

CERTIFICATE IN SPORTS ASSESSMENT & YOGA APPLICATION



**Government of NCT of Delhi
Department of Training & Technical Education
Muni Maya Ram Marg, Pitampura
World Class Skill centre**

**Syllabus/Curriculum for Skill based certificate course
Revised Syllabus: 2020-21**

CERTIFICATE IN SPORTS ASSESSMENT & YOGA APPLICATION

By



**Delhi Pharmaceutical Sciences and Research University
Pushp Vihar, Sector- 3, MB Road, New Delhi-110017**

CERTIFICATE IN SPORTS ASSESSMENT & YOGA APPLICATION

The course Curriculum/Syllabus has been designed /developed to train candidates at **SPORTS ASSESSMENT & YOGA APPLICATION** Skill council for the job of “**Sports Assessment & Yoga Application**” after class XII students.

SECTOR: Health and Wellness Sector

SUB-SECTOR: Sports Assessment & Yoga Application

OCCUPATION: Sports Assessment & Yoga Application

CURRICULUM/SYLLABUS

This program is aimed at training candidates for the job of “Sport Assessment and Yoga Application”, in the “Sports/Health Fitness” Sector/Industry and aims at building the following key competencies amongst the learner. The Certificate in Sports Assessment and Yoga Application is designed to make students adopt knowledge and practices to lead a healthy life and promote and maintain healthy practices and assist the practices of preventive medicine.

Program Name	Sport Assessment and Yoga Application
Pre-requisites to training	After Class XII
Program Outcomes	After completing this training, course aspirants will be able to: <ul style="list-style-type: none">• Provide employability option to Indian youth• They will learn a new and practical approach of applying yoga in sports.• They will understand exercise as a medicine for health.• The student will be able to develop efficiency in fitness as management, learning to monitor the growth of the people.• They will have the better understanding for recording the data and compare the assessment reports for the improvement of the athletes.• The students will adopt knowledge and practices to lead a healthy life and promote and maintain healthy practices and assist the practices of preventive medicine.• The knowledge and skill developed through this course will help the students to create a strong foundation to engage human subject of all ages, genders and abilities.
Employability	<ul style="list-style-type: none">• Assisting gym trainer• Assisting fitness and wellness expert in health club• In school for games and sports trainer• Assisting in setting up the health and wellness centre• Sports and conditioning coach• Data recorder ,Match Scorer• Sports and fitness test analyser
Average Salary	The average annual salary offered to such professionals ranges between INR 1.8 lacs to 3 lacs, increasing with candidates' experience and expertise

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THE PROGRAMME:

- a) **Name:** Sports Assessment & Yoga Application
- b) **Nature:** Regular and full time
- c) **Duration:** One Year
- d) **Eligibility Criteria:** Pass in 12th/PUC or equivalent from a recognized board in India
- e) **Commencement:** Every year
- f) **Admission of Foreign student's eligibility:** Same as for general category for Indian Students.
- g) **Selection Procedure:** As prescribed by DPSRU from time to time.
- h) **Total Seats:** 40 (Forty only) and reservation policy as per state governments rules
- i) **Period of completion:** Not more than two years from the date of first admission.

Note: Migration of students will be governed by the rules and regulations of DPSRU, Delhi.

1. THE MEDIUM OF INSTRUCTION AND EXAMINATION

The medium of instruction / examination shall be English.

2. EXAMINATION

- a) Every candidate shall be examined in the subject(s)/paper(s) as laid down in the syllabus prescribed from time to time.
- b) The theory papers, practical papers and internship will be treated as separate papers, in the scheme of studies/ examination and 40% is the minimum passing criteria.
- c) Each examination shall be open to regular student, who has been on the rolls of the department/ institution during the year preceding that semester examination.
- d) The medium of instruction of examination shall ordinary be English.

Assessment Method: Each subject is assessed on a continuous basis by any combination of

- Class participation
- Written assignments
- Practical work
- Presentations, mock role plays, group discussions, reading, writing and speaking exercises.
- Record book/ daily log book during internship
- Answer sheet of internal assessment
- Viva-voce
- Attendance , punctuality, discipline and dress code
- In-house Project work
- Internship project report
- Examination.

