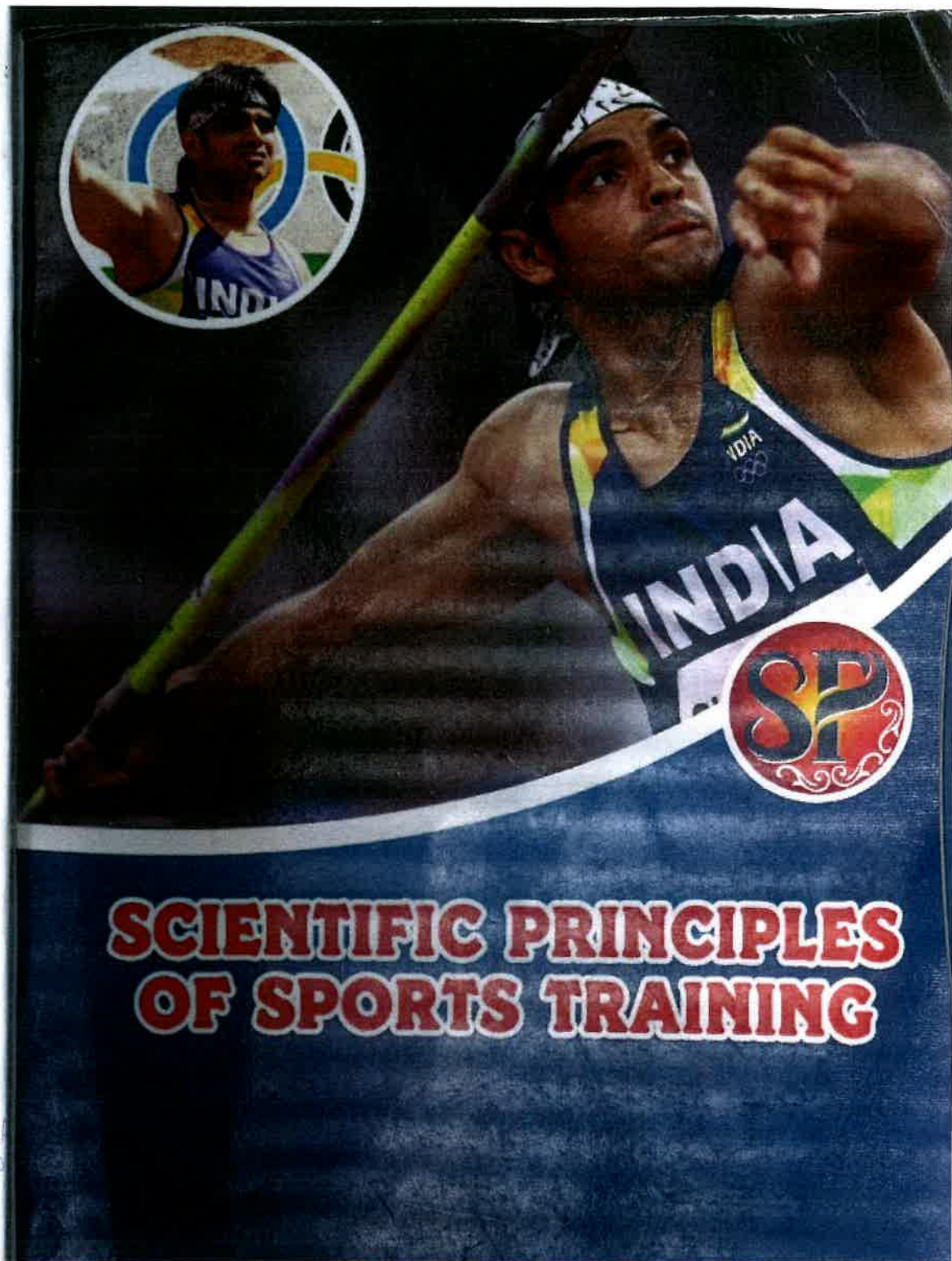


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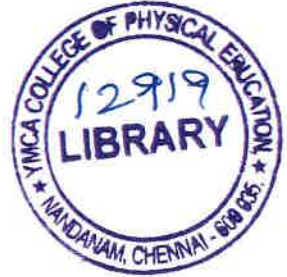


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PREFACE

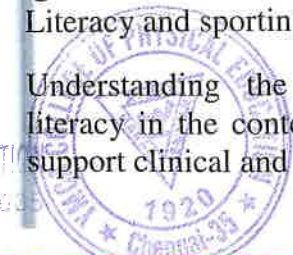
Physical Literacy can be deemed as the foundation of movement. It is the development of fundamental movement skills and sport skills that permit a child to engage in physical activities and excel in sports. In other words, Physical Literacy is the ability to move with competence and confidence in a wide variety of physical activities in multiple environments that benefit the healthy development of the whole person.

