



OFFICE OF THE REGISTRAR :: DIBRUGARH UNIVERSITY :: DIBRUGARH
Ref. No. DU/DR-A/8-1/22/260 Date: 22.03.2022

NOTIFICATION

As recommended by the 124th Meeting of the Under Graduate Board, held on 10.02.2022, the 124th Meeting of the Academic Council held on 02.03.2022 vide Resolution No. 05 has approved the proposal for introduction of the following Courses w.e.f. the academic session 2022-2023 –

- a) Certificate Course in Yoga Education
- b) Certificate Course in Fitness Training

Issued with due approval.


Copy of Course Curriculum of Certificate Courses in - (a) Yoga Education (6 months) and (b) Fitness Training (6 months) are attached herewith as **Annexure – ‘A’ and ‘B’**.



(Dr. B.C. Borah)
Joint Registrar (Academic)
Dibrugarh University.

Copy to:

1. The Hon'ble Vice-Chancellor i/c, Dibrugarh University for favour of information.
2. The Deans, Dibrugarh University, for favour of information.
3. The Registrar, Dibrugarh University for favour of information.
4. The Director i/c, Centre for Studies in Physical Education and Sports, Dibrugarh University for favour of information.
5. The Controller of Examinations, Dibrugarh University for information and needful. A copy of the Course Curriculum is enclosed herewith.
6. The Academic Officer, Dibrugarh University, for information.
7. The Programmer, Dibrugarh University for kind information and with a request to upload the Notification in the University website.
8. File.



(Dr. B.C. Borah)
Joint Registrar (Academic)
Dibrugarh University



**CURRICULUM
OF
CERTIFICATE IN FITNESS TRAINING (C.F.T.)
(6 MONTHS COURSE)
W.E.F. 2022
DIBRUGARH UNIVERSITY**

RULES AND REGULATIONS

Preamble: Fitness management is an interdisciplinary field that intermingle Anatomy, Physiology, Kinesiology & Biomechanics, exercise science, diet and nutrition fitness studies and etc. with practical knowledge and efficiency. People are becoming aware day by day for maintaining their health and fitness aiming to living comfortable and attractive life longer than ever before. **Certificate in Fitness Training (C.F.T.) of 6 month is** designed meant for preparing fitness training expert providing the individuals blended knowledge and capability of fitness education and practical skills in order to effectively counsel and motivate clients. They will be considered as qualified Certified Fitness Trainer for fitness centre, games and sports team or Personal Trainer. The programme comprises of compulsory theory as well as practical courses and internship.

1. Introduction:

Short Title, Definition and Commencement:

- (a) These Regulations shall be called the Dibrugarh University Regulations for **Certificate in Fitness Training**, hereinafter referred to as the C.F.T. programme.
- (b) Department: The term 'Department' is used to mean a department of Dibrugarh University or a Centre established for the purpose or that of a College affiliated to the Dibrugarh University with reference to the subject approved by Dibrugarh University.
- (c) These Regulations shall be effective from the academic session 2022-23.
- (d) Extent of Application: The Regulations shall be applicable to the students enrolled for the **C.F.T. programme** of Dibrugarh University.
- (e) The C.F.T. programme shall be of duration of **six academic months**, that is, one semester. However, the students shall be permitted to complete the programme requirements within a maximum of two years from the date of admission to the programme.

- (f) There shall be one batch in each academic year.
- (g) There shall be at least 90 working days in each academic session exclusive of period of examination and admission etc.
- (h) There shall be minimum 28 (twenty eight) working hours in a week (five days/week).
- (i) The programme will run as per the University Academic Calendar.
- (j) Any change in the Academic Calendar/Schedule may be made by the Academic Planning Committee whenever necessary.

2. Intake: There shall be intake capacity of 20 (twenty) students.

3. Eligibility for admission:

Education Qualification: Passed Senior School Exam (12th) from recognized School Board/ State Board with 45% marks. Preference shall be given to the candidate who studied physical education as compulsory/elective subject and having participation at least in minimum Inter- District/School Competitions in Sports and Games as recognized by the AIU/IOA/SGFI/Govt. of India.

Relaxation in the percents of marks in the qualifying examination and in the reservation of the seats for SC/ST/OBC and other categories shall be as per the rules of the Central Govt. /State Govt. whichever is applicable

4. Admission Procedure:

- a) Newspaper/Website notice inviting application for admission into the **C.F.T. programme** shall be issued by the Registrar or by any person authorized for the purpose at least one month in advance from the date of admission. Each applicant shall have to submit within the prescribed date his/her application with requisite documents as indicated.
- b) The admission shall be made on merit on the basis of marks in the qualifying examination or in the Entrance Examination (written test, physical fitness test and marks obtained in the qualifying examinations) or any other selection process as per the policy of the University/State Govt.
- c) The candidates seeking admission are expected to be free from any physical disability /defects, possess sound health and are medically fit. Qualified candidates will have to submit medically fitness certificate issued by recognized doctor.
- d) Age for admission to the **C.F.T. programme** shall not be less than 17 years and not more than 35 years on 1st July of the admission years. Relaxation of 3 years in case of higher limit of age may be granted for outstanding sportsperson, coaches and

applicants duly deputed/nominated/recommended by the institutions/ organizations recognized by the University.

- e) Married woman is also eligible for admission. In case, a woman candidate conceives during the course, she will have to discontinue her studies. She can join back in the next academic session.

5. Course of Programme:

- a. The medium of instruction and examination shall be English
- b. **The Credit System:** All programmes shall run on Credit System (CS). It is an instructional package developed to suit the needs of students, to keep pace with the developments in higher education and the quality assurance expected of it in the light of liberalization and globalization in higher education.
- c. **Course:** The term course usually referred to, as 'papers' is a component of a programme. All courses need not carry the same weight. The courses should define learning objectives and learning outcomes. A course may be designed to comprise Lectures/ tutorials/laboratory work/ field work/ outreach activities/ project work/ vocational training/viva/ seminars/ term papers/assignments/ presentations/ self-study etc. or a combination of some of these.
- d. **Courses of Programme:** The **C.F.T. programme** shall consist of a number of courses, the term 'Course' applied to indicate a logical part of subject matter of the programme and is invariably equivalent to the subject matter of a "paper" in the conventional sense. The following are the various categories of courses suggested for the **C.F.T. programme**.

Part A: Theory Courses

Part B: Practical Skills of Fitness Training

Part C: Teaching/Coaching Practices of Fitness Training

- e. **Semesters:** An academic session is of one semester consisting of 17-20 weeks of academic work equivalent to 90 actual teaching days. The examinations will be held as per the University Academic Calendar. The institution shall work for a minimum of 35 and maximum 40 working hours in a week (five days a week).

