

Yoga and Physical Education

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Abstract: *This article shows the relationship between yoga and physical education and sports. Yoga is one of the Indian philosophical systems that emphasize the importance of the work with the body to develop healthy behaviors and thoughts. And Physical Education originally means "education through the body". It is using the work with the body as a strategy to reach the noblest goals of education: autonomy and ethics in our relationships with each other and the environment. Additionally, adding yoga to a school's curriculum will help provide a quality physical education program as modification of traditional physical education yoga in sports as important as other think it helps us in different ways and different levels in a sports men life. Yoga can play a key role in cultivating mind control and concentration which helps a sportsperson to perform at their game. It offers children and adults an opportunity to experience success in physical activity, which can help build a foundation of strong of life. However, curriculum specialists, teachers, trainers and students should know and analyze seriously the real challenges of yoga education in classroom settings and real life as well.*

Keywords: Yoga, Hatha Yoga, Rāja yoga, asanas

1. Introduction

Yoga is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India. There is a broad variety of yoga schools, practices, and goals in Hinduism, Buddhism, and Jainism. Among the most well-known types of yoga are Hatha yoga and Rāja yoga.

The origins of yoga have been speculated to date back to pre-Vedic Indian traditions; it is mentioned in the Rigveda, but most likely developed around the sixth and fifth centuries BCE, in ancient India's ascetic and sramaṇa movements. The chronology of earliest texts describing yoga-practices is unclear, varyingly credited to Upanishads. The Yoga Sutras of Patanjali date from the first half of the 1st millennium CE, but only gained prominence in the West in the 20th century. Hatha yoga texts emerged around the 11th century with origins in tantra. Man is a physical, mental and spiritual being; yoga helps promote a balanced development of all the three. Yoga is a method of learning that aims at balancing "Mind, Body and Spirit". Yoga is a practice with historical origins in ancient Indian philosophy. Yoga is distinctly different from other kinds of exercise as it generates motion without causing strain and imbalances in the body. Other forms of physical exercises, like aerobics, assure only physical well-being. They have little to do with the development of the spiritual or astral body. Yogic exercises recharge the body with cosmic energy and facilitates. They have little to do with the development of the spiritual or astral body. Yogic exercises recharge the body with cosmic energy and facilitates.

2. Benefits for Physical Education

Yoga is then commonly taken as a system of physical education with a spiritual component, although the truth is the reverse: Yoga is a spiritual system with a physical component. The practice of asanas is yet only a small part of the complete system of Physical Culture & Education known as Hatha Yoga.

Role of yoga in education from various angles, including the type of education that was being provided to children throughout the world as well as the different levels of stress

that children face in the classroom environment. The difficulties, problems, conflicts, distractions and dissipation of their energies were also considered. We started using certain principles and practices of yoga, firstly, as an experiment to increase the children's learning ability and, secondly, to inspire teachers to teach their subjects in a slightly different way. Our belief was, and still is, that we are educating our children without considering or caring for the growth of their entire personality. We are cramming their brains and minds with information without creating any support group outside the classroom environment where they can continue to imbibe education. We have to look at what science says about the growth of a child, what psychoanalysis says about child psychology and how the hormones and glands alter and influence the rationality, emotional structure and creative output of the child.

3. Benefit for Sports

Sports can lead to injury because of its repetitive nature and the resulting musculoskeletal imbalances. On a physical level, yoga restores balance and symmetry to the body, making it the perfect complement to sports. Runners are often drawn to yoga to deal with specific issues, such as improving flexibility or helping with an injury. Yet many are shocked at the world it opens for them, specifically, the strengthening capacity and the use of muscles they never knew they had. Let's take a closer look at the effects of yoga, both physical and mental, on runners.

Physical Effects

As seen in the preceding definitions, yoga encompasses more than the mere physical Posture. Nonetheless, the physicality of yoga is what draws most people to their first yoga class. The following summarizes the physical benefits that sports persons can expect from yoga.

Flexibility

Many sports person cite greater flexibility as the number one reason for beginning a yoga practice. This is a good reason, because yoga stretches the muscles that are tight, which in turn increases the range of motion in related joints. Increased flexibility decreases stiffness, results in greater ease of movement, and reduces many nagging aches and pains.

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Biomechanical Balance

Overusing some muscles while under using others creates muscular imbalances, which affect the entire musculoskeletal balance and impairs biomechanical efficiency. For mostly sports persons, biomechanical imbalances eventually lead to pain and injury. Depending on the action, a muscle is either contracting (i.e., an agonist) or lengthening (i.e., an antagonist). For example, if you make a fist and lift your forearm, the biceps contracts while the triceps stretches. If you want showy biceps and do repeated biceps curls to pump up the muscle, the triceps will shorten and you could lose the ability to straighten your arm. A healthy balance is to work to both contract and stretch to maintain muscle equilibrium as well as functionality. For example, when stretching the hamstrings, the quadriceps need to contract. This coordinated action not only creates a deeper and safer hamstring stretch, but also provides an opportunity to strengthen the quadriceps, especially the inner quadriceps, which are weak in many runners. This is crucial for runners because the hamstrings most likely need lengthening while the commonly weak inner quads need strengthening. Every yoga pose is a balance of stability (muscles contracting and strengthening) and mobility (muscles stretching and lengthening). At no time is only one muscle group used. Even the simplest yoga pose requires an awakening of every part of the body. Downward dog is an exemplary pose to demonstrate this. Following is a summary of major muscle actions in this fundamental pose.

Strength

Like Runners are strong in ways that relate to running. However, a running stride involves only the lower body and movement in one plane—sagittal (i.e., forward and backward). Thus, certain muscles become strong while others are underused and remain weak. Runners have strong legs for running, but when faced with holding a standing yoga pose, they are quite surprised to find that their legs feel like jelly. This is simply because a properly aligned yoga pose involves using all the muscles in a variety of planes. The muscles that are weak fatigue quickly, and those that are tight scream for release—thus, the jelly-leg syndrome. Additionally, a by-product of becoming stronger is greater muscle tone. Yoga helps shape long, lean muscles that do not hinder free range of movement in joints.

Stability (Strength)

- Arms: hands, wrists, lower arms, triceps, deltoids
- Back: lower trapezius, serratus anterior
- Legs: quadriceps, tibialis anterior (front of shins)

Mobility (Flexibility)

- Arms: fingers, biceps
- Back: latissimus dorsi, paraspinals (both superficial and deep layers of back muscles)
- Legs: hamstrings, calves, Achilles tendon.

A balanced yoga practice requires most of the muscles in the body to perform some action. At the same time, joints are taken through their full ranges of motion as the corresponding muscles contract or stretch to support the movement. The result is improved muscle balance, which translates to better form, stronger running, and fewer injuries.

An Energized Body

Many forms of exercise deplete the body of its energy stores. Yet a yoga practice oxygenates the blood and creates more energy, leaving the body and mind feeling restored and energized. Yoga provides a vehicle through which the body can actively recover from the physical demands of running.

4. Conclusion

Yoga offers new learning possibilities to a wider group of students than traditional sports or fitness curriculum, making it a valuable addition to any educational program. Additionally, adding yoga to a school's curriculum will help provide a quality physical education program as modification of traditional physical education yoga in sports as important as other think it helps us in different ways and different levels in a sports men life. Yoga can play a key role in cultivating mind control and concentration which helps a sports person to perform at their game. It offers children and adults an opportunity to experience success in physical activity, which can help build a foundation of strong of life. However, curriculum specialists, teachers, trainers and students should know and analyze seriously the real challenges of yoga education in classroom settings and real life as well.

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