Physical activity is central to health, and its importance clearly extends beyond its role in achieving energy balance to prevent and treat obesity and overweight. Adequate daily physical activity improves cardiovascular health, metabolic health, brain and mental health, and musculoskeletal health—benefits that recent research shows are gained across the life span. Important emerging research has further focused on the association between physical activity in youth and academic achievement.

The strength of this book is that it clearly explains the concept of Physical Literacy and also explores its various dimensions and relationship with other topics like physical activity, physical fitness and health. This book addressed the Children, Normal People & Sports Persons.

This book consists of 12 chapters highlighting a major topic often ignored and overlooked - the relationship between Physical Literacy and sporting success.

Understanding the utilization and effectiveness of physical literacy in the context of health and the health care setting will support clinical and population health programming.





Dr. R. Abraham

Dr. R. Abraham is a renowned personality in the field of Physical Education and Sports and has served as a Principal, Correspondent and Secretary of YMCA College of Physical Education, Nandanam, Chennai. He has an experience of heading the department of Physical Education at Gandhi Gram Rural University from 1977 to 1979 and has also been a head of the department of Physical Education at the Borne College of Education Maiduguri, Nigeria from 1982-1986.

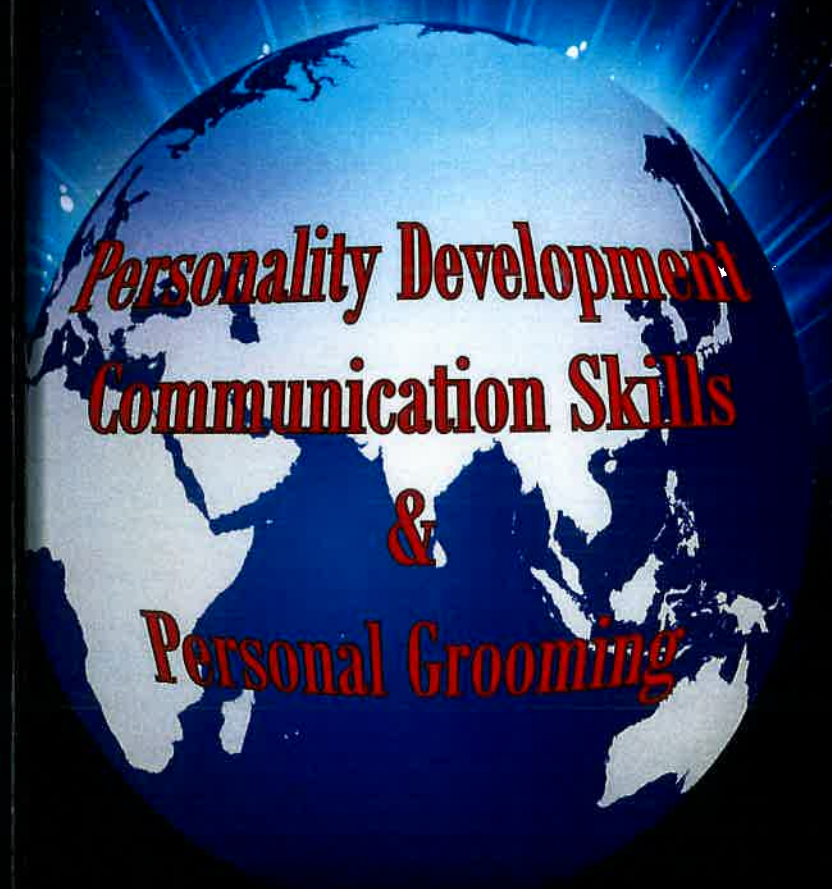
Dr. R. Abraham is well known as an efficient and exemplary Teacher, who is much loved by his huge student population. His contribution towards the promotion of Physical Education and Sports in the state has been duly recognized and admired by the Physical Education Community at large and has been proved in many of his academic and administrative services.



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PREFACE

We need to change the society on the basis of what we want to achieve. Needless to say, that we need to improve the academic standards, personality and communication at all levels and achieve higher standards and laurels. The term 'personality' refers to the impressions which an individual makes on others. Personality, as a term, is used to mean the configuration of individual characteristics and ways of behaving which determine an individual's unique adjustments to his environment. One of the main factors differentiating human beings from other animals is the awareness of self; the ability to have an identity and then attach a value to it. Individuals who enjoy their work develop strong beliefs of self-worth and self-confidence.

This book will provide an opportunity for the readers to understand and interact with others in an efficient manner in the field of their interest. The young are in search of identity, recognition, friendship and love. This book will provide an opportunity for the above and plays a vital role in enhancing the performance of individuals to meet the challenges and requirements of the society.