Distribution of hours per week

<i>P-A : Theory</i>	<i>P-B : Practicum</i>	<i>P-C : Teaching practice</i>	<i>Total</i>
12	08	08	28
<i>Minimum of 28 teaching hours per week is required in five days in a week</i>			

- f. **Credits:** The term 'Credit' refers to a unit by which the programme is measured. It determines the number of hours of instructions required per week. One credit is equivalent to one hour of teaching (lecture or tutorial) or one and half / two hours of practical work/field work per week. The term 'Credit' refers to the weight given to a course, usually in relation to the instructional hours assigned to it.

Number of credits per semester

<i>P-A : Theory</i>	<i>P-B : Practicum</i>	<i>P-C : Teaching practice</i>	<i>Total credit</i>
12	04	04	20
<i>Minimum of 28 teaching hours per week is required in five days in a week</i>			

6. Attendance:

Student must have 85% of attendance in each course for appearing the examination.

7. Examinations and Evaluation:

7.01 There shall be examinations at the end of each semester. A candidate who does not pass the examination in any course(s) shall be permitted to appear in such failed course(s) in the subsequent regular examinations.

7.02 Pattern of Question Papers:

Question Papers shall have five questions (with option for each) corresponding to four units of each theory course.

C.F.T.: Format of Question Paper for 4 Units.

Each question paper shall have 6 questions. The pattern will be as follows:

Question No.	Description	Unit	Marks
1	Answer in detail (Long Question) with option	From Unit 1	10
2	Answer in detail (Long Question) with option	From Unit 2	10
3	Answer in detail (Long Question) with option	From Unit 3	10
4	Answer in detail (Long Question) with option	From Unit 4	10
5	Short Answer Type (Short notes)	From all unit	10
6	M.C.Q. Type Questions (10 out of 10 Que.)	From all unit	10
Total			60

7.03 Evaluation:

The performance of a student in each course is evaluated in terms of percentage of marks with a provision for conversion to grade point. Evaluation for each course shall be done by a continuous internal assessment (CIA) by the concerned course teacher as well as by end semester examination and will be consolidated at the end of course. The components for continuous internal assessment are;

One Test	15 Marks
Seminar / Quiz	10 Marks
Assignments	10 Marks
Attendance	05 Marks
Total	40 Marks

Attendance shall be taken as a component of continuous assessment, even though the students should have minimum 85% attendance in each course.

The fractions of the marks allotted for the attendance shall be:

% of attendance	Allotted marks
85	0 marks
86-88	1 marks
89-91	2 marks
92-94	3 marks
95-97	4 marks
98-100	5 marks

In addition to continuous evaluation component, the end semester examination, which will be written type examination of **at least 2-3 hours duration**, would also form an integral component of the evaluation. The ratio of marks to be allotted to continuous internal assessment and to end semester examination is 40:60. The evaluation of practical work, wherever applicable, will also be based on continuous internal assessment and on an end-semester practical examination.

7.04 Minimum Passing Standard:

The minimum passing standard for CIA (Continuous Internal Assessment) and External Examinations shall be 50%, i.e. 16 marks out of 40 marks and 24 marks out of 60 marks respectively for theory courses. The minimum passing for both CIA & external examination shall be 50%, i.e. 20 marks out of 40 and 30 marks out of 60 marks for the practical courses.

7.05 Grading:

Once the marks of the CIA (Continues Internal Assessment) and SEA (Semester End Assessment) for each of the courses are available, both (CIA and SEA) will be added. The marks, thus obtained for each of the courses will then be graded as per details provided in **Sl. No. 9** from the semester shall calculated by the following formula:

$$SGPA = \frac{\sum_{i=1}^n C_i G_i}{\sum_{i=1}^n C_i}$$

Where C_i is the Credit earned for the course in the semester; G_i is the Grade point obtained by the student for the course i and n number of courses obtained in that semester.

7.06 Classification of Final Results:

For the purpose of declaring a candidate to have qualified for the Certificate in Fitness Training in the First class / Second class / Pass class or First class with Distinction, the marks and the corresponding GPA earned by the candidate in Core Courses will be the criterion. It is further provided that the candidate should have scored the First / Second Class separately in both the grand total and end Semester (External) examinations.

8. Award of the C.F.T.:

A candidate shall be eligible for the award of the Certificate in Fitness Training only if he/she has earned the minimum required credit.

9. Letter Grades and Grade Points:

- i. Two methods-relative grading or absolute grading– have been in vogue for awarding grades in a course. The relative grading is based on the distribution (usually normal distribution) of marks obtained by all the students in the course and the grades are awarded based on a cut-off mark or percentile. Under the absolute grading, the marks are converted to grades based on pre-determined class intervals. To implement the following grading system any one of the above methods shall use.
- ii. The grades for each course would be decided on the basis of the percentage marks obtained at the end-semester external and internal examinations as per following table:

Percentage	Grade Point	Letter Grade	Description	Classification of final result
85 & above	8.5-10.0	O	Outstanding	First class with Distinction
70-84.99	7.0-8.49	A+	Excellent	
60-69.99	6.0-6.99	A	Very Good	First Class
55-59.99	5.5-5.99	B+	Good	Higher Second Class
50-54.99	5.0-5.49	B	Above Average	Second Class
40-49.99	4.0-4.99	C	Average	Pass Class
Below 40	0.0	F	Fail/ Dropped	Dropped
	0	AB	Absent	

10. Grade Point Calculation

Calculation of **Semester Grade Point Average (SGPA)** and **Credit Grade Point (CGP)** and declaration of class for **C.F.T.** Programme.

The credit grade points are to be calculated on the following basis:

$$SGPA = \frac{\sum_{i=1}^n C_i G_i}{\sum_{i=1}^n C_i}$$

Example

Marks obtained by Student in course CC01 = 65/100

Percentage of marks = 65 %

Grade from the conversion table is = A

Grade Point = 6.0 + 5 (0.99/9.99)

= 6.0 + 5x0.1

= 6.0+ 0.5

=6.5

The Course Credits = 04

Credits Grade Point (CGP) = 6.5 × 04 = 26

The Cumulative grade point average (CGPA) will be calculated as a weighted average of all the grade point of the courses. That is cumulative grade point average (CGPA) = (sum of grade points of all courses) / total credit of the programme as per example given below:

C.F.T. courses

Courses No.	Credit	Marks out of 100 (%)	Grade	Grade Point	Credit Grade point
CC-01	4	65	A	6.5	26
CC-02	4	60	A	6	24
CC-03	4	62	A	6.2	24.8
PC-01	4	55	B+	5.5	22
TP-01	4	72	A	7.2	28.8
	20				125.6

Examples: Conversion of marks into grade points

CC-01 65 = 60 + 5 = 6.0 + 5 × (0.99 / 9.99) = 6.0 + 5 × 0.1 = 6.0 + 0.5 = 6.5

CC-02 60 = 6.0

CC-03 62 = 60 + 2 = 6.0 + 2 × (0.99/9.99) = 6.0 + 2 × 0.1 = 6.0 + 0.2 = 6.2

PC-01 55 = 5.5

TP-01 72 = 70 + 2 = 7.0 + 2 × (1.49 / 14.99) = 7.0 + 2 × 0.1 = 7.0 + 0.2 = 7.2

Cumulative Grade Point Average (CGPA) = Total Credit Grade Points = 125.6/20 = 6.28

Cumulative Grade Point Average (CGPA) = 6.3625/1 = 6.28

CGPA = 6.28, Grade = A, Class = First Class

Note:

(1) CGPA is calculated only if the candidate passes in all the courses, i.e. gets minimum C grade in all the courses.

