

SHIVAJIUNIVERSITY, KOLHAPUR
STRUCTURE AND SYLLABUS
OF
CERTIFICATE COURSE IN YOGA AND FITNESS
Under UGC - NSQF

TITLE: Certificate Course in Yoga and Fitness Under the Faculty of Inter Disciplinary Studies.

YEAR OF IMPLEMENTATION : 2020-21

DURATION: 06 months

PATTERN OF EXAMINATION: Semester

- **Theory Examination** : At the end of semester as per Shivaji University Rules
- **Practical Examination** : In the end of 1st semester, internal assessment of practical record, related report submission and project reports at the end of semester.
 - ii) In the second semester of Diploma, external practical examination at the end of semester.

MEDIUM OF INSTRUCTION: English/Marathi

STRUCTURE OF COURSE:

- Two General Papers per year / semester
- Three Vocational Papers per Year / Semester
- One Industry Visit/ Study Tour and on job training

SCHEME OF EXAMINATION

A) THEORY

- The theory examination shall be conducted at the end of the semester.
All general theory papers shall carry 40 marks and all vocational theory papers shall carry 50 marks.
- All the general practical shall carry 10 marks and all vocational practical shall

carry 50 marks

- Evaluation of the performance of the students in theory shall be on the basis of semester examination as mentioned above.
- Question paper will be set in the view of entire syllabus preferably covering each unit of the syllabus

Nature of question paper for Theory examination (Excluding Business Communication Paper) –

- Q.1 Multiple Choice question - 10 marks
 Q.2 Long answer type questions (Any two out of three) - 20 marks
 Q.3 Short notes (Ant four out of six) - 20 marks

B) PRACTICAL

Evaluation of the performance of the students in practical shall be on the basis of semester examination (Internal assessment at the end of Semester I and external examination at the end of Semester II) as mentioned separately in each paper.

Standard of Passing : As per the guidelines and rules for certificate under UGC-NSQF skill development course

Scheme of Teaching:-

SR.NO	PAPER NO	TITLE	CREDITS		DISTRIBUTION OF WORKLOADS	
			Theory	Practical	Theory	Practical
1	YF10I	Business communication	3	3	2	2
2	YF10II	Foundation of Yoga	3	3	4	4
3	YF10III	Anatomy and Physiology	3	3	4	4
4	YF10IV	Yoga Therapy	3	3	4	4
5	YF10V	Fitness and Nutrition	3	3	4	4
6	YF10VI	Project				
		Total	15	15	18	18

Standard of Passing:

As per the guidelines and rules for Diploma under UGC – NSQF Skill Development Course

Structure of the Course

S. N.	Paper No.	Title	Credits		Marks	Distribution of marks	
			Theory	Practical		Theory	Practical

1	YF10I	Business Communication – I	3	3	50	40	10
2	YF10II	Foundation of Yoga	3	3	50	40	10
3	YF10III	Anatomy & Physiology	3	3	100	50	50
4	YF10IV	Yoga Therapy	3	3	100	50	50
5	YF10V	Fitness & Nutrition	3	3	100	50	50
6		Project			50	--	50
		Total	18	12	450	230	220

Eligibility for Admission: 10+2 from any faculty or equivalent qualification in any related stream

Eligibility for Faculty :- Master in yoga/ M.P. Ed any related degree in fitness industry with Ph.D./Net/Set

Eligibility for Lab Assistant :- B.A With Physical Education

Staffing Pattern: Teaching: 1 Full Time

Lab Assistant: 1 Full time

Evaluation System:

1) Standard of passing:

The maximum credits for certificate course in Yoga and Fitness semester course (of one semester) will be $30 \times 2 = 60$ credits. To pass in each paper students are required to obtain 4 grade points in each paper, it means 18 marks out of 50 Marks Theory / Practical papers, 14.08 marks out of 40 marks for theory papers and 04 marks out of 10 Marks for Practical papers.

