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Use of animations and video clippings in teaching yoga asana skills

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Abstract

This article intends to explore the possibilities of available information in websites regarding teaching-learning process of yoga skills. Internet web pages form the basis of this paper. The animated pictures of yoga skills and also available video clippings are presented to explain the use of IT e-resources those can be effectively used in yoga coaching classes. The web pages like <http://www.stylecraze.com/articles/yoga-videos-for-kids/> and their related hyperlinks are discussed one by one and the path of such web sites are also provided. The video clippings of the sports Exercise situations enhance the knowledge as regard to yoga skills. The web pages like U-tube, will provide video clipping of any subject and specially, in yoga, some of the greatest yoga movements are available and sample of few clippings are presented in this paper. It was concluded that the available IT animated yoga skills and video clipping are very essential to make teaching-learning process strong.

Keywords: sports skills, teaching, animation and video clippings

Introduction

Animation Technology means

Animation is a type of optical illusion. It involves the appearance of motion caused by displaying still images one after another. Often animation is used for entertainment and also teaching purposes

There are two main categories of computer animation: Computer-assisted animation and computer generated animation. Computer-assisted animation usually refers to 2D and 3D 21/2 dimensional systems that computerize the traditional animation process.

Video Technology clip means

A video clip is a small section of a larger video presentation. A series of video frames are run in succession to produce a short animated video. This compilation of video frames results in a video clip.

Purpose of the study

Purpose of the study is to know the use of animation and video clipping effects in teaching physical education classes and yoga skill classes.

Methodology

Web sites are presented to animation and video clip enhance knowledge as regard to physical education.

Animation sites are given to uplift updated knowledge of yoga skills and how to use animation in class room teaching-learning enhancement purpose.

- How to and where to get the animation in internet?
- What is the use of these animations in class room teaching?

Here some new animation and video web site

https://www.youtube.com/watch=_eCHrcq5wRY Learn Yoga - Surya Namaskar

This video web site gives detailed information regarding animated video Surya Namaskar animation of basic skills of surya Namaskar,

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Benefits:-fitness development, Improves flexibility, Improves digestion, etc. Are all available on free.

Small video clipping of basic skills of Surya Namaskar are given directly in the web and user can view them.

https://www.youtube.com/watch?v=8aB3D_eNLhU

This animation and video web site gives detailed information Regarding Bhujangasana Benefits (Relieves headache, Improves blood circulation, Expands the chest, fitness development etc) are all available on free.

<https://www.youtube.com/watch?v=XXs0ssi0jy4>

This animation & video web site gives detailed information regarding Padmasana. Padmasana Benefits Keeps the spine straight & Helps to keeps joints and ligaments flexible develop good posture, etc.

This category contains 30 animations videos.

<https://www.youtube.com/watch?v=mOYTNOzK2mI>

This animation web site gives detailed information regarding Virabhadrasana.

<https://www.youtube.com/watch?v=6ENS6YiE0OA>

This video clippings website gives detailed information regarding How to do Vajrasana

Concussion

When we are going to teach in class room by showing the yoga related videos and animations it will be very beneficial to students in learning process. Teacher also can effectively communicate the concepts related physical education and yoga lesson classes.

The English proverb “A well beginning is half done” hold good if the animations and video clippings are used in the classes. Effective theoretical concept can hold good before learning practical skills

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