



Phone 0474 2712240
Fax 0474 271181
E-mail tkmarts@gmail.com
PB No 1300
Website www.tkmcas.ac.in

T.K.M.COLLEGE OF ARTS AND SCIENCE

NAAC RE-ACCREDITED "A⁺⁺" GRADE
Kollam -691005, Kerala

Date:

DEPARTMENT OF PHYSICAL EDUCATION Certificate Course in Fundamentals of Yoga

For the Academic year 2023-24



Course Coordinators:

Dr. Abdul Rafeeqe T.C (Head)

Dr. Sangeetha P

Preamble

The course involves the fitness concept which will be useful to all students from different disciplines. It is planned to give knowledge in fitness and also the fundamental concepts in wellness and their application in the field of sports and lifestyle skills. Students who take up this certificate course will have an advantage of acquiring additional skills for the employability in the field of fitness Management.

Eligibility

UG & PG Students

Assessment procedure:

The department of physical education conducted the certificate courses entitled with fundamentals of Yoga and Wellness and Lifestyle Management. The programme is meant for the Fourth and Fifth Semester UG students for equip them with lifestyle management and yoga.

The course has a duration of 30 hours. A written examination along with a practical test is conducted for the completion of the course. Grades are awarded on the following basis:

80% and above- A Grade

70-79% -B Grade

60-69% - C Grade

The above assessment procedure is adhered to, and certificates are issued for the students who successfully complete the course.

DEPARTMENT OF PHYSICAL EDUCATION
Certificate Course in Fundamentals of Yoga

Fundamentals of Yoga

Objectives

1. Understanding the Core Philosophy of Yoga
2. Understanding Pranayama
3. Introduction to Meditation and Mindfulness
4. Creating a Sustainable Yoga Practice

Course outcome

1. Students will develop an understanding of the basic anatomy and physiology related to yoga practice, focusing on muscles, joints, and the importance of safe alignment.
2. Students will learn various **pranayama** (breath control) techniques to enhance energy, focus, and relaxation, understanding their role in yoga practice.
3. Students will develop the ability to practice meditation, increasing mental clarity, focus, and emotional stability.
4. Students will experience personal growth through self-reflection, enhanced awareness, and the development of emotional resilience.
5. Students will experience modern trends in yoga for Personal development in their daily life.

Learning Outcomes:

1. A strong understanding of yoga's philosophy, ethics, and benefits.
2. The ability to perform and teach basic yoga postures with correct alignment and modifications.
3. Proficiency in basic breathing and meditation techniques.
4. Knowledge to design a safe, effective personal yoga practice.
5. Awareness of how yoga improves both physical and mental health.
6. An introduction to teaching yoga (for those who wish to pursue it).
7. The foundation for a lifelong yoga practice and a more mindful lifestyle.

Caricculam

Unit -I

Philosophy of Yoga: : Etymology, definitions, aim, objectives and misconceptions. It's origin, history and development, Introduction to Yoga practices for health and well being.

History of yoga -Types of yoga -Limbs of yoga -Importance of yoga

Unit -II

Human anatomy and Physiology: Brief introduction to human body- Meaning and Means of health promotion and role of Yoga in health promotion.

Respiratory system-Nervous system-Digestive system-Endocrine system-Yoga in prevention of metabolic and respiratory disorders.

Unit -III

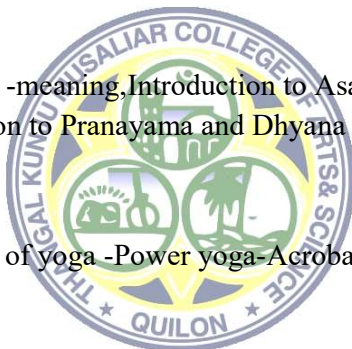
Practice and techniques: Asanas -meaning, Introduction to Asana, principles, and their health benefits, Pranayama - Introduction to Pranayama and Dhyana and their health benefits.

Unit - IV

Modern Trends: Different trends of yoga -Power yoga-Acrobatic yoga .

Book for reference for Theory

1. Goyandka, Harikrishandass -I. V. & others Yoga Darshan Geeta Press, Gorakhpur (Samvat 2061).
2. Swami Vivekananda -Brahmachari Swami Dharendra Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga (4separate books) Advaita Ashrama, Kolkata, 2011 & 2012 Hathayogapradipika MDNIY, New Delhi
3. Sahay G. S. -Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga (4separate books) Advaita Ashrama, Kolkata, 2011 & 2012 Hathayogapradipika MDNIY, New Delhi, 2013.
4. Gita press Gorakhpur-Sbreamad Bhagvadgita Gita press Gorakhpur, Samvat 2073 A Beginner's Guide to Ayurveda Chakrapani Publications, Jaipur 2016 Yoga professionals Official Guidebook for Level 1 Excel Books, New Delhi 2016.
5. Kotecha, Vaidya Rajesh -Dhirendra Yoga Publications, New Delhi, 1986



Wellness and Lifestyle Management

Objectives

1. Understand total fitness and include appropriate fitness practices in your lifestyle.
2. Apply principles and guidelines for appropriate fitness and exercise.
3. Understand stress and apply stress reduction practices.
4. Evaluate fitness products and services.
5. Practice appropriate safety measures for fitness activities.