(2) CGPA is calculated only when the candidate passes in all the courses of all the previous and current semesters.

(3) The cumulative grade point average will be calculated as the average of the SGPA of all the semesters continuously, as shown above.

(4) For the award of the class, CGPA shall be calculated on the basis of:

(a) Marks of each Semester End Assessment And

(b) Marks of each Semester Continuous Internal Assessment for each course.

The final class for Certificate in Fitness Management shall be awarded on the basis of CGPA (grade) from all the one to four semester examinations.

11. Grievance Redressal Committee:

The department/centre shall form a Grievance Redressal Committee for each course in each department/centre with the course teacher / Director/ HOD of the faculty and Dean of Faculty as the members. This Committee shall solve all grievances of the students.

12. Revision of Syllabi:

- a. Syllabi of every course should be revised.
- b. Revised Syllabi should be implemented in a sequential way.
- c. In courses, where units / topics related to governmental provisions, regulations or laws, that change to accommodate the latest developments, changes or corrections are to be made consequentially as recommended by the Academic Council.
- d. All formalities for revisions in the syllabi should be completed before the end of the semester for implementation of the revised syllabi in the next academic session.
- e. During every revision, up to twenty percent of the syllabi of each course should be changed so as to ensure the appearance of the students who have studied the old (unrevised) syllabi without any difficulties in the examinations of revised syllabi.
- f. In case, the syllabus of any course is carried forward without any revision, it shall also be counted as revised in the revised syllabi.

12. Course Structure of C.F.T.

Part-A: Theoretical Course						
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
CC 01	Introduction to Fitness Training	4	4	40	60	100
CC 02	Anatomy, Physiology	4	4	40	60	100
CC 03	Training Methods & Nutrition	4	4	40	60	100
Part-B Practical Skills						
PC 01	Practicum of Fitness Training	8	4	40	60	100
Part - C Teaching/Coaching Practices						
TP 01	Teaching/Coaching Practices	8	4	40	60	100
Total		28	20	200	300	500

Note: Total Number of hours required to earn 4 credits for each Theory Course are 58-68 hours whereas 100-110 hours for each Practicum Course.

**Certificate in Fitness Training (C.F.T.)
Detail Syllabus**

CC 01: Introduction to Fitness Training			
Marks: Internal: 40 Marks; External Marks: 60 Marks; Total 100 Marks			
Objectives of the course:			
This course will enable students to:			
<ul style="list-style-type: none"> • Understand the modern concept of fitness Training • Develop understanding about the fitness and fitness trainer, • Understand exercises and fitness centre Management. • Understand role of nutrition in fitness and calculate caloric requirement. 			
Unit	Contents	Contact hours	Marks
Unit I	1. Introduction of Fitness and Wellness 1.1 Meaning and definition of Health, fitness and wellness 1.2 Types and components of fitness and wellness. 1.3 Factor affecting fitness 1.4 Significance of fitness and wellness in Modern times,	12	15
Unit II	2. Fitness Trainers and clients 2.1 Qualification and qualities of fitness trainer. 2.2 Duties and Responsibilities (Role) of Fitness Trainer. 2.3 Management of health and safety hazards; Legal Formalities prior to conducting fitness programme. 2.4 Code of Ethics of fitness training	18	15
Unit III	3. Management of Fitness Centre 3.1 Introduction and History of Health and Fitness Industry 3.2 Principle of establishing a fitness center: location, specification, policy, program planning, Membership and record keeping etc. 3.3 Procedure of procurement and Maintenance of Health & Fitness Equipment.	18	15
Unit IV	1. Client and Financial Management 4.1 Importance of customer service in a fitness centre 4.2 Management of customer complaints 4.3 Creating of business plan and start up of own business; publicity of business; use of social media 4.4 Funding sources: Govt. scheme etc. for your business	10	15
References:			
<ul style="list-style-type: none"> • Giam, C.K (1994). <i>Sport medicine exercise and fitness</i>. Singapore: P.G. Medical Book. • McGlynn, G., (1993). <i>Dynamics of fitness</i>. Madison: W.C.B Brown. • Sharkey, B. J.(1990). <i>Physiology of fitness</i>, Human Kinetics Book. • Nutritive value of Indian food:- National Institute of Nutrition (NIN) • Shubhangini A. Joshi. Nutrition and dietetics with Indian case studies, Mc-Grow Hill Publication • Dick, W.F. (1980), Sports raining Principle, London: Lepus Book • Werner W.K. Hoeger (1989). Life time Physical fitness and Wellness A Personalized Program, Morton Publishing Company. 			

