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TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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India's First State University in Physical Education and Sports

CRITERION -1

Key Indicator 1.1.2

1.1.2 The Programmes offered by the institution focus on employability/entrepreneurship skill development and their course syllabi are adequately revised to incorporate contemporary requirements

PROGRAMMES FOCUSED ON VARIOUS SKILLS	NO. OF COURSES
EMPLOYABILITY	64
ENTREPRENEURSHIP	33
SKILL DEVELOPMENT	35

**Registrar
Tamilnadu Physical Education
and
Sports University
Chennai - 600 127.**



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EMPLOYABILITY

S.NO	NAME OF THE COURSES
1.	TRAINING AND COMPETITION NUTRITION
2.	EXERCISE AND DIET PRESCRIPTION FOR SPECIAL POPULATION
3.	HEALTH FITNESS AND PERFORMANCE ASSESSMENT
4.	NUTRITIONAL PLANNING FOR SPORTS AND EXERCISE
5.	KINANTHROPOMETRY
6.	TRAINING AND PERFORMANCE
7.	EXERCISE FOR SPECIAL POPULATION
8.	CLINICAL DIETICS
9.	RULES AND REGULATION OF SPORT/GAME-VOLLEY BALL
10.	RULES AND REGULATION OF SPORT/GAME-FOOTBALL
11.	RULES AND REGULATION OF SPORT/GAME-KABADI
12.	RULES AND REGULATION OF SPECIFIED SPORT (ATHLETICS)
13.	RULES AND REGULATION OF SPORT/GAME-HOCKEY
14.	TECHNIQUES AND TECHNICAL TRAINING OF SPORTS/ GAMES-(VOLLEY BALL)
15.	TECHNIQUES AND TECHNICAL TRAINING OF SPORTS/ GAMES-(FOOT BALL)
16.	TECHNIQUES AND TECHNICAL TRAINING OF SPORTS/ GAMES-(KABADI)
17.	TECHNIQUES AND TECHNICAL TRAINING OF SPORTS/ GAMES-(ATHELETICS)
18.	TECHNIQUES AND TECHNICAL TRAINING OF SPORTS/ GAMES-(HOCKEY)
19.	TACTICS AND TACTICAL DEVELOPMENT OF SPECIFIED SPORT/GAME (VOLLEY BALL)
20.	TACTICS AND TACTICAL DEVELOPMENT OF SPECIFIED SPORT/GAME (FOOT BALL)
21.	TACTICS AND TACTICAL DEVELOPMENT OF SPECIFIED SPORT/GAME (KABADI)



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22.	TACTICS AND TACTICAL DEVELOPMENT OF SPECIFIED SPORT/GAME (ATHELETICS)
23.	TACTICS AND TACTICAL DEVELOPMENT OF SPECIFIED SPORT/GAME (HOCKEY)
24.	SPECIFIC MOTOR QUALITIES OF SPORT/GAME (VOLLEY BALL)
25.	SPECIFIC MOTOR QUALITIES OF SPORT/GAME (FOOTBALL)
26.	SPECIFIC MOTOR QUALITIES OF SPORT/GAME (KABADI)
27.	SPECIFIC MOTOR QUALITIES OF SPORT/GAME (ATHELETICS)
28.	SPECIFIC MOTOR QUALITIES OF SPORT/GAME (HOCKEY)
29.	TEAM PREPARATION , COACHING AND MATCH ANALYSIS OF SPORT/GAME (VOLLEYBALL)
30.	TEAM PREPARATION , COACHING AND MATCH ANALYSIS OF SPORT/GAME (FOOTBALL)
31.	TEAM PREPARATION , COACHING AND MATCH ANALYSIS OF SPORT/GAME (KABADI)
32.	TEAM PREPARATION , COACHING AND MATCH ANALYSIS OF SPORT/GAME (ATHELETICS)
33.	TEAM PREPARATION , COACHING AND MATCH ANALYSIS OF SPORT/GAME (HOCKEY)
34.	E-COMMERCE
35.	SPORTS MARKETING
36.	SPORTS FACILITY MANAGEMENT
37.	SPORTS MEDIA & EVENT MANAGEMENT
38.	SOFT SKILLS - I (ORAL COMMUNICATION)
39.	SOFT SKILLS - II(WRITTEN COMMUNICATION)
40.	SOFT SKILLS - III (REPORT WRITING AND PRESENTATION)
41.	SOCIOLOGY OF HEALTH
42.	FUNDAMENTALS OF COUNSELING SKILLS
43.	PSYCHOLOGICAL TESTING AND ASSESSMENT - I
44.	PSYCHOLOGICAL TESTING AND ASSESSMENT - II
45.	CLASSICAL YOGIC PRACTICES - I
46.	FUNDAMENTALS OF YOGA



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47.	PREPARED YOGIC FOOD
48.	APPLIED PHYSIOLOGY PRACTICALS
49.	ENVIRONMENTAL STUDIES
50.	BASIC YOGA TEXTS
51.	ANATOMY AND PHYSIOLOGY
52.	YOGA AND FITNESS
53.	HATHA YOGA TEXTS
54.	FUNDAMENTALS OF YOGA THERAPY
55.	PROFESSIONAL PREPARATION FOR NET/ SLET
56.	PATHOLOGY: AILMENTS AND YOGA THERAPY
57.	RESEARCH PROCESS IN YOGA THERAPY
58.	BASIC PRINCIPLES OF YOGA THERAPY
59.	YOGA THERAPY FOR HEALTH AND WELLNESS
60.	NUTRITION THERAPY AND YOGIC DIET
61.	METHODOLOGY IN YOGA THERAPY
62.	STRESS MANAGEMENT
63.	YOGA THERAPY
64.	PERSONAL L'LYDE•VFLOPMENT_



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S.NO	NAME OF THE COURSES
1.	EXERCISE ASSESSMENT IN SPECIAL POPULATION
2.	STRENGTH TRAINING AND CONDITIONING
3.	WEIGHT MANAGEMENT
4.	FLOOR AND STEP AEROBICS
5.	FITNESS AND WELLNESS
6.	STABILITY AND CORE TRAINING
7.	ADVERTISING IN SPORTS
8.	ENTREPRENEURIAL DEVELOPMENT
9.	RETAIL MANAGEMENT
10.	METHODS OF NATUROPATHY
11.	YOGA FOR HEALTH
12.	TRADITIONAL INDIAN SYSTEMS OF MEDICINE AND THERAPIES
13.	VILLAGE PLACEMENT PROGRAMME
14.	COMPUTER PROGRAMING SYLLABUS- PRACTICALS
15.	YOGIC PRACTICES - I
16.	YOGIC PRACTICES - II
17.	YOGIC PRACTICES - III
18.	COMPUTER APPLICATIONS IN YOGA - 1
19.	VISITING FITNESS CENTER
20.	YOGIC PRACTICES- V
21.	YOGA THERAPY
22.	TIRUMULAR'STIRUMANTIRAM
23.	YOGIC PRACTICES - IV
24.	YOGIC PRACTICES - VI
25.	INTRODUCTION TO TRADITIONAL INDIAN SYSTEMS OF MEDICINE AND THERAPIES
26.	DIET AND NUTRITION
27.	YOGA FOR CHALLENGED PEOPLE
28.	YOGA AND WELLNESS



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29.	METHODS OF NATUROPATHY
30.	INTERNSHIP (HOSPITALS OR HEALTH CENTERS OR YOGA OR NATUROPATHY CENTRES)
31.	TEACHING PRACTICE IN EDUCATIONAL INSTITUTION
32.	TRADITIONAL INDIAN SYSTEMS OF MEDICINE AND THERAPIES
33.	CLINICAL APPLICATION IN TRADITIONAL INDIAN SYSTEMS OF MEDICINE AND THERAPIES



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SKILL DEVELOPMENT

S.NO	NAME OF THE COURSES
1.	COMMUNICATION SKILL
2.	LIFE SKILLS MANAGEMENT
3.	SOFT SKILLS – I (ORAL COMMUNICATION)
4.	SOFT SKILLS – II (WRITTEN COMMUNICATION)
5.	SOFT SKILLS – III (REPORT WRITING AND PRESENTATION)
6.	RULES AND REGULATION OF SPORT/GAME-VOLLEY BALL
7.	RULES AND REGULATION OF SPORT/GAME-FOOTBALL
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25.	SPECIFIC MOTOR QUALITIES OF SPORT/GAME (HOCKEY)
26.	TEAM PREPARATION , COACHING AND MATCH ANALYSIS OF SPORT/GAME (VOLLEYBALL)
27.	TEAM PREPARATION , COACHING AND MATCH ANALYSIS OF SPORT/GAME (FOOTBALL)
28.	TEAM PREPARATION , COACHING AND MATCH ANALYSIS OF SPORT/GAME (KABADI)
29.	TEAM PREPARATION , COACHING AND MATCH ANALYSIS OF SPORT/GAME (ATHELETICS)
30.	TEAM PREPARATION , COACHING AND MATCH ANALYSIS OF SPORT/GAME (HOCKEY)
31.	BUSINESS COMMUNICATION
32.	BUSINESS COMMUNICATION
33.	SOFT SKILLS – I (ORAL COMMUNICATION)
34.	SOFT SKILLS – II (WRITTEN COMMUNICATION)
35.	SOFT SKILLS – III (REPORT WRITING AND PRESENTATION)



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EMPLOYABILITY

TRAINING AND COMPETITION NUTRITION

UNIT -I

Sport Nutrition -Assessment of nutritional status: Three Day Food Record – Seven Day Food Record – 24 Hours Recall – Food Frequency - Diet History - Carbohydrate Diets for training – Muscle Glycogen - Liver Glycogen - Regulation of Glucose Concentration – Hypoglycaemia - Carbohydrates Ingestion before Exercise - Carbohydrates Maintenance During exercise- Carbohydrates Replenishment After Exercise - Glycaemic load – Carbohydrates loading.