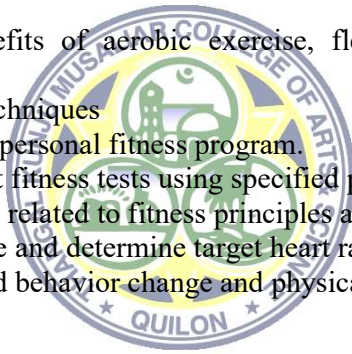
Course outcome

1. To create competencies, skill and knowledge required for the fitness and lifestyle management.
2. To understand the relationship between fitness and wellness awareness.
3. To attain the knowledge regarding healthy lifestyle approach.
4. To gain knowledge regarding various aspects and its practical implications fitness lifestyle management

Learning Outcomes:

As a result of successfully completing this course, the student will be able to:

1. Explain the health benefits of aerobic exercise, flexibility training, and muscular strength training
2. Learn proper exercise techniques
3. Develop and engage in a personal fitness program.
4. Administer Pre- and post fitness tests using specified protocol .
5. Define basic terminology related to fitness principles and assessment.
6. Measure resting heart rate and determine target heart rate to achieve health benefits.
7. Identify the theory behind behavior change and physical activity adherence.



UNIT I – Fundamentals of Fitness & Wellness

Concept of Fitness :- Definition and meaning of Fitness, Different Kinds of Fitness - Physical Fitness, Skill Related and Health Related Physical Fitness, Relationship of fitness and health Wellness revolution: Basic concept of wellness, Role of various factors in wellness, Living a healthy lifestyle; components of wellness, Physical fitness and wellness, Health benefits of Exercise. Reaching wellness through lifestyle management. Exercise prescription. Meaning of active lifestyle, Hypo kinetic Diseases - Diabetes, Hypertension, back pain, obesity.

UNIT – II

Health Related Fitness:- Meaning of Health, Health related fitness components: Cardiovascular Fitness, Muscular Endurance, strength, flexibility and Body composition, benefits of health related fitness. Exercise protocols for the health related fitness components. Concepts and components of body weight, Assessment of body composition. Overweight and Obesity and their health implications. Factors contributing to excess body fat. Approaches to overcome weight problems.

UNIT III

Nutrition:- Basic Concepts in nutrition; Nutritional requirements and components of a healthy diet. Nutritional Guidelines. Nutritional Planning, Balanced diet. Nutrition: Bases for human performance-Carbohydrates, Fats and Proteins. Recommended intake for Normal persons and exercising individuals. Vitamins, Minerals and Water. Optimal nutrition for exercise, Energy value of different important foods, Food Pyramid, fluid replacement before, during and after exercise.

UNIT IV –

Stress and Healthy Behavior. Fitness and Aging: Aging and cardiovascular health; Risk factors for cardiovascular disease, Forms of cardiovascular disease. Exercise and aging. Meeting the challenges of aging. Stress-meaning and types of stress, Anxiety, Depression, insomnia, Compulsive obsessive behaviors, Stress relief through exercise and stress management protocols. Facts on childhood obesity and activity. Brief concept of safety education and first aid; principles of mental hygiene; effects of smoking, alcoholism and drugs; Behavioral modifications.

References:

William D McArdle, Frank I Katch and Vitor I Katch, Essential of Exercise Physiology, Second edition, New York: Lipincoff Williams and wilkins, 2000 Arthar C. Guyton, Physiology of Human Body, Philadelphia: Saunders Company, 1972. Melwin H. Williams. Nutrition for Health, Fitness and sport. McGraw Hill Company, Newyork: 1995 Bradfird B, Strand and Others. Fitness Education Arizona Gorsuch Seani; sbrick Publishers, 1997. Scott K. Powers and Stephen L. Dodd. Total Fitness: Exercise, Nutrition and wellness, Boston: Allyn and Bacon, 1999. Thomas D. Fahey and Others. Fit and Well 6th Edition; Newyork: MCGraw Hill Publishers, 2005.

Corbin, Charles B., and Lindsey, Ruth (2014). Fitness for Life (updated 6th ed.). Champaign, IL: Human Kinetics. ISBN 978-1-4504-0022-0 (hardback) or ISBN 978-1-4504-9753-4 (paperback).