<ul style="list-style-type: none"> Mike Bates, Mike Spezzano & Guy Danhoff (2020) Health Fitness Management, Third Edition. Human Kinetics 			
CC 02: Anatomy & Physiology Marks: Internal: 40 Marks; External Marks: 60 Marks; Total 100 Marks			
Objectives of the course: This course will enable students to: <ul style="list-style-type: none"> Understand the human anatomy and physiology Able to identify the necessity and importance of exercise , 			
Unit	Contents	Contact hours	Marks
Unit I	1. Anatomy 1.1 Meaning of Anatomy and Physiology 1.2 Structure and function of Cell 1.3 Tissues and its types and function 1.4 Introduction of human body system	12	15
Unit II	2. Physiology 2.1 Classification and functions of bone 2.2 Types of Joints and its functions 2.3 Types of muscles and its function 2.3. Types of muscular contraction.	16	15
Unit III	3. Structure and Function of Human Body system 3.1: Cardiovascular system: The structure and function of heart and lungs; cardiac cycle, cardiac output, lung capacity, Vo2Max 3.2. Structure and function of nervous system 3.3. Endocrine System	16	15
Unit IV	4. Bio-energetic of Exercise and Training 4.1 Bioenergetics: ATP CP, Biological Energy System 4.2 Body Composition, BMI, Obesity & Blood Pressure 4.3 Oxygen uptake and the Aerobic and Anaerobic Contributions to exercise	14	15
References: <ul style="list-style-type: none"> D. (1979). A Christine, M. D., (1999). <i>Physiology of Sports and Exercise</i>.USA: Human Kinetics. Conley, M. (2000). <i>Bioenergetics of Exercise Training</i>. David, R. M. (2005).<i>Drugs in Sports</i>, (4th Ed). Routledge Taylor and Francis Group. Guyton, A.C. (1996). <i>Textbook of Medical Physiology</i>, 9th edition. Philadelphia: W.B. Saunders. H. M. Borrow & R. McGee, (Eds.), <i>A Practical approach to measurement in Physical Education</i> (pp. 573-74). Philadelphia: Lea &Febiger. Karpovich, P. V. (n.d.). <i>Physiology of Muscular Activity</i>. London: W.B. Saunders Co. Lamb, G. S. (1982). <i>Essentials of Exercise Physiology</i>. Delhi: Surjeet Publication. Moorthy, A. M. (2014). <i>Anatomy, Physiology and Health Education</i>. Karaikudi: Madalayam Publications. Morehouse, L. E. & Miller, J. (1967). <i>Physiology of Exercise</i>. St. Louis: The C.V. 			

<p>Mosby Co.</p> <ul style="list-style-type: none"> • Pearce, E. C. (1962). <i>Anatomy and Physiology for Nurses</i>. London: Faber & Faber Ltd. • Sharma, R. D. (1979). <i>Health and Physical Education</i>, Gupta Prakashan. • Bunn, J. W. (1972). <i>Scientific principles of coaching</i>. Englewood Cliffs, N.J.: Prentice Hall Inc. • Hay, J. G. & Reid, J. G. (1982). <i>The anatomical and mechanical basis of human motion</i>. Englewood Cliffs, N.J.: prentice Hall Inc. • Hay, J. G. & Reid, J. G.(1988). <i>Anatomy, mechanics and human motion</i>. Englewood Cliffs, N.J.: prentice Hall Inc. • Simonian, C.(1911). <i>Fundamentals of sport biomechanics</i>. Englewood Cliffs, N.J.: Prentice Hall Inc. 			
CC 03: Training Methods & Nutrition Marks: Internal: 40 Marks; External Marks: 60 Marks; Total 100 Marks			
Objectives of the course: This course will enable students to: <ul style="list-style-type: none"> • Understand the modern concept of training method. • Develop understanding about the preparation of training schedule. • Understand role of nutrition in fitness and calculate caloric requirement 			
Unit	Contents	Contact hours	Marks
Unit I	1. Bio-motor components and their development 1.1 Strength. 1.2 Endurance: Aerobic and Anaerobic endurance. 1.3 Speed and 1.4 Flexibility. 1.5 Coordinative abilities	16	15
Unit II	2. Training Methods 2.1 Meaning, Principles of Exercise and Fitness Training. 2.2 Training Load and factors affecting Load. Recovery and Adaptation; Causes and symptom of overload. 2.3 Training means and methods 2.4 Importance and principle of Warm up and Cool down	14	15
Unit III	3. Preparing Fitness Training programme 3.1 Fitness and Bio-motor abilities testing protocols 3.2 Concept of Planning, periodization and various training cycles (Meso, Micro,& Macro) 3.3 Calculation of target heart rate zones for various aerobic exercise intensities 3.4 Calculation of resistance training intensities, Sets and Repetition 3.5 Concept of virtual training in fitness programme	16	15
Unit IV	4. Nutritional Considerations 4.1 Concept of Nutrition and balance diet; classification of nutrients and their functions 4.2 Determination of balance diet- calculation of daily calorie intake and expenditure. 1.3 Diet and hydration before, during and after exercise	12	15

	1.4 Supplements: Classifications and importance 4.5 Role of diet and exercise in weight management		
References:			
<ul style="list-style-type: none"> • D. (1979). A Christine, M. D., (1999). <i>Physiology of Sports and Exercise</i>. USA: Human Kinetics. • Conley, M. (2000). <i>Bioenergetics of Exercise Training</i>. • H. M. Borrow & R. McGee, (Eds.), A Practical approach to measurement in Physical Education (pp. 573-74). Philadelphia: Lea &Febiger. • Karpovich, P. V. (n.d.). <i>Physiology of Muscular Activity</i>. London: W.B. Saunders Co. • Dick, W. F. (1980). <i>Sports training principles</i>. London: Lepus Books. • Jensen, R. C. & Fisher, A.G. (1979). <i>Scientific basis of athletic conditioning</i>. Philadelphia: Lea and Fibiger, 2ndEdn. • Singh, H. (1996). <i>Science of sports Training</i>. Patiala: NSNIS. • Uppal, A.K., (1999). <i>Sports Training</i>. New Delhi: Friends Publication. • Mcglynn, G. (1993). <i>Dynamics of fitness</i>. Madison: W.C.B Brown. • Sharkey, B. J. (1990). <i>Physiology of fitness</i>, Human Kinetics Book. • Kansal, D.K. (1996). <i>Test and measurement in sports and physical education</i>. New Delhi: D.V.S. Publications • Mathews, D.K., (1973). <i>Measurement in physical education</i>, Philadelphia: W.B. Sounders Company. • Giam, C.K & The, K.C. (1994). <i>Sport medicine exercise and fitness</i>. Singapore: P.G. Medical Book. • Shubhangini A. Joshi. <i>Nutrition and dietetics with Indian case studies</i>, Mc-Grow Hill Publication • Bompa Tudor O. <i>Theory and Methods of Training</i>, Kendall Hunt Publishing Company. 			
CCFM: PC 01: PRACTICUM OF FITNESS TRAINING			
Marks: Internal: 40 Marks; External Marks: 60 Marks; Total 100 Marks			
Objectives of the course:			
This course will enable students to:			
<ul style="list-style-type: none"> • Understand the modern concept of fitness Training. • Enable to apply the fitness testing protocols • Enabled to describe and perform exercises for different body part. • Enabled to design specific fitness programs. • Enabled to design personal fitness programs. 			
Unit	Contents	Contact hours	Marks
Unit I	1. Demonstration of various organs of human body systems 2. Introduction to various fitness equipments and facilities for weight training, cardiac and free hand exercises. 3. Introduction of classification of training zones: dry zone, Wet Zone, Cardiac Zone, Strength zone, etc.	20	15
Unit II	1. Introduction and demonstration of various fitness training exercises and drills. 2. Preparation of training plan, personal training plan. 3. Preparation of videos and movement analysis.	20	15