2) Assessment of project/ fitness industry visit/ study tour/ internship report.

Grade point for theory practical/ Industrial visit/study tour/on-job training report.

i) The Industrial visit/study tour/on-job training report must be submitted by the prescribed date usually two weeks before the end of academic session of the semester.

ii) It is desirable that the topics for Industrial visit/study tour/ on-job training report shall be assigned by the end of previous semester.

iii) The Industrial visit/study tour/ on-job training report and its presentation shall be evaluated by the coordinator of the course and concerned faculty.

- **Table –I: for 50 Marks Theory or Practical**

Grade Point	Marks out of	Marks obtained	Grade	Description of performance
0	50	0.0 to 2.5	D	Unsatisfactory
1	50	2.6 to 5.0		
1.5	50	5.1 to 7.5		
2	50	7.6 to 10.0		
2.5	50	10.1 to 12.5		
3	50	12.6 to 15.0		
3.5	50	15.1 to 17.5		
4	50	17.6 to 20.0	C	Fair
4.5	50	20.1 to 22.5	B	Satisfactory
5	50	22.6 to 25.0		
5.5	50	25.1 to 27.5	B+	Good
6	50	27.6 to 30.0		
6.5	50	30.1 to 32.5	A	Very Good
7	50	32.6 to 35.0		
7.5	50	35.1 to 37.5	A+	Excellent
8	50	37.6 to 40.0		
8.5	50	40.1 to 42.5	O	Outstanding
9	50	42.6 to 45.0		
9.5	50	45.1 to 47.5		
10	50	47.6 to 50.0		

Table No-II: for 40 Marks Theory

Grade Point	Marks out of	Marks obtained	Grade	Description of performance
0.00	40	0.0 to 2.0	D	Unsatisfactory
1	40	2.08 to 4.0		
1.5	40	4.08 to 6.0		
2	40	6.08 to 8.0		
2.5	40	8.08 to 10.0		
3	40	10.08 to 12.0		
3.5	40	12.08 to 14.0		
4	40	14.08 to 16.0	C	Fair
4.5	40	16.08 to 18.0	B	Satisfactory
5	40	18.08 to 20.0		
5.5	40	20.08 to 22.0	B+	Good
6	40	22.08 to 24.0		

6.5	40	24.08 to 26.0			
7	40	26.08 to 28.0	A	Very Good	
7.5	40	28.08 to 30.0			
8	40	30.08 to 32.0	A ⁺	Excellent	
8.5	40	32.08 to 34.0			
9	40	34.08 to 36.0	O	Outstanding	
9.5	40	36.08 to 38.0			
10	40	38.08 to 40.0			

Table No- III: for 10 Marks Practical

Grade Point	Marks out of	Marks obtained	Grade	Description of performance
0.00	10	0.0 to 0.5	D	Unsatisfactory
1	10	0.52 to 1.0		
1.5	10	1.02 to 1.5		
2	10	1.52 to 2.0		
2.5	10	2.02 to 2.5		
3	10	2.52 to 3.0		
3.5	10	3.02 to 3.5		
4	10	3.52 to 4.0	C	Fair
4.5	10	4.02 to 4.5	B	Satisfactory
5	10	4.52 to 5.0		
5.5	10	5.02 to 5.5	B ⁺	Good
6	10	5.52 to 6.0		
6.5	10	6.02 to 6.5	A	Very Good
7	10	6.52 to 7.0		
7.5	10	7.02 to 7.5	A ⁺	Excellent
8	10	7.52 to 8.0		
8.5	10	8.02 to 8.5	O	Outstanding
9	10	8.52 to 9.0		
9.5	10	9.02 to 9.5		
10	10	9.52 to 10.0		

Calculation of SGPA and CGPA-

1. Semester Grade Point Average (SGPA) = $\frac{\sum (\text{course credits in passed courses} \times \text{earned grade points})}{\sum (\text{Course credits in registered courses})}$