UNIT- II

Biology of protein and amino acid requirements: Body protein mass-Protein synthesis, degradation, and turnover- Protein Utilization in Athletic Performance- Protein requirements for Endurance Athletes - Protein requirements for Strength Athletes – Protein essential for before exercise, during exercise and in recovery from exercise - Benefits and Risks of a High-Protein Diet-Nitrogen Balance.

UNIT- III

Weight management – Methods used to determined weight status: Body mass index – Waist-to-hip ratio - Body Composition and Performance - Changes in Body Composition - Methods for measuring body composition: Hydrostatic weighing - Bioelectric Impedance Analysis - Dual Energy X-ray Absorptiometry (DEXA) - Skin fold Thickness -Principles of healthy weight reduction - Making weight for weight category sports - Principles of healthy weight gain.

UNIT -IV

Composition of Body Fluids: Intracellular Fluid - Extracellular Fluid - Fluid guidelines - Fluid need before exercise - Fluid need during exercise - Fluid need after exercise, Dehydration - Effects of dehydration and over hydration - Heat cramps, Sports drinks - Types of sports drinks - Energy drinks, Fluid and Electrolyte Management- Strategies to delay fatigue- Effects of hyperthermia and dehydration on performance.

UNIT -V



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Planning Diets: Principles of Planning Diets - Steps involved in Planning a Diets - Dietary guidelines for Eating Right - Food Guide Pyramid - Healthy Eating Pyramid - Planning Diets for aerobic and anaerobic sports - Planning Diets for Intermittent sports - Planning Diets for the traveling athlete - Planning diets for a vegetarian athlete.

EXERCISE AND DIET PRESCRIPTION FOR SPECIAL POPULATION

UNIT - I

Definition of obesity - Prevalence of obesity - Factors that contribute to obesity- Assessment: Body mass index-Waist to Hip ratio (WHR) - Broka's Index-Types of obesity - Dietary Modification of obesity - Behaviour Modification-III Effects of Obesity-Exercise Testing - Exercise prescription for obesity -Special Considerations-Recommended Weight Loss Programs.

UNIT - II

Definition of Diabetes Mellitus – Prevalence of Diabetes Mellitus – Ethology of Diabetes Mellitus – Types of Diabetes Mellitus – Signs and Symptoms - Diagnostic Tests- complications of Diabetes Mellitus – Healthy Approaches to Managing Diabetes: Focusing on Nutrition-Dietary Macronutrients -Fibre Intake-Carbohydrate Intake–Exercise Testing- Exercise and Diabetic Diet prescription for Diabetes Mellitus-Special Considerations.

UNIT - III

Definition of Hypertension - Prevalence of Hypertension - etiologic of Hypertension - Regulation of blood pressure-Causes of Hypertension-Classification of hypertension - complications of Hypertension - Prevention of Hypertension: Dietary Management -Sodium Restricted Diets-Exercise Testing-Exercise prescription for Hypertension -Special Considerations.

UNIT - IV

Definition of Coronary Heart Disease (CHD) - Prevalence and Risk factors of Coronary Heart Disease - Sign and symptoms of Coronary Heart Disease - Role of Fat in the Development of Atherosclerosis-Prevention of Coronary Heart Disease: Dietary Management - Heart-Healthy Diet Plans-Heart-Healthy Dietary Recommendations- Inpatient Rehabilitation Programs - Outpatient Exercise Programs -Exercise Prescription without a Preliminary Exercise Test -Exercise prescription for Coronary Heart Disease



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UNIT - V

Chronic Pulmonary Diseases - Chronic obstructive pulmonary disease –Types of Obstructive Pulmonary Disorders - Impairments and Impact on Function-Management Guidelines-Restrictive pulmonary disorders-Acute and Chronic Causes of Restrictive Pulmonary Disorders-Management Guidelines -Pulmonary function tests-Nutritional impact-Nutritional screening and nutritional assessment-Nutritional requirements-Breathing Exercises and Ventilatory Training-Guidelines for Teaching Breathing Exercises.

HEALTH, FITNESS AND PERFORMANCE ASSESSMENT

UNIT – I

Preliminary Health Evaluation: Physical Activity Readiness Questionnaire (PAR-Q)- Medical History Questionnaire-Signs and Symptoms of Disease and Medical Clearance-Coronary Risk Factor Analysis-Disease Risk Classification-Lifestyle Evaluation-Informed Consent-Clinical Tests: Physical Examination-Blood Chemistry Profile-Resting Blood Pressure-Graded Exercise Test.

UNIT – II

Meaning and Definition of Blood Pressure, Heart Rate, and Electrocardiogram: Testing Procedures for Resting Blood Pressure Measurement - Auscultation-Palpation-Heart Rate Determination by Palpation –Electrocardiogram Recordings- Twelve-Lead Electrocardiogram- Electrocardiogram Basics- Resting 12-Lead Electrocardiogram Procedures.

UNIT – III

Meaning and Definition of Physical Fitness-Types of Physical Fitness: Health-related fitness and Skill-related fitness- Health-related fitness components: Cardiovascular Endurance-Muscular strength and Endurance–Flexibility-Body composition-Pretest Instructions-Tests Administration and Interpretation-Skill-related fitness: Power-Speed-Agility-Balance and Coordination-Reaction time- pre-test Instructions- Tests Administration and interpretation.

UNIT – IV

Basic Training Principles for Exercise Program Design: Principle of Specificity- Principle of Overload-Principle of progression- Principle of initial values -Principle of



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individual variability-Principle of diminishing returns-Principle of reversibility- Basic Elements of the Exercise Prescription: Mode-Intensity-Duration-Progression of Exercise.

UNIT – V

Definition of Terms cardiorespiratory fitness or Maximum oxygen uptake (VO_{2max}): General Guidelines for Exercise Testing-General Procedures for Cardiorespiratory Fitness Testing- Maximal Exercise Test Protocols-Treadmill Maximal Exercise Tests-Graded Exercise protocol -Balke Treadmill Protocol-Bruce Treadmill Protocol.

NUTRITIONAL PLANNING FOR SPORTS AND EXERCISE

UNIT- I

Meal Planning and Preparation: Principles of meal planning-Planning and preparation of nutritionally adequate diets for Adult man - Adult woman- Adolescent - School going child - Preschooler- Nutrition for Active Pregnant woman and Lactating woman- Special Nutritional Concerns: Vegetarian diets-The types of vegetarian:Flexitarian-Lacto-Ovo-Vegetarian-Lacto-Vegetarian-Ovo-Vegetarian-Vegan-Other Styles (Fruitarians)-Nutrition Challenges for Vegetarians.

UNIT- II

Water Balance and imbalance:Euhydration, Hypohydration, and Hyperhydration- Thermoregulation-Hyponatremia-Dehydration-Rehydration- Fluid balance in sports and exercise, importance, symptoms and prevention of dehydration-Age-Related Fluid Needs - Sports Drink – Hypotonic, Isotonic and Hypertonic drink for hydration/ energy and recovery drink-Other Types of Drinks:Energy Drinks-Oral Rehydration Solutions (ORS)-Sports Waters-Vitamin Waters-Coconut Water-Alcohol-Tea, Coffee and Cola.

UNIT- III

Energy and Sports Performance:Dietary Carbohydrate andSports Performance- Dietary Fat and Sports Performance-Dietary Protein and Sports Performance-Vitamins and Sports Performance-Minerals and Sports Performance-The Pre-competition Meal-Liquid Meals-Planning and preparation of Energy dense recipes- High fibre recipes- Low fat recipes- Low sodium recipes- Antioxidants, Exercise and freeradicals, Role of antioxidants in preventing damage and recovery time.

UNIT- IV



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Meal planning for regular training- Balanced diet of different calorific value for specific sport and exercising person-Dietbefore competition-during Competition-after Competition (Basketball and Netball,Cricket,Cycling,Football,Hockey, Rugby,Swimming, Marathonand Endurance Running, Sprints and Power Sports)

UNIT -V

Paralympic sports -Classification of disabilities-Physiology and metabolism-Physiological responses to exercise-Energy expenditure-Thermoregulation-Body composition-Bone density-Dietary issues for athletes with disabilities:Current dietary intakes-Fiber, timing of food intake and bowel control-Fluid intake-Body composition management-Nutritional supplements-Eating difficulties and behaviors observed in some athletes with disabilities

KINANTHROPOMETRY

UNIT I:

Meaning and Definition of Anthropometry- Kinanthropometry- History and development of Anthropometry and Kinanthropometry -Anthropometrical assessment Identify and markall anatomical sites for measurement Landmarks - Vertex : Acromiale – Subscapulare – Radiale- Mid-acromiale –radiale –Stylian –Mesosternale –Iliocristale – Iliospinale- Supraspinale –Trochanterion- Mid thigh- Tibialelaterale–Tibialemediale- Sphyrion- Mid-calf

UNIT II:

Meaning and Definition of Somatotype- History and development of Body Types- the Heath-Carter Somatotype Method: Endomorphy –Mesomorphy- Ectomorphy - Classification of Somatotype.

UNIT III:

Meaning and Definition of Body composition- The composition of The Human Body: atomic level- molecular level : Assessment of body composition – Matiegka method (MAT) to estimate body composition - Assessment of Fat mass- Assessment of Fat free mass- Assessment of Lean body mass- Assessment of Body mass (Weight) - Assessment of Stature (Height) – Ideal Body Weight-Fat-Free Mass Index (FFMI) and Fat Mass Index (FMI) - Assessment of Waist-to-hip ratio - cellular level-Tissues, Organs and systems level- whole body level.