Unit III	<ol style="list-style-type: none"> 1. Fitness assessment; health history form, risk factor analysis, designing fitness test and PAR-Q form, workout cards etc. 2. Fitness Testing protocols of : Strength, Endurance, Speed coordination, flexibility, body composition, Calculation of BMI 3. Physiological Test: Testing of Blood Pressure, lungs capacities, respiratory testing: heart rate, vo2max, 	20	15
Unit IV	<ol style="list-style-type: none"> 1. Massage techniques 2. Relaxation techniques; Autogenic training, progressive muscular relaxation training, biofeedback, therapeutic modalities, relaxation through meditation 3. First aid and injury management techniques 	20	15
	<p>CCFM: TP 01: PRACTICE TEACHING/COACHING 5 Practice Training (Internal): 1 External</p>		60

GRADING SYSTEM

The following scale of grading system shall be applied to indicate the performance of students in terms of letter grade and grade points as given below:

Percentage of marks obtained in a course (in semester plus end semester)	Letter grade	Grade point	Description of performance	Classification of final result
85 & above	O	8.5-10.0	Outstanding	First class with Distinction
70-84.99	A ⁺	7.0-8.49	Excellent	First Class
60-69.99	A	6.0-6.99	Very Good	Higher Second Class
55-59.99	B ⁺	5.5-5.99	Good	Second Class
50-54.99	B	5.0-5.49	Above Average	Pass Class
40-49.99	C	4.0-4.99	Average	Dropped
Below 40	F	0.0	Fail/ Dropped	
	AB		Absent	



CURRICULUM
CERTIFICATE IN YOGA EDUCATION (C.Y.ED.)
(COURSE DURATION: 6 MONTHS)
W.E.F. 2022

DIBRUGARH UNIVERSITY

RULES AND REGULATIONS

Preamble: Yoga Education is a self discipline field which is leading to immense amount of awareness, concentration and higher level of consciousness. People are becoming aware day by day for maintaining their health and well being aiming to living comfortable and attractive life longer than ever before. **Certificate in Yoga Education (C.Y.Ed.) of 6 month is** designed meant for preparing fitness yoga expert providing the individuals blended knowledge and capability of yoga education and practical skills in order to effectively counsel and motivate people. They will be considered as qualified Certified Yoga Trainer for fitness centre, games and sports team or Personal Trainer.

The programme comprises of compulsory theory as well as practical courses and internship.

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Short Title, Definition and Commencement:

- (a) These Regulations shall be called the Dibrugarh University Regulations for **Certificate in Yoga Education (C.Y.Ed.)**, hereinafter referred to as the **Certificate in Yoga Education** programme.
- (b) Department: The term 'Department' is used to mean a department of Dibrugarh University or a Centre established for the purpose or that of a College affiliated to the Dibrugarh University with reference to the subject approved by Dibrugarh University.
- (c) These Regulations shall be effective from the academic session 2022-23.
- (d) Extent of Application: The Regulations shall be applicable to the students enrolled for the **Certificate in Yoga Education programme** of Dibrugarh University.
- (e) The **C.Y.Ed.** programme shall be of duration of **six academic months**, that is, one semester. However, the students shall be permitted to complete the programme requirements within a maximum of two years from the date of admission to the programme.

- (f) There shall be one batch in each academic year.
- (g) There shall be at least 90 working days in each academic session exclusive of period of examination and admission etc.
- (h) There shall be minimum 28 (twenty eight) working hours in a week (five days/week).
- (i) The programme will run as per the University Academic Calendar.
- (j) Any change in the Academic Calendar/Schedule may be made by the Academic Planning Committee whenever necessary.

2. Intake: There shall be intake capacity of 20 (twenty) students.

3. Eligibility for admission:

Education Qualification: Passed Senior School Exam (12th) from recognized School Board/ State Board with 50% marks. Preference shall be given to the candidate who studied physical education as compulsory/elective subject and having participation at least in minimum Inter- District/School Competitions in Sports and Games as recognized by the AIU/IOA/SGFI/Govt. of India.

Relaxation in the percents of marks in the qualifying examination and in the reservation of the seats for SC/ST/OBC and other categories shall be as per the rules of the Central Govt. /State Govt. whichever is applicable.

4. Admission Procedure:

- a)** Newspaper/Website notice inviting application for admission into the **Certificate in Yoga Education (C.Y.Ed.) programme** shall be issued by the Registrar or by any person authorized for the purpose at least one month in advance from the date of admission. Each applicant shall have to submit within the prescribed date his/her application with requisite documents as indicated.
- b)** The admission shall be made on merit on the basis of marks in the qualifying examination or in the Entrance Examination (written test, physical fitness test and marks obtained in the qualifying examinations) or any other selection process as per the policy of the University/State Govt.
- c)** The candidates seeking admission are expected to be free from any physical disability /defects, possess sound health and are medically fit. Qualified candidates will have to submit medically fitness certificate issued by recognized doctor.
- d)** Age for admission to the **Certificate in Yoga Education programme** shall not be less than 17 years and not more than 35 years on 1st July of the admission years.

Relaxation of 3 years may be granted for outstanding sportsperson, coaches and applicants duly deputed by the institutions/ organizations recognized by the University.

- e) Married woman is also eligible for admission. In case, a woman candidate conceives during the course, she will have to discontinue her studies. She can join back in the next academic session.

5. Course of Programme:

- a. The medium of instruction and examination shall be English
- b. **The Credit System:** All programmes shall run on Credit System (CS). It is an instructional package developed to suit the needs of students, to keep pace with the developments in higher education and the quality assurance expected of it in the light of liberalization and globalization in higher education.
- c. **Course:** The term course usually referred to, as 'papers' is a component of a programme. All courses need not carry the same weight. The courses should define learning objectives and learning outcomes. A course may be designed to comprise Lectures/ tutorials/laboratory work/ field work/ outreach activities/ project work/ vocational training/viva/ seminars/ term papers/assignments/ presentations/ self-study etc. or a combination of some of these.
- d. **Courses of Programme:** The **Certificate in Yoga Education programme** shall consist of a number of courses, the term 'Course' applied to indicate a logical part of subject matter of the programme and is invariably equivalent to the subject matter of a "paper" in the conventional sense. The following are the various categories of courses suggested for the **C.Y.Ed. programme**.

- Part A: Theory Courses**
Part B: Practical Skills of Yoga
Part C: Teaching Practices of Yoga

- e. **Semesters:** An academic session is of one semester consisting of 17-20 weeks of academic work equivalent to 90 actual teaching days. The examinations will be held as per the University Academic Calendar. The institution shall work for a minimum of 35 working hours in a week (five days a week).