2. Cumulative Grade Point Average = $\frac{\sum (\text{course credits in passed courses} \times \text{earned grade points}) \text{ of all Semesters (CGPA)}}{\sum (\text{Course credits in registered courses}) \text{ of all Semesters}}$

3. At the end of each year of B. Voc. Program, student will be placed in any one of the divisions as detailed below:

SGPA and CGPA Table

Grade Point	Grade	Description of performance
0.00 to 3.49	D	Unsatisfactory
3.5 to 4.49	C	Fair
4.5 to 5.49	B	Satisfactory
5.5 to 5.99	B ⁺	Good
6.0 to 6.99	A	Very Good
7.0 to 8.49	A ⁺	Excellent
8.5 to 10.00	O	Outstanding

- Ist Class with distinction: CGPA > 7.0 and above
- Ist Class: CGPA > 6.0 and < 7.0
- IInd Class: CGPA > 5.0 and < 6.0
- Pass Class: CGPA > 4.0 and < 5.0
- Fail: CGPA < 4.0

CERTIFICATE COURSE IN YOGA AND FITNESS

Course Code No.YF10I

PAPER I: BUSINESS COMMUNICATION

Work Load-4	Total Credits-6	Total Marks- 50
Theory-2	Theory-3	Theory- 40
Practical-2	Practical-3	Practical- 10

Course Outcomes:

On completion of the course, students will be able to –

1. Strengthen their ability to use appropriate, context-based vocabulary.
2. Use grammatical structure meaningfully in a specific context.
3. Know how to present their credentials precisely and effectively in a résumé and CV.
4. Deliver a well-practiced and effective graphical presentation.
5. Develop the skills needed for approaching different types of interview.
6. Use formal and informal communication effectively in personal and professional life.

Course content:

45 lectures

Module 1: Use of English in Business Environment

- 1.1 Business Vocabulary: Vocabulary for banking, marketing and for maintaining public relations
- 1.2 What is sentence?
- 1.3 Elements of sentence
- 1.4 Types of sentence- Simple, Compound, Complex

Module 2: Writing a letter of application and CV/Resume

- 2.1 Structure of a letter of application for various posts
- 2.2 CV/Resume and its essentials

Module 3: Presenting information / Data

- 3.1 Presenting information / Data using graphics like table, pie charts, tree diagrams, bar diagrams, graphs, flow charts

Module 4: Interview Technique

- 4.1 Dos and don'ts of an interview
- 4.2 Preparing for an interview
- 4.3 Presenting documents
- 4.4 Language used in interview

Reference Books:

- Block, Jay A. and Michael Betrus. *101 Best Resumes: Endorsed by the Professional Association of Resume Writers*. New York: McGraw-Hill., 1997.
- Cairo, Alberto. *The Functional Art: n Introduction to Information Graphics and Visualisation*. USA: New Riders. 2016.
- Hornby, A.S. *Oxford Advanced Learner's Dictionary of Current English*. Oxford: Oxford University press.
- Leech, Geoffrey, Margaret Deuchar, Robert Hoogenraad. *English Grammar for Today: A New Introduction*. London: Macmillan Education Ltd. 1987. Print.
- Quirk, Randolph and Sidney Greenbaum. *A University Grammar of English*. Hong Kong: Longman Group Ltd. 1990.
- Reynolds Garr. *presentationzen: Simple Idea on Presentation Ideas and Design*. Berkeley CA: New Riders, 2008.
- Vedder, Scott. *Signs of a Great Résumé: How to Write a Resume that Speaks for Itself*. Veterans Edition. 2014.
- Yate, Martin. *Knock 'em Dead Job Interview: How to turn Job Interviews Into Job Offers*. USA: Adam's Media. 2013.
- Sethi, Anjane & Bhavana Adhikari. *Business Communication*. New Delhi: Tata McGraw Hill
- Tickoo, Champa & Jaya Sasikumar. *Writing with a Purpose*. New York: OUP, 1979.
- Sonie, Subhash C. *Mastering the Art of Effective Business Communication*. New Delhi: Student Aid Publication, 2008.
- Herekar, Praksh. *Business Communication*. Pune: Mehta Publications, 2007.
- Herekar, Praksh. *Principles of Business Communication*. Pune: Mehta Publications, 2003.
- Rai, Urmila & S. M. Rai. *Business Communication*. Himalaya Publishing House, 2007.

