

SREE NARAYANA COLLEGE



KOLLAM- 691001



DEPT. OF PHYSICAL EDUCATION



CERTIFICATE COURSE IN FITNESS AND YOGA

UGC Recognized Course Aligned with
National Skills Qualification Framework (NSQF)

Contacts:

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Duration: 6 Months

July to December 2022

Registration Link: <https://forms.gle/HT2De5Hph2ecfQ6NA>

Curriculum Design, Course structure and Detailed Syllabus

COURSE TITLE : CERTIFICATE COURSE IN FITNESS AND YOGA

Subject : Physical Education

Course category : Certificate

Total Credits : 30

Total Teaching hours: 144

Subject Code	Name of the Subject	Credits
CCYI T 101	Fitness, Types of Fitness Introduction to Yoga, Type of Yoga/Wheels of Yoga, Yoga and its Benefits.	10
CCYI P 102	Kriyas, Asanas, its Benefits and Contra – indications – Practices and Presentation	5
CCYI P 103	Pranayama, Meditation, its Benefits and Contra – indications – Practices and Presentation	5
CCYI P 104	Teaching Practice – Worksheet Writing & Presentation	5
CCYI P 105	Project/Report Writing	5
	Total	30

Detailed Syllabus

Paper I (Theory)

Module 1

Fitness, Types of Fitness – Health related fitness and skill/performance related fitness.

Module 2

Introduction to Yoga – History of Yoga, Meaning of Yoga, Concept of Yoga, Aim and Objectives of Yoga, Eight Limbs of Yoga (Yama, Niyama, Asanas, Pranayama, Pratyahara, Dharana, Dhyana and Samathi)

Module 3

Type of Yoga/Wheels of Yoga – Bhakti Yoga, Karma Yoga, Raja yoga and Jana Yoga and its dirves (Yoga Marga, Kundalini Yoga, Mantra Yoga and Hatha Yoga)

Module 4

Yoga and its Benefits – Anatomy and Physiology of human body, Difference between Yogic exercises and Physical Exercises, Yogic diet, Yoga for Personality, Hypokinetic Diseases (Hypertension and Diabetics), Backache, Asthma and Stress management

Practical II (Practices and Presentation)

Asanas , Kriyas, its Benefits and Contra - indications - Asanas / Physical Posture – General Preperation and Joint Mobility Exercises, Suryanamaskara / Sun Salutation, **Standing Poses:** Taḍasanam, Ardhaḱaṭicakrasanam, Ardhaḱakrasanam, Padaḱastasanam, Trikoṇasansam, Parivṛtatrikoṇasanam, Parsvakoṇasanam, Vṛḱṣasanam, Virabhadrasanam.

Sitting Poses: Daṇḍasanam, Sukhasanam, Siddhasanam, Padmasanam, Yogamudra, Sasankasanam, Vajrasanam, Suptavajrasanam, Virasanam, Supta-Virasanam, Pascimottanasanam, Uṣṭrasanam, Vakrasanam, Ardhamatsyendrasanam, Hamsasanam, Mayurasanam.

Prone Poses: Makarasanam, Bhujaṅgasanam, Śalabhasanam, Dhanurasanam.

Supine Poses: Savasanam, Sarvaṅgasanam, Matsyasanam, Halasanam, Viparitakarīṇi, Cakrasanam, Inverted / Topsy-Turvy Poses: Ardhasirṣasanam, Sirṣasanam.

Kriya/ Cleansing Techniques: Kaphalabhati (Purifying/Cleansing Breath), Trataka (Eye Exercises, Gazing, Focusing & Defocusing), Neti (Jala & Sutra - Nasal Passage Cleansing), Dhauti (Vamana - Gastro-Esophageal Track Cleansing), Basti (Laghusnkaprakṣalana - Gastro-Intestinal Track Cleansing).

Practical III (Practices and Presentation)

Pranayama, Meditation, its Benefits and Contra - indications - Pranayama/ Breathing Exercises: Bhastrika (Bellows breath) / Kaphalabhati, (Purifying/Cleansing Breath), Vibhagiya Pranayama (Sectional Regulation of Breath - Abdominal, Thoracic, Clavicular & Full Yogic Breathing), Cooling Pranayama - Siitali Sitkari Sadanta.

Dhyana/Meditation: General Preparation, Silent Meditation, Pranavopasanam (Om Meditation), Avartana-dhyanam (Cyclic Meditation), Transcendental Meditation, Objective Meditation, Breathing Meditation.

Practical IV

Teaching Practice - Worksheet Writing & Presentation

Student should present Worksheet (Asana) based on Eight Step Method of Teaching Technique (both written format and Viva). The Standard format for writing is given below:

I. Cover Page: Top – Institution & Course Name, Month & Year, Centre – Topic Name, Down – Student Name, Roll Number

II. Contents/Index

III. Introduction

IV. Prayer Classroom

V. Subject/Topic

- ✓ Introduction of the asana
- ✓ Demonstrations
- ✓ Benefits and Limitations/Contra-indications
- ✓ Individual Practice
- ✓ Practice in Pair
- ✓ Questions and Answers
- ✓ Key Points
- ✓ Group Practice
- ✓ Closing Prayer

Practical V

Project/Report Writing (Related topics with Yoga and Benefits)