Assessment methods may vary according to individual unit requirements and as per university norms. Final evaluation is done in the post-internship phase with theory papers followed with subject specific practical evaluation.

Certificate: Trainees who successfully complete and pass the modules stipulated in the course structure would be awarded the Certificate.

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TABLE 1: SUBJECT WISE BREAKUP OF HOURS

Subject code	Courses	Theory (hrs)	Practical (hrs)	Total (hrs)
		Total Theory-	Total practical-	Total
Semester I				
SYA 101	Anatomy and Physiology	40	60	100
SYA 102	Physical Fitness and Wellness	40	110	150
SYA 103	Fundamentals of Sports Training	40	110	150
SYA 104	Personality Development	30	70	100
Total hrs		150 hrs	350 hrs	500 hrs
Semester II				
SYA 105	Health Education	40	60	100
SYA 106	Programme Designing and Gym Management	40	110	150
SYA 107	Yoga	40	110	150
SYA 108	Software/Hardware Applications	30	70	100
Total hrs		150 hrs	350 hrs	500 hrs
	*100 hrs for INTERNAL ASSESSMENT, RESEARCH & DEVELOPMENT	0 hrs	100 hrs	100 hrs
SYA-109	Internship In Sports Industry And Gym	0	400 hrs	400 hrs
	Total Hrs	Theory: 300 Hrs	Practical: 1200 Hrs	Total Hrs: 1500

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Semester-I: Schemes for internal assessment and end semester examination

Subject Code	Name of subject	Internal Assessment				End Semester Exam		Total Marks
		Continuou s Mode	Sessional Exam	Total Marks (Internal)	Marks (External)	Duration		
Theory Subjects								
SYA 101 (T)	Anatomy and Physiology	10	15	1 Hr	25	75	3 Hr	100
SYA 102 (T)	Physical Fitness and Wellness	10	15	1 Hr	25	75	3 Hr	100
SYA 103 (T)	Fundamentals of Sports Training	10	15	1 Hr	25	75	3 Hr	100
SYA 104 (T)	Personality Development	10	15	1 Hr	25	75	3 Hr	100
Practical Subjects								
SYA 101 (P)	Anatomy and Physiology	10	15	1 Hr	25	75	3 Hr	100
SYA 102 (P)	Physical Fitness and Wellness	10	15	1 Hr	25	75	3 Hr	100
SYA 103 (P)	Fundamentals of Sports Training	10	15	1 Hr	25	75	3 Hr	100
SYA 104 (P)	Personality Development	10	15	1 Hr	25	75	3 Hr	100
Total		80	120	08 Hr	200	600	24 hr	800

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Semester-II: Schemes for internal assessment and end semester examination

Subject Code	Name of subject	Internal Assessment				End Semester Exam		Total Marks
		Continuou s Mode	Sessional Exam	Total Marks (Internal)	Marks (External)	Duration		
Theory Subjects								
SYA 105 (T)	Health Education	10	15	1 Hr	25	75	3 Hr	100
SYA 106 (T)	Programme Designing and Gym Management	10	15	1 Hr	25	75	3 Hr	100
SYA 107 (T)	Yoga	10	15	1 Hr	25	75	3 Hr	100
SYA 108 (T)	Software/Hard ware Applications	10	15	1 Hr	25	75	3 Hr	100
Practical Subjects								
SYA 105 (P)	Health Education	10	15	1 Hr	25	75	3 Hr	100
SYA 106 (P)	Programme Designing and Gym Management	10	15	1 Hr	25	75	3 Hr	100
SYA 107 (P)	Yoga	10	15	1 Hr	25	75	3 Hr	100
SYA 108 (P)	Software/Hard ware Applications	10	15	1 Hr	25	75	3 Hr	100
SYA 109	Internship	-----	-----	-----	-----	-----	-----	100
Total		80	120	08 Hr	200	600	24 hr	900

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- I. **Minimum Marks for passing the Examination:** A student shall not be declared to have passed the Certificate In Sports Assessment & Yoga Application unless he/she secure 40% marks in each of the subject separately in the theory & practical examinations, including sessional marks.
- II. **Grading System of the course will be as follows:**