UNIT IV:

Body composition Chemical Model-Assessment of Underwater weighing - Assessment of Dual-energy X-ray absorptiometry (DEXA) -Assessment of Bioelectrical Impedance Analysis- Assessment of Near infrared reactance (NIR) - Assessment of Skinfold



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measurements: Cheek-Chin-chest-Axilla-Triceps-Biceps-Subscapular-Iliac crest – Supraspinale-Abdominal-Front thigh-Medial calf.

UNIT V:

Segment lengths and Girths: Lengths- Arm length-Forearm length-Hand length-Tibial length – Iliospinale-base height-Trochanterion-base height-Thigh length-Tibialelaterale - base height- Girths:Arm girth relaxed-Arm girth flexed and tensed-Forearm girth-Wrist girth-Chest

TRAINING AND PERFORMANCE

UNIT - I

Definition of training, performance, aerobic training, aerobic system , volume, Intensity. Training principles – over load , specificity , reversibility – influence of Gender, Initial fitness level and Genetics – components of work session – Training to improve aerobic power - Interval training – long slow distance – High Intensity Continuous exercise - Training intensity and improvement in VO2 max.

UNIT - II

Definition of Anaerobic training and anaerobic system.Training for improved anaerobic power and capacity - ATP – Pc System – Glycolytic System – muscle adaptation – adaptation in a Lactic Threshold.

UNIT - III

Definition of strength, muscular fitness, resistance training – classification of strength training – Isometric – Isotonic – Isokinetic – factors involved in muscular adaptation – principles of resistance training- physiological effects of strength training – neural and muscular adaptation to resistance training.

UNIT - IV

Definition of Overtraining – Symptoms of overtraining – effect of overtraining – overtraining syndrome – predicting the overtraining syndrome – treating the overtraining syndrome – tapering for peak performance.

UNIT - V

Definition of Retraining , muscular strength, power, muscular endurance, speed, agility, flexibility and cardio respiratory endurance – effect of retraining on muscular strength, muscular endurance, speed, agility, flexibility and cardio respiratory endurance.

EXERCISE FOR SPECIAL POPULATION

UNIT – I



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Children and adolescences – Body composition – Understanding the Basic Training Principles - FITT Guidelines: Frequency-Intensity-Time- Type Aerobic training- Maximum Heart Rate Method- Benefits of Aerobic Fitness - Strength training-Estimating 1RM-Benefits of Resistance Training - Definitions of Flexibility-Types of Stretching- Benefits of Flexibility – Exercise guidelines.

UNIT-II

Meaning and Definition of Exercise and ageing- Theories of ageing: Biological theories- Psychological theories-Sociological theories- Impact of Ageing on Major Physiological Systems and Performance: Cardiovascular and respiratory systems-Musculoskeletal system- Nervous system-Endocrine system -Exercise guidelines for older people.

UNIT-III

Meaning and Definition of Arthritis- Types of Arthritis: osteoarthritis and rheumatoid arthritis- Epidemiology-Pathophysiology-Exercise for Osteoarthritis and Rheumatoid Arthritis: Aerobic activity-Flexibility exercise-Proprioceptive exercise-Strength training for osteoarthritis and rheumatoid arthritis.

UNIT – IV

Meaning and Definition of Osteoporosis and Osteopenia- Risk factors for osteoporosis and osteopenia-Assessment of osteoporosis-Physical Activity and Bone Health: Exercise guidelines -Jumping-Walking-Resistance training- Asthma-Diagnosis and Causes- Prevention of Asthma- Exercise-Induced Asthma.

UNIT – V

Relative Energy Diet (RED-S) - Physiology of the Exercising Female: Definition of menstrual cycles-Regulation of Menstrual Cycle – Menstrual disorders for female athletes. The menopause-Cause for Menopause-Physical activity guidelines for the postmenopausal female- Pregnancy-Changes in Physiological Systems-Physical activity guidelines for the pregnant female-Special Considerations.

CLINICAL DIETETICS

UNIT - I

Definition of Dietetics, clinical dietetics - Food borne infections – definition- causes – symptoms – characteristics – control measures – types of diets for food borne infections – functions of the Liver - causes of liver damage – Alcoholic liver disease –NAFLD (Non Alcoholic Fatty Liver Disease) diets for liver disease

UNIT - II

Functions of the Kidney – causes of acute renal failure – dietary intervention for chronic renal failure – Hemodialysis – Continuous Ambulatory Peritoneal dialysis (CAPD)- protein restricted diet.

UNIT - III



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Definition of Obesity, Hypertension , Hypercholesterolemia– risk factors for obesity

- Insulin Resistance (IR) – PCOD: Hypertension , Hypercholesterolemia – BMI – Measurement of Body fat Percent – Guideline for weight gain – Definition of diabetes – Types - symptoms – dietary guidelines – types of fat – Hyperlipidemia – dietary allowance

UNIT - IV

Definition, causes , symptoms and treatment of Anorexia Nervosa - Dumping Syndrome – Early Dumping – Dietary advice – Late dumping – dietary advice – Irritable Bowel Syndrome – FODMAPs Diet - Symptoms – Dietary treatment – Diarrhea - meaning – definition – symptoms – food to avoid – Mal Absorption Syndrome – causes and symptoms – Coeliac Disease – foods allowed - Cancer – causes – symptoms – Dietary intervention.

UNIT - V

Assessment of Nutritional Status for patient admitted in Hospital – Aim of Nutritional Assessment – Methods of Assessment of Nutritional Status – weight – dietary history – anthropometric measures – Dynamometry(grip strength)- Biochemical measures – special feeding method – Enteral feeding – Home enteral feeding - Parenteral nutritio – method – administration of parenteral solution.

204ARULES REGULATION OF SPORT/GAME – VOLLEYBALL

UNIT - I

Facilities and equipment: Playing area - Dimensions measurements - layout – markings.- surface – zones –Temperature - lighting . Net and Post - balls. Teams: composition – captain – Coach – assistant coach (Rule No 1-5)

UNIT - II

Playing format: score - set – match – toss –starting lineup – Positions – rotations. Playing actions: start of play - playing the ball – ball at net – Player at the net. (Rule No 6 to 11)

UNIT III

Service: Service order- screening – fault. Attack hit: restriction – fault – Block: Contact – hit – service – fault. Interpretations: interruptions – time out – substitutions – illegal. Game delays – change of court. (Rule No 12 to 16)

UNIT - IV

Game delays: types - delay sanctions - exceptional interruptions – intervals change of court – libero – Participant contact – sportsman like contact – fair play – misconduct – sanctions (Rule No 17-21)

UNIT - V



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Referrers : composition – procedure – I referee – II referee – scorer – assistant scorer – line judges- signals. (Rule no 22 – 28)

REFERENCE

1. Official volleyball rules – FIVB
2. www.fivb.org

204BRULES REGULATION OF SPORT/GAME – FOOTBALL

UNIT - I

Facilities and equipment: Playing area - Dimensions measurements - layout – markings.- surface – zones –Temperature - lighting . Net and Post - balls. Teams: composition – captain – Coach – assistant coach (Rule No 1-5)

UNIT - II

Laws 1 – 5

UNIT III

Laws 6 - 11

UNIT - IV

Laws 12 - 17

UNIT - V

Referrers : composition – procedure – I referee – II referee – scorer – assistant scorer – line judges- signals. (Rule no 22 – 28)

REFERENCE

1. Official football rules – FIFA



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204CRULES REGULATION OF SPORT/GAME – KABADDI

UNIT - I

Facilities and equipment: Playing area - Dimensions measurements - layout – markings.- surface – zones –Temperature - lighting . Net and Post - balls. Teams: composition – captain – Coach – assistant coach (Rule No 1-5)

UNIT - II

Playing format: score - set – match – toss –starting lineup – Positions – rotations. Playing actions: start of play - playing the ball – ball at net – Player at the net. (Rule No 6 to 11)

UNIT III

Service: Service order- screening – fault. Attack hit: restriction – fault – Block: Contact – hit – service – fault. Interpretations: interruptions – time out – substitutions – illegal. Game delays – change of court. (Rule No 12 to 16)

UNIT - IV

Game delays: types - delay sanctions - exceptional interruptions – intervals change of court – libero – Participant contact – sportsman like contact – fair play – misconduct – sanctions (Rule No 17-21)

UNIT - V

Referrers : composition – procedure – I referee – II referee – scorer – assistant scorer – line judges- signals. (Rule no 22 – 28)

REFERENCE

1. AKFI Official l rules book



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204 D Rules and Regulation of specified sport (Athletics)

Unit 1

Dimension & Marking of Track : -Layout of 400 m track marking - -Layout of 200 m track marking - -Different kind of staggers - -Marking for relay competitions (4x100 m, 4x400 m)

Unit 2

Marking for field events: -Layout for shot put, discus throw, hammer throw & Javelin throw arena -Layout for Long jump, Triple jump, High jump & Pole vault arena

Unit 3

Duties & Responsibilities of Officials: Technical delegates - Jury of appeal -Start coordinator, Starter & Recalls - Technical manager – Referees –Judges - Time keepers & photo finish judges - Lap scorers -Call room judges

Unit 4

Interpretation of rules & regulations: -Starts, Race & finish - -Hurdle races & steeple chase race --Relay races --Race walk --Cross country – road races - -Technical rules of combined events (Heptathlon & Decathlon)

Unit 5

Technical rules of field events: Throws (Shot put, Discus throw, Hammer throw & Javelin throw) -Horizontal jumps (Long jump , Triple jump) -Vertical jumps (High jump , Pole vault)

References:

1.Dr.George Emmanuel, Track and field events Layout and marking



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2. World Athletics-Competition and technical rules-2020 edition

204ERULES REGULATION OF SPORT/GAME – HOCKEY

UNIT - I

Facilities and equipment: Playing area - Dimensions measurements - layout – markings.- surface – zones –Temperature - lighting . Stick - ball - goal keeper

UNIT - II

Field of play – composition of team- Playing format – captain - score - set – match – toss – starting lineup – Positions – players clothing and equipments.