Suggestions and comments are welcomed for the improvement of this content.


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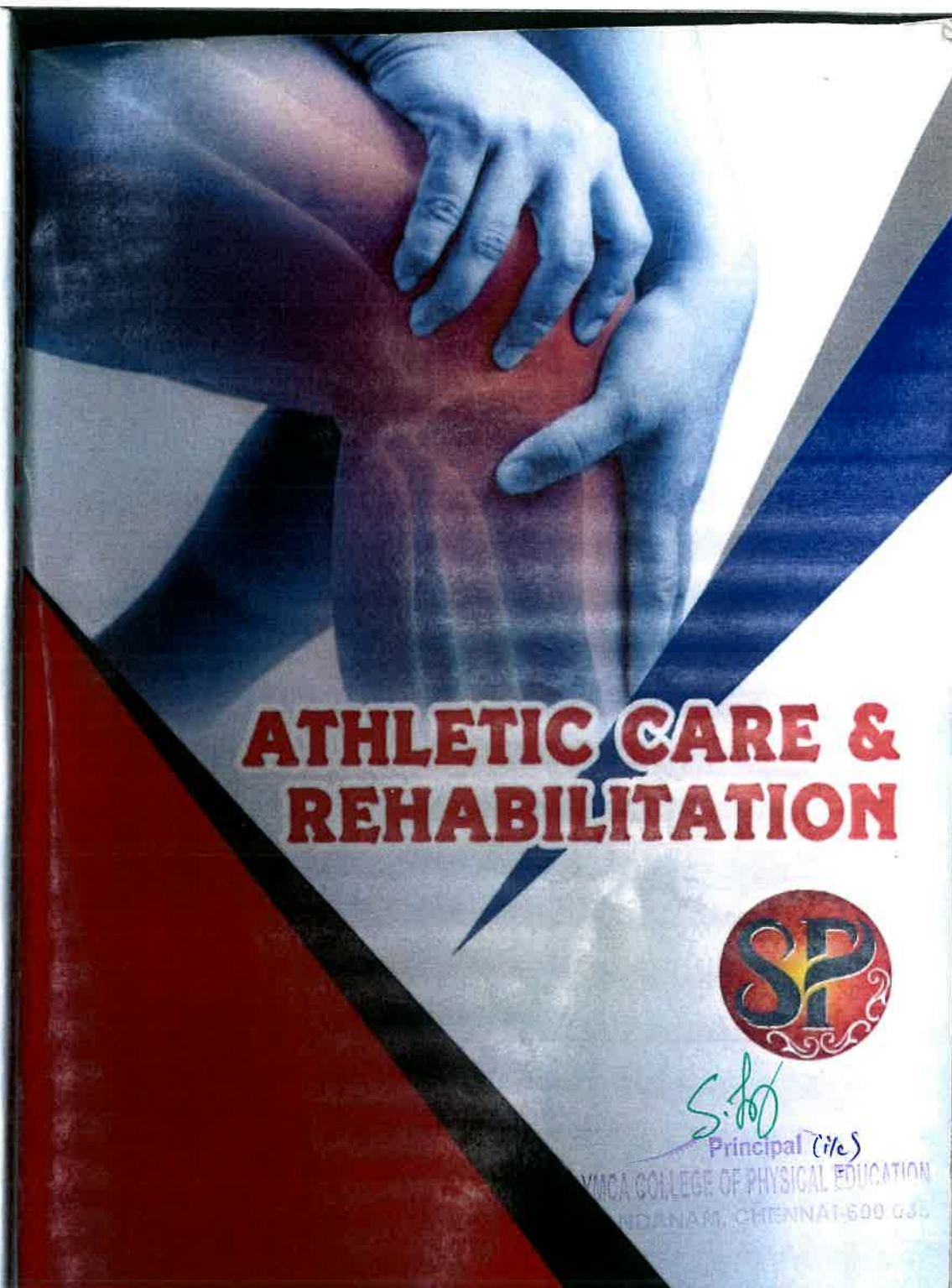
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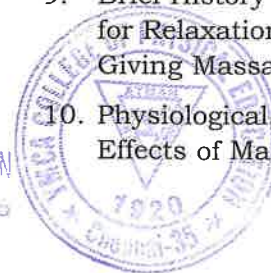