GRADE & MARKS RANGE

Grade	Percentage of Marks Obtained	Performance
A+	>80	Outstanding
A	71-80	Excellent
B+	61-70	Good
B	51-60	Fair
C+	46-50	Satisfactory
C	40-45	Pass
D	<40	Fail

SEMESTER I

CERTIFICATE IN SPORTS ASSESSMENT & YOGA APPLICATION

SYA 101: ANATOMY AND PHYSIOLOGY (THEORY)

Learning Objectives:

Student will be able to

1. Understand the human body and its function.
2. Analyze the structural aspect of systems of the body.
3. Describe the concept of fundamental of human body organs.
4. Objectify the functional aspects of Human body

UNIT-1

1. Definitions of Anatomy and Physiology and their importance in sports.
2. Cell-structure and functions -Tissue- Types of tissue and their functions
3. Skeletal System- Bones of the human body-axial and appendicular skeleton, Brief description of Joints
4. Classification and functions of bones and anatomical sex difference.

UNIT-2

1. Muscular system- Types of muscle and their characteristics-Structure of skeletal muscle, Major muscles of shoulder, hip and knee joint
2. i) Digestive system: Organs of digestive system and brief account of how food is digested.
ii) Circulatory System: Organs of circulatory system, Heart- location and structure, Cardiac cycle, Pulmonary circulation, Systemic circulation, Blood-its function and composition.

UNIT-3

1. Respiratory system: Organs of respiration, meaning internal and external respiration. mechanism of respiration,
2. Excretory system: Structure and function of organs of excretion, Sweat glands. Endocrine glands and their function
3. Nervous system: Parts of nervous system-Cerebrum, Cerebellum, Medulla Oblongata and Spinal cord. Motor and Sensory Nerves

UNIT-4

1. Effect of Exercise on Different System
 - I. Circulatory System
 - II. Respiratory System
 - III. Digestive System
 - IV. Muscular System
 - V. Endocrine System
 - VI. Excretory System
 - VII. Muscular System
 - VIII. Nervous system

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SYA 101: ANATOMY AND PHYSIOLOGY (PRACTICAL)

PRACTICALS:

1. Identify different body organs and systems on the human model/chart.
2. Identify different muscles and bones of the human model/chart.
3. Demonstration of measuring pulse rate.
4. Measure blood pressure using by sphygmomanometer.
5. To measure BMI.
6. Demonstration of measurements of anthropometric measurement-Chest girth, Thigh girth, Calf girth, Hip girth, Shoulder width, Upper arm girth

Reference Books:

- Gupta, A. P. (2010). Anatomy and physiology. Agra: Sumit Prakashan.
- Gupta, M. and Gupta, M. C. (1980). Body and anatomical science. Delhi: Swaran Printing Press.
- Guyton, A.C. (1996). Textbook of Medical Physiology, 9th edition. Philadelphia: W.B.
- Karpovich, P. V. (n.d.). Philosophy of muscular activity. London: W.B. Saunders Co.
- Lamb, G. S. (1982). Essentials of exercise physiology. Delhi: Surjeet Publication.
- Moorthy, A.M. (2014). Anatomy physiology and health education .Karaikudi: Madalayam Pub.
- Morehouse, L. E. & Miller, J. (1967). Physiology of exercise. St. Louis: The C.V. Mosby Co. Pearce,
- E. C. (1962). Anatomy and physiology for nurses. London: Faber & Faber Ltd.
- Sharma, R. D. (1979). Health and physical education, Gupta Prakashan.
- Singh, S. (1979). Anatomy of physiology and health education. Ropar: Jeet Publications.

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SYA 102: PHYSICAL FITNESS AND WELLNESS (THEORY)

Learning Outcomes:

The student will be able to:

1. Develop the concept of physical fitness and wellness and their components.
2. Understand the need for physical fitness and wellness.
3. Develop understanding regarding important components of fitness and wellness.
4. Develop understanding regarding means of fitness development.