UNIT III

Match and results: start – re start – ball outside of the field –method of scoring conduct of play – player

UNIT - IV

Conduct of play – goal keeper – umpire – penalties – procedure – personal – personality

UNIT - V

Umpire – objective – apply the rules – skills – signals – style of officiating

REFERENCE

1. Rules of Hockey – International Hockey Federation



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TECHNIQUE AND TECHNICAL TRAINING OF SPORTS/ GAMES (VOLLEYBALL)

UNIT – I

Technique - Definition - fundamental skills - offensive skills – defensive skills - without equipment – positioning – movements - Principles of learning

UNIT – II

Technique: fundamental skills - with equipment/ball – offensive skills – defensive skills - simple to complex exercises - positioning - movements - Technical training - simple - complex - pressure - training under physical aspects.

UNIT - III

Techniques: Teaching fundamental skills –offensive skills – anatomical aspect – applied biomechanics - technical training

UNIT - IV

Teaching: fundamental skills – defensive skills – anatomical aspect – applied biomechanics – means of identifying faults – correction s.

UNIT - V

Training: advanced skills –offensive skills – training – corrections – analysis - defensive skills – training – corrections – analysis – testing

REFERENCE :

1. FIVB/FIFA/IHF/IAAF coaches manual
2. Ceile Reynand “ Coaching volleyball technical and tactical skills” Human kinetics
3. International sports Academy – Part I & Part II
4. Edward Spooner “The science of Volleyball Practice development and drill design” I universe Publications.



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TECHNIQUE AND TECHNICAL TRAINING OF SPORTS/ GAMES (FOOTBALL)

UNIT – I

Technique - Definition - fundamental skills - offensive skills – defensive skills - without equipment – positioning – movements - Principles of learning

UNIT – II

Technique: fundamental skills - with equipment/ball – offensive skills – defensive skills - simple to complex exercises - positioning - movements - Technical training - simple - complex - pressure - training under physical aspects.

UNIT - III

Techniques: Teaching fundamental skills –offensive skills – anatomical aspect – applied biomechanics - technical training

UNIT - IV

Teaching: fundamental skills – defensive skills – anatomical aspect – applied biomechanics – means of identifying faults – correction s.

UNIT - V

Training: advanced skills –offensive skills – training – corrections – analysis - defensive skills – training – corrections – analysis – testing

REFERENCE :

1. Coaching manual by S. Subramanian & Richerd Bate Malayasia
2. FIFA coaches manual



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TECHNIQUE AND TECHNICAL TRAINING OF SPORTS/ GAMES

(KABADDI)

UNIT – I

Technique - Definition - fundamental skills - offensive skills – defensive skills - without equipment – positioning – movements - Principles of learning

UNIT – II

Technique: fundamental skills - with equipment/ball – offensive skills – defensive skills - simple to complex exercises - positioning - movements - Technical training - simple - complex - pressure - training under physical aspects.

UNIT - III

Techniques: Teaching fundamental skills –offensive skills – anatomical aspect – applied biomechanics - technical training

UNIT - IV

Teaching: fundamental skills – defensive skills – anatomical aspect – applied biomechanics – means of identifying faults – correction s.

UNIT - V

Training: advanced skills –offensive skills – training – corrections – analysis - defensive skills – training – corrections – analysis – testing

REFERENCE :

1. IKF coaches manual



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TECHNIQUE AND TECHNICAL TRAINING OF SPORTS/ GAMES (ATHLETICS)

UNIT – I

Technique - Definition - fundamental skills - throws event - without equipment – positioning – movements - Principles of learning

UNIT – II

Technique: fundamental skills – Jumps - with equipment/ball – simple to complex exercises - positioning - movements - Technical training - simple - complex - pressure - training under physical aspects.

UNIT - III

Techniques: Track events - teaching fundamental skills – anatomical aspect – applied biomechanics - technical training

UNIT - IV

Teaching: Combined events - fundamental skills – defensive skills – anatomical aspect – applied biomechanics – means of identifying faults – correction s.

UNIT - V

Training: Decathlon – heptathlon – road race – marathon – waling – ruining advanced skills– training – corrections – analysis - defensive skills – training – corrections – analysis – testing

REFERENCE :

1. Coaching manual by S. Subramanian & Richerd Bate Malayasia
2. IAAF coaches manual



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TECHNIQUE AND TECHNICAL TRAINING OF SPORTS/ GAMES (HOCKEY)

UNIT – I

Technique - Definition - fundamental skills - offensive skills – defensive skills - without equipment – positioning – movements - Principles of learning

UNIT – II

Technique: fundamental skills - with equipment/ball – offensive skills – defensive skills - simple to complex exercises - positioning - movements - Technical training - simple - complex - pressure - training under physical aspects.

UNIT - III

Techniques: Teaching fundamental skills –offensive skills – anatomical aspect – applied biomechanics - technical training

UNIT - IV

Teaching: fundamental skills – defensive skills – anatomical aspect – applied biomechanics – means of identifying faults – correction s.

UNIT - V

Training: advanced skills –offensive skills – training – corrections – analysis - defensive skills – training – corrections – analysis – testing

REFERENCE :

1. Coaching manual by S. Subramanian & Richerd Bate Malayasia
2. HIF coaches manual
3. International sports Academy – Part I & Part II



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TACTICS AND TACTICAL DEVELOPMENT OF SPORT/GAME – VOLLEYBALL

UNIT – I

Tactics - definition – classification – importance – stages of teaching – descriptive analysis of offensive skills - Defensive skills

UNIT - II

Tactics – Offensive skills - advantage - disadvantage - individual tactics - tactical development - group tactics – tactical development - training under tactical and physical aspects

UNIT - III

Tactics – team tactics – tactical development – methods and means training - training under tactical aspects – Mental training to improve tactics

UNIT - IV

Strategies – meaning – importance – methods - factors affecting - System of play – formation - methods – importance - functional training – set plays - attacking - defense - importance

UNIT - V

Match practice – related practice – phase practice – minor games – small sided games

REFERENCE :

1. Coaches Manual : Erric Ribbeck, Germany
2. FIVB/FIFA/IHF/IAAF coaches manual
3. International Academy – Part I & Part II
4. Ceile Reynand “ Coaching volleyball technical and tactical skills” Human kinetics
5. Toni Faovzi “ Volleyball- Technique and Tactics” Lulu publications



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TACTICS AND TACTICAL DEVELOPMENT OF SPORT/GAME – FOOTBALL

UNIT – I

Tactics - definition – classification – importance – stages of teaching – descriptive analysis of offensive skills - Defensive skills

UNIT - II

Tactics – Offensive skills - advantage - disadvantage - individual tactics - tactical development - group tactics – tactical development - training under tactical and physical aspects

UNIT - III

Tactics – team tactics – tactical development – methods and means training - training under tactical aspects – Mental training to improve tactics

UNIT - IV

Strategies – meaning – importance – methods - factors affecting - System of play – formation - methods – importance - functional training – set plays - attacking - defense - importance

UNIT - V

Match practice – related practice – phase practice – minor games – small sided games

REFERENCE :

1. Coaches Manual : Erric Ribbeck, Germany
2. FIFA coaches manual
3. International Academy – Part I & Part II



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TACTICS AND TACTICAL DEVELOPMENT OF SPORT/GAME – KABADDI

UNIT – I

Tactics - definition – classification – importance – stages of teaching – descriptive analysis of offensive skills - Defensive skills

UNIT - II

Tactics – Offensive skills - advantage - disadvantage - individual tactics - tactical development - group tactics – tactical development - training under tactical and physical aspects

UNIT - III

Tactics – team tactics – tactical development – methods and means training - training under tactical aspects – Mental training to improve tactics

UNIT - IV

Strategies – meaning – importance – methods - factors affecting - System of play – formation - methods – importance - functional training – set plays - attacking - defense - importance

UNIT - V

Match practice – related practice – phase practice – minor games – small sided games

REFERENCE :

1. Coaches Manual : Erric Ribbeck, Germany
2. AKFI coaches manual
3. International Academy – Part I & Part II



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TACTICS AND TACTICAL DEVELOPMENT OF SPECIFIED SPORTS ATHLETICS

Unit 1

Historical development - National and International level - National bodies controlling sports and their affiliated units - International bodies controlling sports and their affiliated units - Major National and International competition

Unit 2

Sprints: Crouch starts and its variation – finishing technique – Running stride and its - phases (drive, support and recovery phase) Hurdles: Technique of 100 m and 110 m hurdles – Technique of 400 m hurdles

Unit 3

Middle and long distance: Techniques – Strategy – Tactics - Race walk : Techniques – phases of walking stride

Unit 4

Technical characteristics of Jumps ; -Long jump --Triple jump --High jump -Pole vault

Unit 5

Technical characteristics of Throws: -Shot put --Discus throw --Javelin throw --Hammer throw – types of passing button

References:

- 1.Run, Jump, Throws, IAAF guide to teaching athletes
- 2.,Deberly, J.menneth, modern track and field
- 3.Will freeman, Track and field coaching essentials, Human kinetics



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TACTICS AND TACTICAL DEVELOPMENT OF SPORT/GAME – HOCKEY

UNIT – I

Tactics - definition – classification – importance – stages of teaching – descriptive analysis of offensive skills - Defensive skills

UNIT - II

Tactics – Offensive skills - advantage - disadvantage - individual tactics - tactical development - group tactics – tactical development - training under tactical and physical aspects

UNIT - III

Tactics – team tactics – tactical development – methods and means training - training under tactical aspects – Mental training to improve tactics

UNIT - IV

Strategies – meaning – importance – methods - factors affecting - System of play – formation - methods – importance - functional training – set plays - attacking - defense - importance

UNIT - V

Match practice – related practice – phase practice – minor games – small sided games

REFERENCE :

1. Coaches Manual : Erric Ribbeck, Germany
2. IHF coaches manual



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SPECIFIC MOTOR QUALITIES OF SPORT/GAME : VOLLEYBALL

UNIT – I

Motor quality: forms – reaction speed – speed in movement – loco motor speed – sprinting speed – speed endurance - development - means and methods of development. Specific exercises – specific sport – development.