Distribution of hours per week

<i>P-A : Theory</i>	<i>P-B : Practicum</i>	<i>P-C : Teaching practice</i>	<i>Total</i>
12	08	08	28
<i>Minimum of 28 teaching hours per week is required in five days in a week</i>			

- f. **Credits:** The term 'Credit' refers to a unit by which the programme is measured. It determines the number of hours of instructions required per week. One credit is equivalent to one hour of teaching (lecture or tutorial) or one and half / two hours of practical work/field work per week. The term 'Credit' refers to the weight given to a course, usually in relation to the instructional hours assigned to it.

Number of credits per semester

<i>P-A : Theory</i>	<i>P-B : Practicum</i>	<i>P-C : Teaching practice</i>	<i>Total credit</i>
<i>12</i>	<i>04</i>	<i>04</i>	<i>20</i>
<i>Minimum of 28 teaching hours per week is required in five days in a week</i>			

6. Attendance:

Student must have 85% of attendance in each course for appearing the examination.

7. Examinations and Evaluation:

7.01 There shall be examinations at the end of each semester. A candidate who does not pass the examination in any course(s) shall be permitted to appear in such failed course(s) in the subsequent regular examinations.

7.02 Pattern of Question Papers:

Question Papers shall have five questions (with option for each) corresponding to four units of each theory course.

C.Y.Ed.: Format of Question Paper for 4 Units.

Each question paper shall have 6 questions. The pattern will be as follows:

Question No.	Description	Unit	Marks
1	Answer in detail (Long Question) with option	From Unit 1	10
2	Answer in detail (Long Question) with option	From Unit 2	10
3	Answer in detail (Long Question) with option	From Unit 3	10
4	Answer in detail (Long Question) with option	From Unit 4	10
5	Short Answer Type (Short notes)	From all unit	10
6	M.C.Q. Type Questions (10 out of 10 Que.)	From all unit	10
Total			60

7.03 Evaluation:

The performance of a student in each course is evaluated in terms of percentage of marks with a provision for conversion to grade point. Evaluation for each course shall be done by a continuous internal assessment (CIA) by the concerned course teacher as well as by end semester examination and will be consolidated at the end of course. The components for continuous internal assessment are;

One Test	15 Marks
Seminar / Quiz	10 Marks
Assignments	10 Marks
Attendance	05 Marks
Total	40 Marks

Attendance shall be taken as a component of continuous assessment, even though the students should have minimum 85% attendance in each course.

The fractions of the marks allotted for the attendance shall be:

% of attendance	Allotted marks
85	0 marks
86-88	1 marks
89-91	2 marks
92-94	3 marks
95-97	4 marks
98-100	5 marks

In addition to continuous evaluation component, the end semester examination, which will be written type examination of **at least 2-3 hours duration**, would also form an integral component of the evaluation. The ratio of marks to be allotted to continuous internal assessment and to end semester examination is 40:60. The evaluation of practical work, wherever applicable, will also be based on continuous internal assessment and on an end-semester practical examination.

7.04 Minimum Passing Standard:

The minimum passing standard for CIA (Continuous Internal Assessment) and External Examinations shall be 50%, i.e. 16 marks out of 40 marks and 24 marks out of 60 marks respectively for theory courses. The minimum passing for both CIA & external examination shall be 50%, i.e. 20 marks out of 40 and 30 marks out of 60 marks for the practical courses.

7.05 Grading:

Once the marks of the CIA (Continues Internal Assessment) and SEA (Semester End Assessment) for each of the courses are available, both (CIA and SEA) will be added. The marks, thus obtained for each of the courses will then be graded as per details provided in **SI. No. 9** from the semester shall calculated by the following formula:

$$SGPA = \frac{\sum_{i=1}^n C_i G_i}{\sum_{i=1}^n C_i}$$

Where C_i is the Credit earned for the course in the semester; G_i is the Grade point obtained by the student for the course i and n number of courses obtained in that semester.

7.06 Classification of Final Results:

For the purpose of declaring a candidate to have qualified for the Certificate in Yoga Education in the First class / Second class / Pass class or First class with Distinction, the marks and the corresponding GPA earned by the candidate in Core Courses will be the criterion. It is further provided that the candidate should have scored the First / Second Class separately in both the grand total and end Semester (External) examinations.

8. Award of the Certificate in Yoga Education:

A candidate shall be eligible for the award of the Certificate in Yoga Education only if he/she has earned the minimum required credit.

9. Letter Grades and Grade Points:

- i. Two methods-relative grading or absolute grading– have been in vogue for awarding grades in a course. The relative grading is based on the distribution (usually normal distribution) of marks obtained by all the students in the course and the grades are awarded based on a cut-off mark or percentile. Under the absolute grading, the marks are converted to grades based on pre-determined class intervals. To implement the following grading system any one of the above methods shall use.
- ii. The grades for each course would be decided on the basis of the percentage marks obtained at the end-semester external and internal examinations as per following table:

Percentage	Grade Point	Letter Grade	Description	Classification of final result
85 & above	8.5-10.0	O	Outstanding	First class with Distinction
70-84.99	7.0-8.49	A+	Excellent	
60-69.99	6.0-6.99	A	Very Good	First Class
55-59.99	5.5-5.99	B+	Good	Higher Second Class
50-54.99	5.0-5.49	B	Above Average	Second Class
40-49.99	4.0-4.99	C	Average	Pass Class
Below 40	0.0	F	Fail/ Dropped	Dropped
	0	AB	Absent	

10. Grade Point Calculation

Calculation of **Semester Grade Point Average (SGPA)** and **Credit Grade Point (CGP)** and declaration of class for **C.C.Y.Ed.** Programme.

The credit grade points are to be calculated on the following basis:

$$SGPA = \frac{\sum_{i=1}^n C_i G_i}{\sum_{i=1}^n C_i}$$

Example

Marks obtained by Student in course CC01 = 65/100

Percentage of marks = 65 %

Grade from the conversion table is = A

Grade Point = 6.0 + 5 (0.99/9.99)

= 6.0 + 5x0.1

= 6.0+ 0.5

=6.5

The Course Credits = 04

Credits Grade Point (CGP) = 6.5 × 04 = 26

The Cumulative grade point average (CGPA) will be calculated as a weighted average of all the grade point of the courses. That is cumulative grade point average (CGPA) = (sum of grade points of all courses) / total credit of the programme as per example given below:

C.Y.Ed. courses

Courses No.	Credit	Marks out of 100 (%)	Grade	Grade Point	Credit Grade point
CC-01	4	65	A	6.5	26
CC-02	4	60	A	6	24
CC-03	4	62	A	6.2	24.8
PC-01	4	55	B+	5.5	22
TP-01	4	72	A	7.2	28.8
	20				125.6