UNIT-1

1. Definition of physical fitness
2. Importance of Physical fitness
3. Types of Physical Fitness-Motor Skill Related Fitness and Health-related Physical Fitness
4. Components of Motor Skill Related Physical Fitness and Health Related Physical Fitness.
5. Principles of fitness development

UNIT-2

1. Means of fitness development
 - Walking
 - Jogging
 - Aerobic activities
 - Swimming
 - Skipping
 - Cycling
 - Circuit training
 - Weight Training
 - Participation in games and sports

UNIT-3

1. Definition of Wellness
2. Importance of wellness
3. Components of wellness
4. Factors enhancing quality of life and longevity

UNIT-4

Aging and Sports

1. Common old age problems.
 - Arthritis.
 - Heart Disease.
 - Diabetes.

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2. Role of exercise in dealing with above age related problems.
3. Obesity and weight control.
4. Women in sports – Pregnancy and exercise.

SYA 102: PHYSICAL FITNESS AND WELLNESS (PRACTICAL)

PRACTICALS:

1. Prepare a chart mentioning the definitions of Skill related as well as Health related fitness and indicate their components.
2. Prepare a chart mentioning the principles of fitness development.
3. Prepare a circuit of eight stations indicating the exercises as well as process of implementation.
4. Evaluate the obesity status of any two students with the help of skin-fold calliper
5. Suggest a programme for controlling obesity.
6. Prepare a chart mentioning the procedure of calculating Body-Mass Index along with the norms suggested by different organizations.

Reference Books

- David K. Miller & T. Earl Allen, Fitness, A life time commitment, Surjeet Publication Delhi 1989.
- Dificore Judy, the complete guide to the postnatal fitness, A & C Black Publishers Ltd. 35 Bedford row, London 1998
- Elizabeth & Ken day, Sports fitness for women, B.T. Batsford Ltd, London, 1986.
- Emily R. Foster, KarynHartiger& Katherine A. Smith, Fitness Fun, Human Kinetics Publishers 2002.
- Lawrence, Debbie, Exercise to Music. A & C Black Publishers Ltd. 37, Sohe Square, London 1999
- Robert Malt. 90 day fitness plan, D.K. publishing, Inc. 95, Madison Avenue, New York 2001
- Uppal A. K. (1992), Physical Fitness- How to Develop, Friends Publications (India).
- Uppal A. K. (2004). Physical Fitness and Wellness. Friends Publication, India, New Delhi
- Warner W.K. Oege r& Sharon A. Hoeger, Fitness and Wellness, Morton Publishing Company, 1990.

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SYA 103: FUNDAMENTALS OF SPORTS TRAINING (THEORY)

Learning Objectives:

Student will be able to:

1. Develop clear concept of conditioning, sports training and coaching.
2. Understand the concept of load and its features
3. Significance of motor components and how to train them
4. Understand the need for sports talent identification

UNIT-1

1. Introduction
2. Definitions of Conditioning, Sports Training and Coaching.
3. Aim and Objectives of Sports Training
4. Principles of Sports Training.
5. Characteristics of Sports Training

UNIT-2

Training Load

1. Definition of training load
2. Types of training load
3. Features of training load
4. Adaptation Process
5. Concept of over load and its causes and symptoms

UNIT-3

Development of Motor Components

1. Strength-Types and methods of developing strength
2. Speed- Types and methods of developing speed
3. Endurance- Types and methods of developing endurance
4. Flexibility- Types and methods of developing flexibility

UNIT-4

Periodization

Part-A

1. Importance of periodization
2. Types of Periodization

Part-B

1. Talent Identification process
2. Principles of talent identification
3. Process of talent identification

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SYA 103: FUNDAMENTALS OF SPORTS TRAINING (PRACTICAL)

PRACTICALS

1. Identification of features of training load in development of different motor components - Strength, Speed and Endurance.
2. Assessment of symptoms of inner load.
3. To demonstrate the procedure of measuring aerobic capacity.
4. To demonstrate the procedure of measuring anaerobic capacity.
5. To demonstrate the procedure of working out target training zones for interval training method.
6. To demonstrate the procedure of working out recovery in interval training method.