UNIT – II

Strength: types – maximum strength – explosive strength – strength endurance - means and methods of development – resistance training – Circuit training - up hill training – game specific exercises- development

UNIT - III

Endurance: Basic - General – specific – Nature of activity – duration of activity – 20 km walking - means and methods of development – circuit training – interval training – game specific exercises – development.

UNIT - IV

Coordinative abilities: classification - importance – need - means and method of development - game specific exercises – means and methods of development. Flexibility: types- stretching – active – passive – PNF stretch – sports specific exercises – development.

UNIT - V

Specific Plan: types – significance – micro – meso- macro. Specific Periodisation - aim – need – importance – Single – double – multiple - top form - various periods – preparatory – competitive - transitional - training schedules – daily – weekly monthly)

REFERENCES :

1. Frank W Dick, Sports training principles, London, Lepus Book Co., 1980
2. Hardyal Singh Science of sports training, DVS Publication, New Delhi, 1995

SPECIFIC MOTOR QUALITIES OF SPORT/GAME : FOOTBALL

UNIT – I



தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்

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Motor quality: forms – reaction speed – speed in movement – loco motor speed – sprinting speed – speed endurance - development - means and methods of development. Specific exercises – specific sport – development.

UNIT – II

Strength: types – maximum strength – explosive strength – strength endurance - means and methods of development – resistance training –Circuit training - up hill training – game specific exercises- development

UNIT - III

Endurance: Basic - General – specific – Nature of activity – duration of activity – 20 km walking - means and methods of development – circuit training – interval training – game specific exercises – development.

UNIT - IV

Coordinative abilities: classification - importance – need - means and method of development - game specific exercises – means and methods of development. Flexibility: types- stretching – active – passive – PNF stretch – sports specific exercises – development.

UNIT - V

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REFERENCES :

1. Frank W Dick, Sports training principles, London, Lepus Book Co., 1980
2. Hardy Singh Science of sports training, DVS Publication, New Delhi, 1995

SPECIFIC MOTOR QUALITIES OF SPORT/GAME : KABADDI

UNIT – I



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Motor quality: forms – reaction speed – speed in movement – loco motor speed – sprinting speed – speed endurance - development - means and methods of development. Specific exercises – specific sport – development.

UNIT – II

Strength: types – maximum strength – explosive strength – strength endurance - means and methods of development – resistance training –Circuit training - up hill training – game specific exercises- development

UNIT - III

Endurance: Basic - General – specific – Nature of activity – duration of activity – 20 km walking - means and methods of development – circuit training – interval training – game specific exercises – development.

UNIT - IV

Coordinative abilities: classification - importance – need - means and method of development - game specific exercises – means and methods of development. Flexibility: types- stretching – active – passive – PNF stretch – sports specific exercises – development.

UNIT - V

Specific Plan: types – significance – micro – meso- macro. Specific Periodisation - aim – need – importance – Single – double – multiple - top form - various periods – preparatory – competitive - transitional - training schedules – daily – weekly monthly)

REFERENCES :

1. Frank W Dick, Sports training principles, London, Lepus Book Co., 1980
2. Hardy Singh Science of sports training, DVS Publication, New Delhi, 1995

SPECIFIC MOTOR QUALITIES OF SPORT/GAME : ATHLETICS

UNIT – I



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Motor quality: forms – reaction speed – speed in movement – loco motor speed – sprinting speed – speed endurance - development - means and methods of development. Specific exercises – specific sport – development.

UNIT – II

Strength: types – maximum strength – explosive strength – strength endurance - means and methods of development – resistance training –Circuit training - up hill training – game specific exercises- development

UNIT - III

Endurance: Basic - General – specific – Nature of activity – duration of activity – 20 km walking - means and methods of development – circuit training – interval training – game specific exercises – development.

UNIT - IV

Coordinative abilities: classification - importance – need - means and method of development - game specific exercises – means and methods of development. Flexibility: types- stretching – active – passive – PNF stretch – sports specific exercises – development.

UNIT - V

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REFERENCES :

1. Frank W Dick, Sports training principles, London, Lepus Book Co., 1980
2. Hardy Singh Science of sports training, DVS Publication, New Delhi, 1995

SPECIFIC MOTOR QUALITIES OF SPORT/GAME : HOCKEY

UNIT – I



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Motor quality: forms – reaction speed – speed in movement – loco motor speed – sprinting speed – speed endurance - development - means and methods of development. Specific exercises – specific sport – development.

UNIT – II

Strength: types – maximum strength – explosive strength – strength endurance - means and methods of development – resistance training –Circuit training - up hill training – game specific exercises- development

UNIT - III

Endurance: Basic - General – specific – Nature of activity – duration of activity – 20 km walking - means and methods of development – circuit training – interval training – game specific exercises – development.

UNIT - IV

Coordinative abilities: classification - importance – need - means and method of development - game specific exercises – means and methods of development. Flexibility: types- stretching – active – passive – PNF stretch – sports specific exercises – development.

UNIT - V

Specific Plan: types – significance – micro – meso- macro. Specific Periodisation - aim – need – importance – Single – double – multiple - top form - various periods – preparatory – competitive - transitional - training schedules – daily – weekly monthly)

REFERENCES :

1. Frank W Dick, Sports training principles, London, Lepus Book Co., 1980
2. Hardy Singh Science of sports training, DVS Publication, New Delhi, 1995

TEAM PREPARATION, COACHING AND MATCH ANALYSIS OF SPORT/GAME

VOLLEYBALL



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UNIT – I

Physical preparation: motor qualities – assessment -testing and recording – training – pre season – off season – in season - Player identification - selection of team player - guide to select team – diet

UNIT – II

Skills preparations: advance skills- tactics – offensive – defensive - Modern training – complete exercises - assessment – evaluation – team training - off season - pre season - in season – team training – diet

UNIT – III

Psychological preparation - Inter personal relation - Motivation - autogenic training – pep talk – psychological training - goal setting - criticism - effective.

UNIT – IV

Team preparations: regular meeting - Pre competition meeting - half time meeting - post match meeting – previous matches review - purpose - fluid replacement - diet - pre – during - after the match – relaxation.

UNIT – V

Match analysis - aim - objectives - methods - system - psychological factors diet - climate - ground condition - medical assistance - physical fitness - technical - tactical - strategies - opponent's team - key player - dangerous players - strong and weak points of players - execution - feedback - chart - notational analysis

REFERENCES :

1. FIVB coaches manual
2. FIVB Rules book
3. International Academy - Part I & Part II

**TEAM PREPARATION, COACHING AND MATCH ANALYSIS OF SPORT/GAME
FOOTBALL**



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UNIT – I

Physical preparation: motor qualities – assessment -testing and recording – training – pre season – off season – in season - Player identification - selection of team player - guide to select team – diet

UNIT – II

Skills preparations: advance skills- tactics – offensive – defensive - Modern training – complete exercises - assessment – evaluation – team training - off season - pre season - in season – team training – diet

UNIT – III

Psychological preparation - Inter personal relation - Motivation - autogenic training – pep talk – psychological training - goal setting - criticism - effective.

UNIT – IV

Team preparations: regular meeting - Pre competition meeting - half time meeting - post match meeting – previous matches review - purpose - fluid replacement - diet - pre – during - after the match – relaxation.

UNIT – V

Match analysis - aim - objectives - methods - system - psychological factors diet - climate - ground condition - medical assistance - physical fitness - technical - tactical - strategies - opponent's team - key player - dangerous players - strong and weak points of players - execution - feedback - chart - notational analysis

REFERENCES :

1. Soccer : Arpan Csanadi
2. FIFA coaches manual
3. FIFA Rules book
4. International Academy - Part I & Part II

TEAM PREPARATION, COACHING AND MATCH ANALYSIS OF SPORT/GAME

KABADDI



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UNIT – I

Physical preparation: motor qualities – assessment -testing and recording – training – pre season – off season – in season - Player identification - selection of team player - guide to select team – diet

UNIT – II

Skills preparations: advance skills- tactics – offensive – defensive - Modern training – complete exercises - assessment – evaluation – team training - off season - pre season - in season – team training – diet

UNIT – III

Psychological preparation - Inter personal relation - Motivation - autogenic training – pep talk – psychological training - goal setting - criticism - effective.

UNIT – IV

Team preparations: regular meeting - Pre competition meeting - half time meeting - post match meeting – previous matches review - purpose - fluid replacement - diet - pre – during - after the match – relaxation.

UNIT – V

Match analysis - aim - objectives - methods - system - psychological factors diet - climate - ground condition - medical assistance - physical fitness - technical - tactical - strategies - opponent's team - key player - dangerous players - strong and weak points of players - execution - feedback - chart - notational analysis

REFERENCES :

1. AIKFI coaches manual
2. International Academy - Part I & Part II

TEAM PREPARATION, COACHING AND MATCH ANALYSIS OF SPORT/GAME

ATHLETICS



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UNIT – I

Physical preparation: motor qualities – assessment -testing and recording – training – pre season – off season – in season - Player identification - selection of team player - guide to select team – diet

UNIT – II

Skills preparations: throws event skills- tactics – Modern training – complete exercises - assessment – evaluation – team training - off season - pre season - in season – diet

UNIT – III

Skills preparations: Jumps - skills- tactics – Modern training – complete exercises - assessment – evaluation – training - off season - pre season - in season – diet

Psychological preparation - Inter personal relation - Motivation - autogenic training – pep talk – psychological training - goal setting - criticism - effective.