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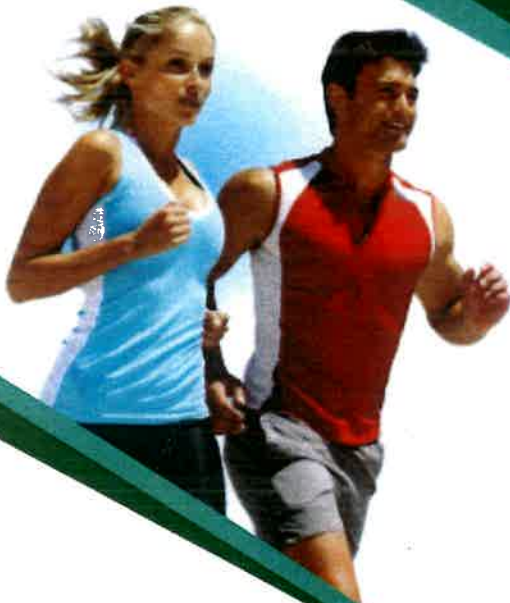
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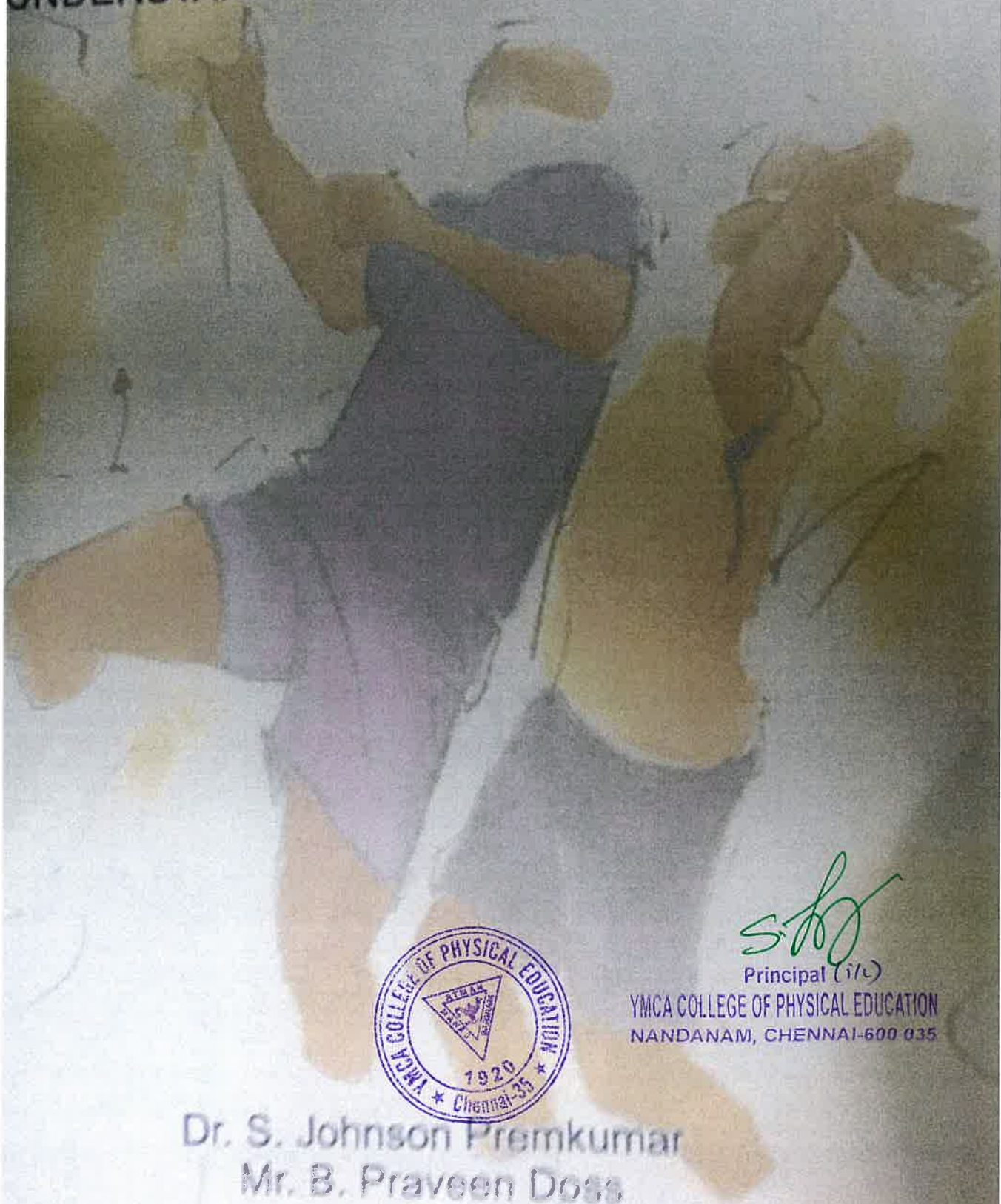


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