

# PHYSICAL EDUCATION AND SPORTS TRAINING

'Sound mind in a sound body'



**RAVIKUMAR N G**

# Physical Education and Sports Training

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The present book "Physical Education and Sports Training" discuss all the Physical Education and sports training related topics. The content of the book are Physical Education - meaning, definitions, objectives and importance of Physical Education, Warming-up and cool down, physical fitness, sports training and training methods. Hopefully the present book be immensely useful for the students of Physical Education, Athletes, Physical Education Teachers and Teacher Educators.

Sri Ravikumar N G is an emerging new talent in the field of Physical Education, Sports and Yoga. He has participated in some National and International seminars and conferences. He has published Yoga and Education Book. Presently he is working as Physical Education Director in Kumadvathi College of Education, Shikaripura, Shivamogga District, Karnataka.