UNIT – IV

Team preparations: regular meeting - Pre competition meeting - half time meeting - post competition meeting – previous competition review - purpose - fluid replacement - diet - pre – during - after the competition – relaxation. Psychological preparation - Inter personal relation - Motivation - autogenic training – pep talk – psychological training - goal setting - criticism - effective.

UNIT – V

Competition analysis - aim - objectives - methods - system - psychological factors diet - climate - ground condition - medical assistance - physical fitness - technical - tactical - strategies - opponent's team - key player - dangerous players - strong and weak points of players - execution - feedback - chart - notational analysis

REFERENCES :

1. IAAF coaches manual

TEAM PREPARATION, COACHING AND MATCH ANALYSIS OF SPORT/GAME

HOCKEY



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UNIT – I

Physical preparation: motor qualities – assessment -testing and recording – training – pre season – off season – in season - Player identification - selection of team player - guide to select team – diet

UNIT – II

Skills preparations: advance skills- tactics – offensive – defensive - Modern training – complete exercises - assessment – evaluation – team training - off season - pre season - in season – team training – diet

UNIT – III

Psychological preparation - Inter personal relation - Motivation - autogenic training – pep talk – psychological training - goal setting - criticism - effective.

UNIT – IV

Team preparations: regular meeting - Pre competition meeting - half time meeting - post match meeting – previous matches review - purpose - fluid replacement - diet - pre – during - after the match – relaxation.

UNIT – V

Match analysis - aim - objectives - methods - system - psychological factors diet - climate - ground condition - medical assistance - physical fitness - technical - tactical - strategies - opponent's team - key player - dangerous players - strong and weak points of players - execution - feedback - chart - notational analysis

REFERENCES :

1. IHF coaches manual
2. IHF Rules book
3. International Academy - Part I & Part II

PSM18SE201-E – COMMERCE

Unit I

Fundamental of E-Commerce



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Traditional commerce and E commerce – Internet and WWW – role of WWW – value chains – strategic business and Industry value chains – role of E commerce. Driving forces – benefits and limitations of e-commerce.

Unit II Business Applications in E-Commerce

Retailing in E-commerce – market research on internet customers – e-commerce for service sector – Advertising in e-commerce – B2B ecommerce.

Unit III E-Commerce Infrastructure

Intranet, Internet & Extranet – Structure, Architecture, Applications & Business Models, search engines

Unit IV E-Commerce Payments and Security

Computer security classification – copy right and Intellectual property – electronic commerce threats - strategies for marketing – sales and promotion E-Payments and Internet fraud. Principles of e-fund transfer, credit and debit card usage, E-check and unified payment systems.

Unit V Issues in E-Commerce

Intelligent Agents - Definition and capabilities – limitation of agents – security –Legal, Ethics and Privacy issues – Protection needs and methodology - Consumer protection, Cyber laws, contracts and warranties. Taxation and Encryption Policies.

References

1. Efraim Turban et al., 'Electronic Commerce – A managerial perspective', Pearson Education Asia
2. Kalakota et al, 'Frontiers of Electronic Commerce', Addison Wesley.
3. Sandeep Krishnamurthy, 'E-Commerce Management – Text and Cases', Thomson Learning.
4. Greenstein Firsman, 'Electronic Commerce', Tata McGraw Hill.
5. Nabil Adam et al, 'Electronic Commerce – Technical, Business and Legal Issues'. Prentice Hall.



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PSMDE103

Unit-1:

Sports marketing: Definition – Marketing Myopia in Sport – Uniqueness of Sports Marketing – Model of the Sports Industry – Implementation of Sports Marketing Programme.

Unit-2:

Perspectives in Sports Consumer Behavior: Environmental Factors – Individual Factors – Decision Making for Sports Involvement – Role of Research in Sports Marketing: Types of Primary Market Research – Common Problems in Sports Marketing Research.

Unit-3:

The Sports Product: Its Core and Extensions – Key Issues in Sports Product Strategy – Managing Sports Brands: Benefits and Development of Brand Equity – Sales: Definition – Typical Sales Approaches Used in Sports – Selling Sports to the Community.

Unit-4:

Pricing Strategies: The Basics of Pricing – Core Issues – Special Pricing Factors – Advertising Media for Sports – Promotional Concepts, Practices and Components – Sponsorship: Definition – Growth of Sponsorship – Evaluating and Ensuring Sponsorship Effectiveness – Selling the Sponsorship – Ethical Issues.

Unit-5:

Place/Product Distribution: Placing Core Products and their Extensions – The Facility – Marketing Channels – The Product-Place Matrix – Electronic Media Landscape – Media Impact on Sport Public Relations – Integrating Sales, Promotion, Sponsorship, Media and Community Relations – Cross Impacts among the Five P's – the Legal Aspects of Sports Marketing.

References:

1. Bernard J Mullin, Stephen Hardy, William A Sutton, Sport Marketing, Human Kinetics.



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PSMDE104

Unit-I:

Facility Management: Meaning – The Facility Manager – Constituents – Managerial Functions – Computer Aided Facility Management – Strategies – Leadership – Outsourcing.

Unit-II:

Facility Planning: Fundamentals – Planning for Existing and Future Facilities – Facility Site and Design: Site Location – site Cost – Site Selection – Facility Design and Construction – Construction Planning and Elements – Project cost – Completion and Analysis.

Unit-III:

Facility Systems: Heating, Ventilation and Air-Conditioning – Energy Systems – Interior and Exterior Systems – Space Management – Facility Repair Management: Maintenance and Repair Program – Basic Maintenance.

Unit-IV:

Facility Marketing - Sales – Financial Concepts – Revenue and Expenses – Budgeting – New Facility Financing – Selling of a Facility – Sports Facility Jobs – Employment Management – Training – Risk Management and Insurance.

Unit-V:

Facility Preparation: Attracting Events – Event Preparation Implementing a Security Plan: Crowd Management – Crisis Management – Event Management in the Facility: Marketing Efforts and Costs – Marketing for the Future.

Reference:

Gil Fried, Managing Sports Facilities, Human Kinetics



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PSMDE108-

UNIT 1. SPORTS MEDIA- Definition of Media - Introduction to different Sports Media – Impact of Sports Media – future of media.

UNIT 2. SPORTS CHANNELS- Introduction to Sport Communication - Careers in Sport Related Fields - Sport Publishing- Electronic-New Media.-Popular Sports Channels Operating in India.

UNIT 3. COMPREHENSIVE STUDY ON DIFFERENT SPORTS CHANNELS- Profile - Top Management- Functional Departments - Work Culture- Career Opportunities- Telecast rights for major Sporting Events- Program Mix- Advertising Opportunities.

UNIT 4. SPORTS JOURNALISM- Introduction- Scope- News - Value of Sports- Essential Qualification of Sports Writer -Presenter.

UNIT 5. EVENT MANAGEMENT- Meaning of Events, Event Management, Designing an Event- 5C's (Conceptualisation, Costing, Canvassing, Customisation, Carrying out). Key Elements of Events-Event Infrastructure- Organisers- Clients- Target Audience- Media-Venue - Role of Mass Media in Event Promotion.

References:

1. Hall, Nichols, Moynahan, and Taylor (2007). Media Relations in Sport – 2 nd Ed. Morgantown, WV: Fitness Information Technology.
2. Managing Sporting Events – Jerry Solomon (Human kinetics)
3. Sports Journalism – Philip Andrews (Sage Publication)



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SOFT SKILLS - I

MANAGERIAL ORAL COMMUNICATION

OBJECTIVE

To develop Oral Communication skill of the students.

BRIEF CONTENTS

Self Introduction – News Reading – Story Telling - Group Discussions - Talk Shows and Role Plays - Personal Interview - Movie Reviews, Article Reviews, Book Review and Speech in General Occasions.



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SOFT SKILLS - II

MANAGERIAL WRITTEN COMMUNICATION

OBJECTIVE

To develop Written Communication skill of the students.

BRIEF CONTENTS

Preparing the detailed Resume with a covering letter. Preparing Agenda & minutes of the meeting. Preparing tenders and quotations. Abstract / Summary writing, Articles writing in Journals and Magazines. Daily report - Weekly Report - Monthly report - Quarterly Report and Annual Report. Preparing a Business Plan/Proposals.



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SOFT SKILLS - III

PRESENTATION SKILLS

OBJECTIVE

To develop the organizing and presentation skill of the students.

BRIEF CONTENTS

Organizing the Seminars, workshops and Conferences. Conducting Awareness Camps, Blood Donation camps, Book fairs and Job fairs. Conducting Entrance Examination, Mock Interviews, Quiz Competitions and Sports Events Management. Paper presentation. Preparation and presentation of an Advertisement.

Department of Sports Psychology and Sociology

Employability Skills

PPS18DSE02-

SOCIOLOGY OF HEALTH

UNIT I - Concept of Health and Illness: Definition of health, Aspects of health – Physical, Social, emotional and spiritual. Definition of disease, natural history of disease, disease

classification. Social and preventive medicine, Community health.

UNIT II - Social epidemiology: The development of epidemiology, principles and methods

of epidemiology, epidemiological measures. Epidemiology of disease – Man and his

environment. Social etiology – Social epidemiology and ecology of disease – Microbial

theory – Process of transmission.

UNIT III - Social and cultural context of health behavior: Home remedies – local community healers – traditional health care institutions. Family and health care decisions –

women and elderly as health care givers – the traditional support networks and involvement of supportive ties.

UNIT IV - Health Care delivery system: Traditional – Native medicine – Alternate medicine

and integrated approach. Health care and agencies: Primary health care centers and sub

centers providing primary health care in rural communities. Counseling and counseling



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techniques.