CERTIFICATE COURSE IN YOGA AND FITNESS

Course Code No.YF10II

FOUNDATION OF YOGA

Work Load: 8	Total Credit :6	Total Marks:100
Theory : 4	Theory: 3	Theory:50
Practical : 4	Practical : 3	Practical:50

Course Outcomes:

On completion of the course, students will be able to –

1. To Develop the awareness of relevance of Yoga in modern life
2. Understand yoga and its nature.
3. Understand the types of yoga- *Karma Yoga, Bhakti Yoga, Jnana Yoga, Raja yoga, Hatha yoga and Mantra Yoga.*
4. Attained the knowledge of meditation and its type.

Course content:

45 lectures

Module-1: Introduction of Yoga

- 1.1 Meaning, definition, Need and Importance
- 1.2 Eight elements of Yoga
- 1.3 Yoga as an Indian heritage
- 1.4 International Day of Yoga

Module-2: Ashthang Yoga

- 2.1 Bahirang yoga- *Yama, Niyama, Asana, Pranayam.*
- 2.2 Antarang yoga- *Pratyahar, Dharana, Dhyan, Samadhi.*

Module- 3: Asana

- 3.1 Meaning, Definition, importance.
- 3.2 Principals of *Asanas*
- 3.3 Classification of *Asanas*
- 3.4 Precautions during *Asana*

Module- 4: Pranayama

- 4.1 Meaning, Definition, Need.
- 4.2 Importance of *Pranayama*
- 4.3Types of *Pranayam*
- 4.4Meditation

Practical : Asanas and Pranayam

- 1) Standing position
- 2) Sitting position
- 3) Prone position
- 4) Supine position
- 5) *Viparit* position
- 6) *Nadishodhan/Anulom-vilom*

- 7) *Shitali*
- 8) *Sitkari*
- 9) *Brahmari*
- 10) *Bhastrika*

References book

Iyenger, B.K.S- *Light on yoga* London: Unwin Hyman Ltd. 1976

Swami Ramdev-*Yoga Sadhana and Yoga Chikisa Rahasya:* ,Divya Prakashan Uttaranchal:2006

Swami Satyananda Saraswati, - *Asana, pranayama, mudra, bandha.*- Munger: Bihar School of Yoga.1989.

Swami Kuvalayananda- *Hatha Yoga Pradipika: Light on Hatha Yoga:* Munger Yoga Publication trust: 1935.

Reddy Venkata , Swami Muktibodhananda, -*HathaRatnavali. Arthamuru:* self-published on kingie. (1985)

- **Scheme of Practical Examination-**

Teacher choice and student choice each two out of five. (25 Marks)

CERTIFICATE COURSE IN YOGA AND FITNESS

Course Code No.YF10- III

ANATOMY AND PHYSIOLOGY

Work Load:8	Total Credit : 6	Total Marks: 50
Theory :4	Theory: 3	Theory: 40
Practical:4	Practical : 3	Practical: 10

Course Outcomes:

On completion of the course, students will be able to –

1. Understand the structure of Human Anatomy.
2. Identify the systems of human body- Digestive system, Circulatory system, Respiratory system, Excretory system.

Course content:

45 lectures

Module-1 : Anatomy and Physiology

- 1.1 Anatomy and Physiology – meaning, definition, need & importance
- 1.2 General introduction of human body.
- 1.3 cell- structure and functions

1.4 Tissue- structure, and functions

Module- 2: Blood- Composition

- 2.1 Blood- Composition and function
- 2.2 Skeletal system- Bone classification and effect of yogic practices on it.
- 2.3 Joints and its classification – effect of practices on it
- 2.4 Muscular system- classification, function of muscles and effect of yogic practice on it.

