

**SPORTS AND HEALTH TOURISM**

Unit I: Introduction – History of Sports – Olympic movement – Origin of Olympic and up to date history – Hunting and Fishing.

Unit II: Common Wealth Games – History and Growth of Commonwealth games till date – Trekking and mountaineering – Wildlife Tourism – Safari – Hunting and Fishing.

Unit III: Asian Games – Origin and Growth – History of Asian games up to date – How the World people are integrated and Humanism concept evolved as a result of sports tourism.

Unit IV: Health Tourism – Development of Naturopathy clinics in India – Yoga and its treatment in India – Application of meditation in everyday's life – climate and Recreation.

Unit V: Important Hill Resorts – Important Sea Resorts in India and the World – Scenic Beauty, Snowfalls, Glaciers and Lakes in India

**Suggested Readings:**

1. Harish Chandra Rai, Hill Tourism – Kanishka Publishers, New Delhi.
2. Jitendra K. Sharma Types of Tourism and Ways of Recreation - Kanishka Publishers, New Delhi.
3. E.K. Murthy, Tourism Planning Concepts, approaches and Techniques – ABD Publishers, Jaipur.
4. Nikunj Tarun – Tourism Administration – Alfa Publication, New Delhi
5. Rajesh Shah – Dynamics of World Tourism Development - Raj Publishing House, Jaipur
6. Sanjeev Gupta, World Tourism in the Millennium - ABD Publishers, Jaipur.
7. G.K. Puri, Tourism and Travel Management
8. Sura's books of G.K.
9. G.K. and Current affairs from various Publications including Manorama Year Book
10. The Hindu – Daily
11. Indian Express - Daily