UNIT V - Policies and Programmes: National health policy, provision of health care in rural and urban communities, Public health programmes; special teams and integrated health and family welfare approach: multipurpose health workers. Medical benefits – ESI, Maternity benefits, death benefit, medical insurance. Integrated programmes for rehabilitation, effective treatment and disability limitation, Immunization.

REFERNCES:

1. Albrecht, Gary L. and Fitzpatric, R. 1994. *Quality of life in Health care: Advances in Medical Sociology*. Mumbai: Jai Press.
2. Andie L. Knuston. 1965. *The Individual, Society and Health Behaviour*. New York: Sage.
3. Coe. Rodney. M. 1970 *Sociology of medicine*. New York: Mc Graw Hill
4. Cockerham, William C. 1997. *Medical sociology*. New Jersey: Prentice Hall.
5. Dak T.M. (Ed.) 1991. *Sociology of Healthin India*. Delhi. Rawat.
6. Fox, Renee C. 1988. *Essays in Medical Sociology: Journeys into the field*. New York: Transaction Publishers.

PSP18CT301:

FUNDAMENTALS OF COUNSELING SKILLS

UNIT I

Introduction: Definition – Development and goals- History and Current trends in counseling
– Counselor – the nature of counselor's work - counselee relationship - counseling process:
Steps – purposes of counseling - scope of counseling – characteristics of effective counseling

UNIT II

Approaches to Counseling: Directive, Non-directive, Psychoanalytic, Humanistic, Reciprocal inhibition technique, Eclectic approach - Basic Counseling Theories – Psychoanalytic theory, Adlerian theory, Existential theory, person centered theory, gestalt theory- Counselling in India - legal and ethical issues: ethical issues – ethical dilemmas – legal concerns of counselor.

UNIT III

Special areas: Family counseling, students counseling, parental counseling, educational,



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vocational and career counseling - Counseling Interview: Communication, verbal, nonverbal, interview, techniques of interview, relationship technique, problem identification and exploration, sharing, transference, counter transference. - Counseling the special population - global counseling and trauma counseling

UNIT IV

Professional Preparation & Training: Selection, skills, counseling as a profession, desirable characteristics - Modern Trends: Career guidance, Functions of counselor, stages of counseling - Techniques: Egan's Model, Interviews, testing— Mastering the techniques of counseling :

UNIT V

Group Counseling— Definitions — values of group Counseling - Group therapy — Training & Sensitivity groups – Group process and group dynamics - Group Counseling and Group therapy; Group vs. Individual Counseling; Types of groups - Issues in Group Counseling.

REFERENCE:

1. Lewis E. Patterson and Elizabeth Reynolds Welfel (2000). The Counselling Process, 5th edition, Wasworth Brooks / Cole, Thomson Learning.
2. S. Narayana Rao (1981) Counselling Psychology, Tata McGraw Hill Publisher.
3. Brammer. L.M. and Shostrom E.L. (1977) Therapeutic Psychology, Englewood Cliffs, New Jersey.
4. Feltham. C & Horton. I (2000) Handbook of Counselling and Psychotherapy, London : Sage Publication.
5. Nelson - Jones, R. (1995). The Theory and Practice of Counselling, 2nd Edition, London : Cassell.
6. Covey, G. (2008). Theory and Practice of Counselling and Psychotherapy (8th ed.) Canada: Brookes/Cole.
7. Covey, G. (2008). Student manual for Theory and Practice of Counselling and Psychotherapy (8th ed.). CA: Brooks/Cole.
8. Burl E. Gilland & Richard K. James (1998). Theories and Strategies in Counselling and Psychotherapy. Singapore: Allyn and Bacon.
9. James O. Prochaska & John C. Norcross. (2007). Systems of Psychotherapy: A trans



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theoretical analysis (6th ed.). Thomson-Brooks/Cole.

10. Palmer, S. (ed.). (1999). Introduction to counselling and psychotherapy: The essential

guide. New Delhi: Sage.

11. Simon, L. (2000). Psychotherapy: Theory, practice, modern and post modern influences.

Westport, Connecticut: Praeger.

12. Sharf, R.S.(2000). Theories of psychotherapy and counselling: Concepts and cases

(2nd

ed.).Singapore: Brooks/Cole.

PPS18CP104 –

PSYCHOLOGICAL TESTING AND ASSESSMENT - I

Students are required to conduct and record any 08 experiments.

1. Competitive State Anxiety
2. Psychological Performance
3. Locus of Control –Internal/External
4. Life Skills
5. Mental Imagery
6. Extrinsic/Intrinsic Motivation
7. Depth Perception
8. Concentration
9. Sports Specific Personality Inventory
10. Sports Achievement Motivation
11. Reaction Time

REFERENCES:

1. Woodworth, R.S. and Scholberg (1972), Experimental psychology. Holt, Rinehart & Winston.
2. Anastasi & Susana Urbina (2004) 7th Edition, Psychological Testing, Pearson Education Inc, New Delhi..
3. Parameswaran & Ravichandran. (2003). Experimental psychology. Neel Kamal Publications.

PPS18CP204–

PSYCHOLOGICAL TESTING AND ASSESSMENT - II

Students are required to conduct and record any 08 experiments

1. Sports Aggression
2. Team Cohesion
3. Mental Toughness
4. Mindfulness
5. Motives for Competition
6. Flow State
7. Performance Failure Appraisal
8. Exercise Motivation



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- 9. Athletic Coping Skills
- 10. Eye Hand Coordination
- 11. Eye-Foot Coordination

REFERENCES:

- 1. Woodworth, R.S. and Scholesberg (1972), Experimental psychology. Holt, Rinehart & Winston.
- 2. Anastasi & Susana Urbina (2004) 7th Edition, Psychological Testing, Pearson Education Inc, New Delhi.
- 3. Cronbach, L.J, Essentials of Psychological Testing.
- 4. Parameswaran & Ravichandran. (2003). Experimental psychology. Neel Kamal Publication

1. Classical Yogic Practices - I

Syllabus:

UNIT – I

ShatkarmasDhauti (Kunjla), Vastradhauli, Dandadhauli, Laghoo and Poornasankhaprakshalana, Neti (Sutra and Jala), Kapalabhati, Agnisara, Nauli - Suryanamaskar- Suryanamaskar must be practiced traditionally and the variation in Suryanamaskar may be taken into consideration based on the convenience of patients for therapy.

UNIT - II

Asnas (yogic postures) Standing Postures Ardhatichakrasana, Hastapadasana, Ardhatichakrasana, Trikonasana, Parivrittatrikonasana, Parsvakonasana, Veersana, Sitting postures Paschimottanasana, Suptavajrasana, Ardhamatsyendrasana, Vakrasana, Marichasana, Malasana, Badhakanasana, Merudandasana, Akarnadhanurasana, Gomukhasana, Prone postures Bhujangasana, Salabhasana, Dhanurasana, Urdhvamukhosvanasana, Makarasana, Supine postures Halasana, Chakrasana, Sarvangasana, Matsyasana, Shavasana, Setubandhasana, Balancing postures Vrikshasana, Garudasana, Namaskarasana, Tittibhasana, Natarajasana.



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UNIT – III

Pranayama Breath awareness, Sectional breathing, Nadishuddhi, Bhastrika, Ujjai, Cooling pranayama (Sitali, Sitkari and Sadanta), Bhramari, Pranayama (with Antar&BahyaKumbhaka)

UNIT - IV

Bandhas and Mudras:JivhaBandha, JalandharaBandha, UddiyanaBandha, Mula Bandha, Maha Bandha, Yoga Mudra, Maha Mudra, Shanmukhi Mudra,

2.Yoga Therapy

Syllabus:

UNIT I:

History of yoga therapy- Essence and Principles of Yoga therapy-Philosophy and pathology in the yoga- Shatra-Koshas-doshas-Panchaprana- Application of Yoga and its types-Methodology in Yoga Therapy- Factors(Heyam, Hetu, Hanam and Upayam)- Methods (Daraanam, Sparsanm, Prasanam ,NadiPariksa)

Examination of vertebra, Joints,muscles, Abdomen and Nervous system and therapeutic yoga practices- Modification of yogic practices- Yogic diet for Human systems- Yogic diet- Nadis and Chakras.

UNIT II:

Application of traditional Indian medical systems and therapies:Ayurveda – Doshas,Dinacharya, Ayurvedic diet, Panchakarma therapy, Siddha- Five elements theory, physical constituents, pathology(kayakalpa, kitchen, Herbal and other types of medicine) Varmam and Thokkanam, Exercise therapy, music therapy, cryo therapy, Acupressure, Acupuncture, Chromo therapy, Magneto therapy, Pranic healing, Naturopathy, Modalities of Naturopathy



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UNIT III:

Therapeutic application in Yoga for High blood pressure, Obesity, Diabetes Mellitus, Asthma, Sinusitis, Migraine, Arthritis, Back pain, Thyroid problems, Constipation, Impotency, Infertility, Stroke, Epilepsy, Parkinson's disease, Sleep disorders, Skin diseases, Insomnia, Anaemia.

UNIT IV:

Therapeutic applications in Yoga for psychological disorders: Neurosis: Stress, Depression, eating disorder, suicide, hysteria, Psychosis: Schizophrenia, Autism, Bipolar disorders, Dementia, Personality Disorders: Paranoid, histrionic, drug addicts- Smoking, Alcoholism, Gambling-Anti social activities.

UNIT V:

Therapeutic applications in Yoga for the problems of Women- Amenorrhea, Dysmenorrhoea, Menorrhagia, Metrorrhagia, Hypomenorrhoea, Oligomenorrhoea, Polymenorrhoea, Leucorrhoea, Uterus related problems, Miscarriage, Pregnancy- Pre and Post-natal care, PCOS.