Module-3: Yogic Practice : Digestive and Circulatory System

- 1) Organs of digestive system and effect of yogic practice on it.
- 2) Circulatory system and effect of yogic practice on it

Module-4: Yogic Practice: Respiratory and Excretory System

- 1) Respiratory system and effect of yogic practice on it.
- 2) Excretory system and effect of yogic practice on it

Practical:- Performance of *Bandha's, Mudra's and shudhikriyas:*

- 1) *Jalandar Bandha*
- 2) *Uddiyan Bandha*
- 3) *Mool Bandha*
- 4) *Bramha Mudra*
- 5) *Sinh Mudra*
- 6) *Vipritkarani Mudra*
- 7) *Kapalbhati*
- 8) *Jalaneti*
- 9) *Tratak*
- 10) *Nauli*
- 11) *Sutraneti*

References:

- Marieb Elaine Nicpon - *Human Anatomy and Physiology*: Pearson.1981
N. Arumugam.- *Human Physiology*: Saras Publication:2016
Patton Kevin T, Thibodeau: *Structure and Functions of the Body*: originally
Published: 1960

Scheme of Practical Examination-

- | | |
|--------------------------------------|---------|
| 1) Demonstration of bandha (Any Two) | 5 marks |
| 2) Demonstration of Mudra (Any two) | 5 marks |

CERTIFICATE COURSE IN YOGA AND FITNESS
Course Code No.YF10IV
YOGA THERAPY

Work Load: 8	Total Credit : 6	Total Marks: 100
Theory:4	Theory:3	Theory: 50
Practical:4	Practical : 3	Practical:50

Course Outcomes:

On completion of the course, students will be able to –

1. Identify the various systems in the human body.
2. Identify the concepts of skeletal system and muscular system.
3. Understand- Kriyas Asanas, Mudras, Bandas, Pranayama and meditative postures.
4. Attain the techniques of Kriyas, Asanas, Mudras, Bandhas, Pranayama and Meditation.

Module-1: Introduction to Yoga Therapy

- 1.1 Yoga therapy- Meaning, concept.
- 1.2 Principles of yoga therapy.
- 1.3 Importance of yoga therapy in modern times.
- 1.3 Tools for yoga therapy.

Module-2: Yoga Therapy

- 2.1 Rules and limitations of yoga therapy.
- 2.2 Important rules for yoga therapist and for patients.
- 2.3 Relation between therapist and patient.

Module-3: Yoga for Digestive and Respiratory System

- 3.1 Causes, symptoms, and yogic for Digestive system.
- 3.2 Causes, symptoms, and yogic for Respiratory system.

Module 4: Yoga For Healthy Systems

- 4.1 Causes, symptoms, and yogic for Skeletal system
- 4.2 Causes, symptoms, and yogic for Circulatory system
- 4.3 Causes, symptoms, and yogic for Diabetes and Obesity.

Practical:-

Design yoga therapy for

- 1) Respiratory disorders
- 2) Digestive disorders
- 3) Circulatory disorders
- 4) Obesity/ diabetes
- 5) Visit to Yoga Therapy centre and its report writing

Referances:

Coulter Herbert David.*Anatomy of Hatha Yoga: A Manual for Students, Teachers, and Practitioners*: Originally published:2001

Foulkes James- *Principles and themes in Yoga Therapy:- An Introduction to Integrative Mind/Body Yoga Therapeutics*: Originally Published:2017.

Goldman Eden, Payne Larry and Gold Terra- *Yoga Therapy and Integrative Medicine: Where Ancient Science Meets Modern Medicine*: Originally Published; 2014

Kaminoff Leslie-*Yoga Anatomy*: Originally Published:2007.