Examples: Conversion of marks into grade points

CC-01 65 = 60 + 5 = 6.0 + 5 x (0.99 / 9.99) = 6.0 + 5 x 0.1 = 6.0 + 0.5 = 6.5

CC-02 60 = 6.0

CC-03 62 = 60 + 2 = 6.0 + 2 x (0.99/9.99) = 6.0 + 2 x 0.1 = 6.0 + 0.2 = 6.2

PC-01 55 = 5.5

TP-01 72 = 70 + 2 = 7.0 + 2 x (1.49 / 14.99) = 7.0 + 2 x 0.1 = 7.0 + 0.2 = 7.2

Cumulative Grade Point Average (CGPA) = Total Credit Grade Points = 125.6/20 = 6.28

Cumulative Grade Point Average (CGPA) = 6.3625/1 = 6.28

CGPA = 6.28, Grade = A, Class = First Class

Note:

- (1) CGPA is calculated only if the candidate passes in all the courses, i.e. gets minimum C grade in all the courses.
- (2) CGPA is calculated only when the candidate passes in all the courses of all the previous and current semesters.
- (3) The cumulative grade point average will be calculated as the average of the SGPA of all the semesters continuously, as shown above.
- (4) For the award of the class, CGPA shall be calculated on the basis of:
 - (a) Marks of each Semester End Assessment And
 - (b) Marks of each Semester Continuous Internal Assessment for each course.

The final class for Certificate in Fitness Management shall be awarded on the basis of CGPA (grade) from all the one to four semester examinations.

10. Grievance Redressal Committee:

The department/centre shall form a Grievance Redressal Committee for each course in each department/centre with the course teacher / Director/ HOD of the faculty and Dean of Faculty as the members. This Committee shall solve all grievances of the students.

11. Revision of Syllabi:

- a. Syllabi of every course should be revised.
- b. Revised Syllabi should be implemented in a sequential way.
- c. In courses, where units / topics related to governmental provisions, regulations or laws, that change to accommodate the latest developments, changes or corrections are to be made consequentially as recommended by the Academic Council.
- d. All formalities for revisions in the syllabi should be completed before the end of the semester for implementation of the revised syllabi in the next academic session.
- e. During every revision, up to twenty percent of the syllabi of each course should be changed so as to ensure the appearance of the students who have studied the old (unrevised) syllabi without any difficulties in the examinations of revised syllabi.
- f. In case, the syllabus of any course is carried forward without any revision, it shall also be counted as revised in the revised syllabi.

12. Course Structure of Certificate in Yoga Education.

Part-A: Theory						
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
CC 01	Foundation of Yoga	4	4	40	60	100
CC 02	Anatomy & Physiology & Yogic Practices	4	4	40	60	100
CC 03	Yoga and Health	4	4	40	60	100
Part-B Practicum						
PC 01	Practical	8	4	40	60	100
Part - C Teaching/Coaching Practices						
TP 01	Practice Teaching	8	4	40	60	100
Total		28	20	200	300	500

Note: Total Number of hours required to earn 4 credits for each Theory Course are 58-68 hours whereas 100-110 hours for each Practicum Course.

Detailed Syllabus
Part A: Theory
Certificate in Yoga Education (C.Y.Ed.)

CC 01: Foundation of Yoga			
Marks: Internal: 40 Marks; External Marks: 60 Marks; Total 100 Marks			
Learning Objectives:			
<ul style="list-style-type: none"> • To give an orientation to Yoga • To discuss about the philosophical base of Yoga. • To discuss about various yogic practices. • To give an idea about culture and its relevance with Yoga. 			
Learning Outcomes:			
<ul style="list-style-type: none"> • Students will have a strong knowledge about meaning, definition and history of yoga. • Students will know about ancient scriptures and forms of Yoga. • They will understand about the application of yogic practices. • They will be strong in the knowledge of cultural value of Yoga. 			
Unit	Contents	Contact hours	Marks
Unit I	1. Introduction of Yoga 1.1 Meaning and Definition of Yoga. 1.2 Concept of Yoga. 1.3 Misconceptions of Yoga. 1.4 Origin and Historical Development of Yoga.	10	15
Unit II	2. Philosophical Perspective of Yoga 2.1 Two Schools of Yoga: Raja Yoga and Hatha Yoga 2.2 Yoga in Bhagavad Gita 2.2.1 Karma Yoga, 2.2.2 Raja Yoga, 2.2.3 Jnana Yoga 2.2.4 Bhakti Yoga 2.3 Ashtanga Yoga	18	15
Unit III	3. Practical Application of Yoga 3.1 Principles of Yogic Practices. 3.2 Meaning of Asana, its types and principles. 3.3 Meaning of Pranayama, its types and principles. 3.4 Meaning of Kriya its types and principles.	18	15
Unit IV	4. Yoga and Culture 4.1 Meaning and Definition of Culture 4.2 Concept of Culture 4.3 Difference between civilization and culture 4.4 Indian culture: Characteristics of Indian culture	12	15
References:			
<ul style="list-style-type: none"> • Indian Philosophy -Datta and Chatterjee • Yoga Darshan - DR.S.V. Karandikar 			

- Ancient Indian Culture – Edited by Mohan Chand, Department of Sanskrit And Literature Ramjas College, University of Delhi
- Patanjali Yoga-Sutra -Dr. P.V. Karambelkar
- Hatha Pradipika Dr. M.L.Gharote
- Ghrenda Samhita Swami Digambarji.

CC 02: Anatomy, Physiology and Yogic Practices

Marks: Internal: 40 Marks; External Marks: 60 Marks; Total 100 Marks

Learning Objectives:

- To teach about basic Anatomy.
- To teach about basic Physiology.
- To discuss about the different systems of human body.
- To discuss about the effects of different yogic practices.