Reference Book

1. Arnheim, Danial D. (1985) Modern Principles of AthleticTraning. Toronto: Time Mirror
2. Bunn, John W. (1955) Scientific Principles of Coaching, Englewood Cliffs N. J. Prentice Hall, Inc.
3. Dick, Frank W. (1980) Sports Training Principles. London: Lepus Books
4. Hare, Dietrich (1982) principles Sports Training, Berlin: Sportverlag.
5. Joan A. (1987) Coaching – an Effective Behavioural Approach, Toronto: Time Mirror
6. Singh, Hardayal (1991) Science of Sports Training. New Delhi: D.A.V. Publication
7. Tandon D. K., Uppal A. K., Alegaonkar P. M. and Kanwaljeet Singh (2001), Friends Publications (India)
8. Uppal A. K. (2010). Principles of Sports Training, Friends Publications (India)
9. Uppal A. K. (2013). Science of Sports Training, Friends Publications (India)
10. Uppal A. K. (2013). Scientific basis of Sports Conditioning, Friends Publications (India)

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SYA-104: PERSONALITY DEVELOPMENT (THEORY)

Learning Outcomes:

Students will be able to:

1. Apply effective communication skills in personal and professional settings
2. Communicate effectively orally and in writing

UNIT I

Communication Skills: Goals, Objective, approach and expectations; listing and introduction to communication skills, identification of individual areas of strength and weakness with respect to communication psychology, individual report generation to identify current pitfalls & limiting patterns.

Written Communication- Report/essay writing process (format of academic report, sentence structure, paragraph structure, use of punctuation and rules of capitalization in English), Business Correspondences (Letter, Fax, e-mail) for making enquiries, placing orders, asking & giving information, capturing MOMs, registering complaints, handling complaints

UNIT- II

Presentation Skills: Greeting and introducing, Preparing for and Facing a Job Interview, Body language during presentation

UNIT- III

Conflict Management: Introduction to conflict management, level of conflict, managing conflict.

Time Management: Concept, Importance & need, steps towards better time management.

Projecting a Better Social Image: Definition & importance of social image, grooming basics, public speaking, voice modulation, body language

SYA 104: PERSONALITY DEVELOPMENT (PRACTICAL)

PRACTICALS:

1. To demonstrate ability to read and interpret given comprehension.
2. Pronunciation practice: Stress and syllables; word stress; contracted forms; utterance stress;
3. To demonstrate and execute short speech on the given subject.
4. To participate in a debate on the given topic.
5. To draft an informal letter, application, and official letters of request and denial.
6. To draft notice
7. To draft Advertisement
8. To write professional CVs, covering letters and applications for jobs

SEMESTER II

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SYA 105: HEALTH EDUCATION (THEORY)

Learning Outcomes:

The student will be able to:

1. Understand the concept of health and health education
2. Develop clear understanding about different types of diseases, how they spread and how to prevent.
3. Develop understanding about causes of obesity and how to prevent it.
4. Develop concept about school health programme and responsibility of the school in maintaining health of the students.

UNIT – I

Introduction

1. Definition of Health and Health Education.
2. Importance of Health Education.
3. Principles of Health Education.
4. Objectives of Health Education.

UNIT-2

Diseases and their prevention

1. Disease – Communicable and Non-communicable.
2. Modes of spread of communication disease.
3. Living organisms that cause diseases-Viruses, Bacteria, Fungi and worms
4. Prevention of diseases.

UNIT –3

Part-A Health – Related Physical Fitness.

1. Definition of Health Related Physical Fitness.
2. Components of Health Related Physical Fitness.

Part-B Body– Composition.

1. Definition of body composition.
2. How to tackle obesity.
3. Methods of evaluating body composition

UNIT – 4

Nutrition

1. Definition of Balanced Diet.
2. Factor affecting nutrition.
3. Components of nutrition and brief concept of each nutrient.
4. Nutrition for Sports Performance.

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SYA 105: HEALTH EDUCATION (PRACTICAL)

PRACTICALS:

1. To prepare and demonstrate health habits and common health skills list.
2. To demonstrate Immunization Schedule.
3. To prepare a general health education practice chart.
4. To demonstrate measures for substance abuse control
5. To assess Hypokinetic diseases
6. To demonstrate and explain the:
 - i. Benefits of an active lifestyle and regular exercise.
 - ii. Importance of safety measures
 - iii. Harmful effects of smoking, drinking, and steroids

Reference Books.