Stephens Mark- *Yoga Therapy: Foundations, Methods and Practices for Common Ailments*-. Originally Published:2017

• **Scheme of Practical Examination-**

1. Design Yoga therapy for following disorders and demonstrate the same.(Any two) 40 marks

Respiratory disorders

Digestive disorders

Circulatory disorders

Obesity/ Diabetes

2. Submission of report of Visit to Yoga Therapy centre 10 marks

CERTIFICATE COURSE IN YOGA AND FITNESS

Course Code No.YF10 V

FITNESS AND NUTRITION

Work Load:8

Total Credit :6

Total Marks:100

Theory :4

Theory:3

Theory:50

Practical:4

Practical :3

Practical:50

Course Outcomes:

On completion of the course, students will be able to –

1. Know the importance of health and physical fitness.
2. Understand the health related physical fitness and skill related physical fitness.
3. Understand the body composition with the tools of anthropometric measurement

Module-1: Introduction of Fitness

- 1.1 Meaning and concept of health, fitness, exercises, training.
- 1.2 Need and importance of physical fitness.
- 1.3 Factor affecting of physical fitness.
- 1.4 Principles of physical fitness

Module-2: Components of physical fitness

- 2.1 Health related physical fitness-
 - i) Cardiovascular strength and endurance
 - ii) Muscular strength and endurance

- iii) Flexibility
- iv) Body Composition
- 2.2 Skill related physical fitness
 - Agility, Balance, Co-Ordination , Reaction time and Power
- 2.3 Means of fitness Development:
 - Aerobic and anaerobic exercise

Module 3: Measurement of Fitness Parameters.

- 3.1 Measurement of health related physical fitness.
- 3.2 Measurement of skill related physical fitness.

Module 4: Food and Nutrition

- 4.1 Basic concepts of food, nutrients, under nutrition, over nutrition and balanced diet functions of food.
- 4.2 Food groups and its nutritional contribution: Cereals, legumes and pulses, fruits and vegetables, milk and milk products, egg, meat ,fish, fats and oils.
- 4.3 Nutrients: Functions, sources and RDA of carbohydrates, proteins, fats, vitamins- Fat soluble (A,D,E,K) Water soluble- B and C), minerals.

Practical:-

1. Taking Anthropometric measurement.
2. Girth measurement, WHR, BMI, Body Composition.
3. Health related and skill related physical fitness parameters.
4. Fitness Batteries for children
5. Fitness Batteries for adolescent
6. Fitness batteries for adults
7. Fitness exercises
8. Cardio exercise
9. Aerobics

Reference Book:

- ACSM's Resources for the Personal Trainer- *Encyclopedia of Muscle and Strength*:- ACSM publication:2005
- Dish Jamesh G, Marrow, James R. Allen W. Jackson, Dale P. Mood, *Measurement and Evaluation in Human performance*. – originally published 1995
- Greenberg Jerrold S., Dintimn Jorg, And Oakef Barbee Myers- *Physical Fitness and Wellness-Human kinetics*: Pearson:2004
- Grantham, Willam C. Robeert MS, Patton W, Ph.D- *Health Fitness Management*- 1998.
- Hardyal Singh- *Scientific Sports Training*- D.V.S. Publication, New Delh: 1995
- Kansal, D.K- *Test and measurement in physical education*: New Delhi: D.V.S Publication.1996

Websites:-

- <https://yoga.edu.in>
- <http://yoga.org>
- <http://www.yogajournals.org>

- **Scheme of Practical Examination-**

1. Taking Anthropometric measurement- 10 mark
2. Test Batteries of HRPF- 10 marks
3. Test Batteries of SRPF- 10 marks
4. Performing of Aerobics- 10 marks
5. submission of record book- 10 marks

Teaching Methods:

- Lecture method
- Demonstration method
- Group Discussion Method
- Use of internet and visual presentation.
- Use of Block board, Newspaper, Magazines, audio, video clips.