Learning Outcomes:

- Students will have a good knowledge on Anatomy and Physiology.
- They will know about some important functions of different systems.
- They will know about the effects of asanas, pranayamas bandhas and mudras on human body.
- They will know about different cleansing processes (shatkarmas)

Unit	Contents	Contact hours	Marks
Unit I	1. Anatomy 1.1 Meaning and concept of Anatomy. 1.2 Introduction of Cell, Tissue, Organ and System. 1.3 Cell-Structure and functions. 1.4 Tissue-its classification and functions.	14	15
Unit II	2. Physiology I 2.1 Meaning and concept of Physiology. 2.2 Elementary knowledge of Skeletal and Muscle System. 2.3 Elementary knowledge of Respiratory System.	14	15
Unit III	3. Physiology II 3.1 Elementary knowledge of Circulatory System. 3.2 Elementary knowledge of Digestive System. 3.3 Elementary knowledge of Nervous System.	14	15
Unit IV	4. Effect of Yogic Practices on System 4.1 Physical and Physiological effect of Asana on different system. 4.2 Physiological effect of Pranayama on different system. 4.3 Physiological effect of Bandha and Mudra on different system. 4.4 Physiological effect of ShatKarma on different system.	16	15
References:			

- Gupta, A. P. (2010). *Anatomy and Physiology*. Agra: SumitPrakashan.
- 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. Saunders.
- Hunter, M. *dictionary for physical educators*. In H. M. Borrow & R. McGee, (Eds.), *A Practical approach to measurement in Physical Education* (pp. 573-74). Philadelphia: Lea &Febiger.
- Karpovich, P. V. (n.d.). *Physiology of Muscular Activity*. London: W.B. Saunders Co.
- Anataomy and Physiology for Yogic Exercise DR. M.M.Gore
- Pearce, E. C. (1962). *Anatomy and Physiology for Nurses*. London: Faber & Faber Ltd.

CC 03: Yoga and Health

Marks: Internal: 40 Marks; External Marks: 60 Marks; Total 100 Marks

Learning Objectives:

- To give an introduction on health and dimensions of health
- To discuss about yogic way healthy life.
- To discuss about the influence of Yoga on personality development.
- To give an idea about yogic diet.

Learning Outcomes:

- Students can know about health and its spectrum and dimensions.
- Students can know about the positive health, and causes and treatment of ill health.
- They can know the yogic ways to develop personality and the therapeutic effect of Yoga.
- They will know about the importance of healthy diet for a long life.

Unit	Contents	Contact hours	Marks
Unit I	Introduction 1.1 Concept of Health. 1.2 Meaning and Definition of Health. 1.3 Spectrum of Health. 1.4 Dimensions of Health.	14	15
Unit II	2. Yogic Perspective of Health 2.1 Yogic concept of Health and Disease or Illness. 2.2 Need of Yoga for Positive Health. 2.3 Potential causes of ill Health. 2.4 Yogic Principles of Healthy Living.	14	15

Unit III	3. Yoga and Personality 3.1 Personality and Characteristics of Personality. 3.2 Role of Yoga in Personality Development. 3.3 Meaning and Definition of Stress. 3.4 Role of Yoga in Management of Stress. 3.5 Meaning and Concept of Yoga Therapy.	15	15
Unit IV	4. Yoga and Diet 4.1 Concept of Diet. 4.2 Concept of Balance Diet. 4.3 Yogic Diet. Concept of 'Mita'[Limited] 'Hita'[Beneficial] 'Ruta'[Simple] and Satvik Diet. 4.4 Health Problems- Health in School Environment and Malnutrition.	15	15
References: <ul style="list-style-type: none"> • Yoga for Stress Relief Bharat Thakur. • Managing Stress H.S. Srinivas • Food for Health Mool Raj • Aahar Vidnyam Satyapal • Psychology in Personality Development A.A.Raback • Nutrition and Health K.R.Raghunath 			

Part B: PRACTICUM OF Yoga Education

ESSENCE OF THE COURSE

This course will enable students to understand the practical concept of Yoga Education. It aims to develop understanding about the orientation of asana, pranayama, Shatkarma, Bandha, mudra and suryanamaskar for different body part, designing a yoga program for sports person as well as different age groups.

A. ASANA

B. PRANAYAMA

C. BANDHA AND MUDRA

D. SHATKARMA

E. YOGIC SUKSHMA VYAYAMA,STHULA VYAYAMA AND SURYANAMASKAR

A. ASANA

Tadasana Vrikshasna Ardhakati Chakrasana Garudasana Trikonasna Parivarta Trikonasna parsava Konasana Ardachakrasana Padmasana Swastikasana Siddhasana Vajrasana Bhadrasan Gomokhasana Janusirasana Pachimottanasana Ustrasana Savasana Ardha Halasana Halasana Viprit Karni Mudra Sarvangasana Pavan Muktasana Makarasana Salbhasana Naukasana Dhanurasana Bhujangasana Mandukasana

B. PRANAYAMA

Anulum Vilum, Suryabhedana, Chandrabhedan, Ujjayi, Bhastrika, Shitkari, Shitli,Bhramari

C. BANDHA AND MUDRA

Jalandhar Bandha, Uddiyan Bandha, Mula Bandha, Yoga Mudra, Brahma Mudra, Ashwini Mudra

D. SHATKARMA

Kapalbhati, Jal Neti, Sutra Neti, Dhauti, Nauli

E. Suryanamaskar

1. Twelve count with Mantra

Part C: Teaching/Coaching Practices

- i. 3 Theory lesson plans
- ii. 3 Practicum lesson plans

Recommended Books:	<ul style="list-style-type: none"> 1. Methodology of Teaching – K.K. Bhatia and J.N. Arora 2. Teaching Methods for Yogic Practice – M.L.Gharote and S.K. Ganguly 3. Yogasana – Teachers' Guide – N.C.E.R.T.
Reference Books:	<ul style="list-style-type: none"> 1. Guidelines to Yogic Practices – M.L.Gharote 2. Teaching Methods of Physical Education- C. Knapp and Patricia Hagmam
Relevant Articles:	<ul style="list-style-type: none"> 1. M.L.Gharote, Group Technique of introducing yogic Practices, in Yoga Mimamsa Vol.XIII-4 pp.41-44 Jan 1971 2. M.V.Bhole, Lesson Plan for introducing the Concept of Pranayama Breathing in a class of Beginners, in Vyayam Vidnyan, Amravati, Vol.XX, 1&2, pp.44-49, 1979 3. M.V.Bhole and S.k.Ganguly, lesson plan to introduce the concept of Asanas in Class of Beginners, in Yoga Mimasa Vol.XIV-4pp.1-41981 4. S.K. Ganguly and A.M.Moorthy, selected points on Method of Yoga practice teaching, in Yoga Mimamsa, Vol.XVIII-2,pp 29-35, 1976

GRADING SYSTEM

The following scale of grading system shall be applied to indicate the performance of students in terms of letter grade and grade points as given below:

Percentage of marks obtained in a course (in semester plus end semester)	Letter grade	Grade point	Description of performance	Classification of final result
85 & above	O	8.5-10.0	Outstanding	First class with Distinction
70-84.99	A ⁺	7.0-8.49	Excellent	
60-69.99	A	6.0-6.99	Very Good	First Class
55-59.99	B ⁺	5.5-5.99	Good	Higher Second Class
50-54.99	B	5.0-5.49	Above Average	Second Class
40-49.99	C	4.0-4.99	Average	Pass Class
Below 40	F	0.0	Fail/ Dropped	Dropped
	AB		Absent	