- Bucher, Charles A. "Administration of Health and Physical Education Programme". Delbert, Oberteuffer, et. al." The School Health Education".
- Ghosh, B.N. "Treaties of Hygiene and Public Health".
- Hanlon, John J. "Principles of Public Health Administration" 2003. Turner, C.E. "The School Health and Health Education".
- Moss and et. At. "Health Education" (National Education Association of U.T.A.) Nemir A. "The School Health Education" (Harber and Brothers, New York). Nutrition Encyclopedia, edited by Delores C.S. James, The Gale Group, Inc.
- Boyd-Eaton S. et al (1989) The Stone Age Health Programme: Diet and Exercise as Nature Intended. Angus and Robertson.
- Terras S. (1994) Stress, How Your Diet can Help: The Practical Guide to Positive Health Using Diet, Vitamins, Minerals, Herbs and Amino Acids, Thorons.
- Uppal A. K. and Gautam G. P. (2014). Physical Education and Health. Friends Publications (India)

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SYA 106: PROGRAMME DESIGNING AND GYM MANAGEMENT (THEORY)

Learning Objectives:

Student will be able to

1. Understand the concept of aerobic activity.
2. Understand the concept of anaerobic activity.
3. Understand how aerobic and anaerobic are implemented.
4. Understand the process of Gym management.

Unit-1

AEROBIC PROGRAMME DESIGNING

1. Aerobic activity
2. Program design considerations
3. Monitoring exercise intensity
4. Aerobic program design concepts
5. Standard aerobic training systems

UNIT-2

ANAEROBIC PROGRAMME DESIGNING

1. Anaerobic activity
2. Principles of anaerobic programme designing
3. Adaptation
4. Plyometrics

UNIT-3

AEROBIC AND ANAEROBIC PROGRAMME IMPLEMENTATION

1. Monitoring intensity
2. Overtraining
3. Adaptation
4. Environmental considerations
5. Various aerobic and anaerobic activities
6. General aerobic and anaerobic training guidelines

UNIT-4

GYM MANAGEMENT

Part-A

1. Introduction to management and gym management
2. Importance of gym management
3. Aim and objectives of gym management

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4. Purpose and functions of gym management
5. Budgeting, record keeping, advertising, marketing and maintenance in gym management.

Part-B

Tests for fitness components-Strength, Speed, Endurance, Flexibility, Agility, Balance, Coordination and Reaction time

SYA 106: PROGRAMME DESIGNING AND GYM MANAGEMENT (PRACTICAL)

PRACTICALS:

1. To assess the Resting Heart Rate at radial and carotid arteries
2. Measurement of Blood Pressure of the subject.
3. To measure cardiovascular endurance using Harvard Step test
4. To measure Muscular endurance of two subjects.
5. To measure Agility using shuttle run and squat thrust.
6. To measure hand Reaction Time.

Reference Books:

- Acsm's (2001) Guidelines for Exercise Testing and Prescription by American College of Sports Medicine Human kinetics USA.
- Balyan Sunita (2006). Sharirk Shiksha main Parikshan evmn maapan. Khel Sahitya. Delhi.
- Barrow & McGee's Practical Measurement and Assessment.
- Barrow H.M. and McGee R. (1979). A Practical Approach to Measurement in Physical Education. Lea & Febiger, Philadelphia. U.S.A.
- Baumgartner TA Jackson AS Mahar MT and Rowe DA (2007). Measurement for Evaluation in Physical Education. The McGraw Hill Companies. Inc. New York. USA.
- Kansal DK (2012).A practical approach to Measurement Evaluation in Physical Education &Sports selection. Sports & Spiritual Science Publications, New Delhi.
- Miller David K (2006). Measurement by the Physical Educator: Why and How. McGraw-Hill. Boston, U.S.A.

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SYA 107: YOGA (THEORY)

UNIT – 1

1. Concept and Definition of yoga.
2. Historical development of yoga from ancient to modern times.
3. Aim and objectives of yoga.
4. Importance of yoga.

UNIT – 2

Training Process of Yoga

1. Asanas – meaning, types, preparation, technique of different asanas and their effect on the body.
2. Pranayama – meaning, types, preparation, technique of different pranayama and their effect on the body.
3. Shatkiryas - meaning, types, preparation, technique and their effect on the body.
4. Bandhas - meaning, types, technique and their benefits on human body.

UNIT –3

Ashtang Yoga, Meditation and Relaxation.

1. Ashtang Yoga – meaning, principles and types.
2. Meditation – meaning, technique and benefits.
3. Relaxation – meaning, importance and techniques of relaxation for reducing physical and mental stress.

UNIT –4

Psychological, Physiological and Meditative Effects of Yoga

1. Role of yoga in psychological preparation of sportsperson – Mental wellbeing, Anxiety, Depression and Concentration.
2. Effect of yogic practices on circulatory, skeletal, digestive, nervous, respiratory and excretory systems.
3. Meditation – Meaning, techniques and benefits.

SYA 107: YOGA (PRACTICAL)

PRACTICALS:

1. Surya Namaskar (salutations to the sun)
2. Backward and Forward Bending Asanas
3. Meditative Asanas
4. Spinal Twisting and Standing Asanas
5. Balancing and Relaxation Asanas
6. Pranayama

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Reference Books

- George Feuerstein, (1975). Text Book of Yoga. London: MotilalBansaridass Publishers (P) Ltd.
- Gore, (1990), Anatomy and Physiology of Yogic Practices. Lonavata: KanchanPrakashan. Helen Purperhart (2004), The Yoga Adventure for Children. Netherlands: A Hunter House book.
- Iyengar, B.K.S. (2000), Light on Yoga. New Delhi: Harper Collins Publishers.
- Karbelkar N.V.(1993) PatanjaliYogasutraBhashya (Marathi Edition) Amravati: Hanuman VyayamPrasarakMandal
- Kuvalyananada Swami & S.L. Vinekar, (1963), Yogic Therapy – Basic Principles and Methods. New Delhi: Govt. of India, Central Health Education and Bureau.
- Moorthy A.M. & Alagesan. S. (2004) Yoga Therapy. Coimbatore: Teachers Publication House.
- Swami Kuvalayanda, (1998), Asanas. Lonavala: Kaivalyadhama.
- Swami SatyananadaSarasvati. (1989), Asana Pranayama Mudra Bandha. Munger: Bihar School of Yoga.
- Swami SatyanandaSaraswathi. (1984), Kundalini and Tantra, Bihar: Yoga Publications Trust.
- Swami Sivananda, (1971), The Science of Pranayama. Chennai: A Divine Life Society Publication.
- Thirumalai Kumar. S and Indira. S (2011) Yoga in Your Life, Chennai: The Parkar Publication.
- Tiwari O.P. (1998), Asanas-Why and How. Lonavala: Kaivalyadham.
- Uppal A. K. (2004). Physical Fitness and Wellness. Friends Publication, India, New Delhi

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SYA-108: SOFTWARE/HARDWARE APPLICATIONS (THEORY)

1. To demonstrate an ability to work on Microsoft Word, excel and power point
2. To draft an email: Basics of email
3. Folder Management and naming convention system- Creating folder structure, set up naming convention for folder structure
4. Internet search based on recent trends about sports industry and their products in India and International market.
5. Application of computers and various softwares used in maintenance of sports items and their monitoring particularly in reference to sports industry

SYA-108: SOFTWARE/HARDWARE APPLICATIONS (PRACTICAL)

1. Online Document Management and Presentation
2. Emailing and check status
3. To handling and managing the client record data for maintenance of records used in sports industry
4. To handling and managing the sports items and their maintenance used in sports industry

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SYA-109: INTERNSHIP IN SPORTS INDUSTRY AND GYM

In-house Project: The student will submit a synopsis during the pre-internship phase for approval from the departmental committee, thereafter he/she would have to present the progress of the work through peer reviews and progress reports. Presentation related to major project should be delivered in the pre-internship phase. Project should be based on different aspects of the content.

Post Internship Project Report: The student would maintain a weekly log of the work done by him/her during the internship. He/ She would submit a project report after the completion of the internship. Weekly log should also carry comments from the reporting officer of the organization. Weekly evaluation / comments from the reporting officer would be the basis of assessment of final internship project report. The Internship Phase would also be monitored by the Master Trainers.

Terminal Objective:

- On the completion of the module, candidates will be equipped with Basic Employability skills to get employment easily.
- Apart from this candidate would have acquired bit of advanced Employability Skills like Leadership, Behavioral, Cognitive and Analytical Skills in the work place as well as in social and cultural settings.