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FUNDAMENTALS OF YOGA

UYO18CT103 –

UNIT -I

Yoga: Meaning – Definitions – Need- Nature - Aim and Objectives, Principles, Philosophy and Scope of Yoga

Philosophy: Scope of Philosophy

Shad Darshanas: Nyaya, Vaisesika, Sankhya, Yoga, Mimamsa, Vedanta.

Misconceptions and Clarifications of Yoga-Yoga and Education.

UNIT - II

History of Yoga-Modern Developments-Contribution to yoga by Vedas, Upanishads,Tantra, Bhagavad Gita, Yoga Vasishtha, Yoga Sutras, Thirumandiram, Yoga YajnavalkyaSamahitha, Goraksataka, Hatha Yoga Pradipika, Gheranda Samhitha, Siva Samhitha, Hatha Ratnavali, Siddha Siddhanta Paddihati, Narada Bhakthi Sutras, Yoga Rahasya.

UNIT - III

Contributions to Yoga by Ramakrishna, Swami Vivekananda, Sivananda, Sri Aruobindo, Maharishi Mahesh Yogi, Swami Rama, Krishnamacharya, Swami Kuvalayananda, Ramana Maharishi, Vethathiri Maharishi, Swami Dayanand Saraswathi- Sri Yogendraji Paramahamsa Yoganada- B.K.S Iyengar.

UNIT - IV

Contributions of Yoga to Religions: Hinduism, Jainism, Buddhism, Christianity, Islam, Sufism- Spirituality -Role of Yoga & Religions on Spirituality- Methods to promoteSpirituality.



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UNIT - V

Paths of Yoga: Hatha Yoga, Bhakti Yoga, Jnana Yoga, Karma Yoga, Raja Yoga, Mantra Yoga, Laya Yoga, Yantra Yoga. Ashtanga Yoga: Yama, Niyama, Asana, Pranayama, PratyDharana, Dhyana, Samadhi.

Schools of Yoga: Sivananda Yoga, Integral Yoga, Bihar School of Yoga, Kundalini Yoga, Ashtanga Yoga, Viniyoga, Iyengar Yoga, Hatha Yoga, Swara Yoga and Mantra Yoga.

PREPARED YOGIC FOOD

UYO19CL102

UNIT I:

Food in ancient texts and systems of medicine

Yogic diet: General introduction of Ahara; concept of Mitahara; Classification in yogic diet according to traditional Yoga texts; diet according to the body constitution (Prakriti) - Vata, Pitta and Kapgha as also Gunas

Concepts of Diet Pathya and Apathya according to Gheranda Samhita, Hatha Pradeepika and Bhagavad gita; importance of yogic diet in Yoga Sadhana and its role in healthy living; Diet according to the body constitution (Prakriti) - Vata, Pitta and Kapgha as also Gunas.

UNIT II:

Diet and health, Nutrition and health, food, food for body and Mind, harmful food, dietary rules, Law of karma

Food stuffs - quality of food- organic eating.

UNIT III:

Yogic diet: Sattvic, Rajasic, Tamasic, Benefits of Yogic diet (Sattvic), characteristics of Rajasic and Tamasic food, Principles of Yogic diet

UNIT IV:

Summer diet, diet for detoxing, brain boosting diet new mothers anti-stress diet - Super food for



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UNIT V:

Diet for diseases, diet for longevity and well-being

CommunityService

Duration :Five Days

Semester : I

Mode of Evaluation :Internal Assessment.

Maximum Marks : 100

Subject : YOGA

Nature of Programme : To bring awareness to communityon Yoga

APPLIED PHYSIOLOGY PRACTICALS

UNIT-I

Measurement of Temperature, Pulse rate, Respiratory rate

UNIT-II

Measurement of Blood Pressure

UNIT-III

Sensory function -Examinations



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UNIT-IV

Muscle Examinations

UNIT V

Identification of a specimen organ and explain its functions.

ENVIRONMENTAL STUDIES

UNIT I

Scope and Importance-Need for Public awareness

UNIT II

Natural Resources - Water-Forest-Minerals-Food Energy-land.

UNIT III

Environmental Pollution- Definition - Causes- Effects and control measure of Air pollution- Water-Soil-Noise-Nuclear.

UNIT IV

Social issues and the environment - Urban problems related to energy - Water conservation - Rainwater harvesting - Water shed management - Environmental ethics - Climate change - Global warming - Acid rain - Ozone layer depletion.

UNIT V

Human population and the environment - Population growth variation among nation - population explosion - Family welfare program - Environment - and human wealth.



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BasicYogaTexts

Unit I

Vedas

Upanishads

Ishasyopanishad, kena, katha, Mundaka, Mandukya, Aitareya, Taittiriya, chandogya, Brihadaryanaka Upanishads

Bhagavad Gita

Yoga in Bhagavad Gita (Chapter-II), Karma Yoga (Chapter-III), Yoga in Chapter -VI, Bhakthi Yoga (Chapter XII), Yogic diet (Chapter XIV & XVII), Moksha(Chapter-XVIII)

Yoga Vasishtha

Highlights and concepts of Freedom, gunas, meditation and ailments Prasthanatrayee, Purushartha Chatushtaya, Narada Bhakthi Series

Unit II

Goraksataka, Hatha Yoga Pradipika, Gheranda Samhitha, Siva Samhitha, Hatha Ratnavali, Siddha Siddhanta Paddhati.

Unit III

Asanas in Hatha text: Definition, pre requisites, Special features

Unit IV

Pranayama in Hatha text:

Concept, phases & Stages, pre requisites, Benefits, precautions, Contraindications.

Unit V

Bandha, Mudra & other practices:

Concept, Definition, Benefits, precautions & contra-indications, stages.



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ANATOMY AND PHYSIOLOGY

Unit 1

Tissue cell: Cell structure- groups of Tissue- Epithelial tissue, muscular tissue. Connective tissue- their functions-The skeletal system- Bones, joints and muscles of the skeleton- tendons and ligaments-their functions.

Unit II

The circulatory system- structure of the heart- the cardiac cycle- composition of blood -Blood pressure- Blood vessels- Hematological system-their functions- arteries, veins & capillaries. The Digestive system- alimentary canal-mouth- pharynx- esophagus - stomach- small and large intestine- the peritoneum- Liver- gall bladder- Pancreas- their functions- metabolism- physiology of digestion - The respiratory system - The respiratory passages - nose, pharynx, larynx, bronchi, lungs, their function - oxygen consumption - Physiology of respiration.

Unit III

The Nervous System- The central nervous system- autonomic nervous system- Brain-spinal cord- Sympathetic and parasympathetic systems- their functions-sensory organs-skin- eyes- ear- tongue- nose- their functions: Posture- active posture- inactive posture- ideal posture- control of posture.

Unit IV

The Endocrine system- Hypothalamus, Pituitary gland- Thyroid gland, Parathyroid glands- Thymus gland- Adrenal gland- Pineal gland- their functions. The urinary system- Kidneys, ureters, bladder, urethra, renal function. The reproductive system- puberty- menopause- testes, uterus, ovaries- their functions.

Unit V

Impact of yogic practices on the Anatomy and physiology of different systems of human body-cells, bones, joints and muscles, skin. Cardio-vascular system, respiratory system,



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digestive & excretory system. Hematological and immune system, glands, nervous system, body metabolism, special senses, locomotor system.

YOGA AND FITNESS

Unit I:

Health: Goals of life- Adhi and Vyadhi, Kleshas, Koshas, Doshas, factors affecting health- Panchamahabhudhas, stages of development of disease- Mental and emotional ill-health Yogic rules for good health, Dimension of health, causes of ill health, pillars of health. Role of yogic positive attitudes (Maitri, Karuna, Mudita and Upeksha) for healthy living, concept of Bhavas and Bhavanas with its relevance in Health and well-being.

Unit II:

Fitness: Meaning, Definition, components and scope of fitness, yogic practices for promoting the components of fitness: Endurance, strength, speed, flexibility, agility and balance. Natural fitness - Allround fitness-Benefits of fitness
Stamina and activities-yogic practices - Aerobic exercises - Similar and dissimilarities of yogic practices and exercises

Unit III:

Human systems, fitness and Yoga-skeletal-muscular cardiovascular - respiratory - digestive - haematological - renal- endocrine - nervous reproductive special senses

Unit IV:

Fitness after illnesses
Fitness for professionals

Unit V:

Management of fitness equipment - props- laboratory facilities for fitness



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Hatha Yoga Texts

Unit I:

Goraksataka, Hatha Yoga pradipika, GhrendaSamhitha, Siva Samhitha, Hatha Ratnavali, Siddha SiddhantaPaddihati

Unit II:

Tirumandiram, Yoga YajnavalkyaSamhitha, Yoga Rahasya, Yoga Makaranda, Vini Yoga of Yoga, Light on Yoga, Yoga Mala

Unit III:

Asanas in Hatha texts:

Definitions, pre-requisites, Special features

Unit IV:

Pranayama in Hatha texts:

Concepts, phases & stages, pre requisites, Benefits, precautions, contradictions

Unit V:

Kriyas, Bandhas, Mudras, Meditation& other practices in Hatha Yoga texts

Concepts, Definitions, precautions, contradictions, stages, benefits



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FUNDAMENTALS OF YOGA THERAPY

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UNIT - I

Therapy: Meaning – Classification-Benefits – Paths of Yoga Therapy – Importance and Goal of Yoga Therapy – Principles – Philosophy - Essence – Nature of Yoga Therapy.

UNIT - II

Origin of Yoga Therapy – History of Yoga Therapy – Evolution of Yoga Therapy – Foundation of Yoga Therapy.

UNIT - III

The Therapeutic Index of Yoga – Shat Kriyas – Procedures, effects, precautions, indications, contraindications and benefits.

UNIT - IV

Pathophysiology: Definition – Etiology – Clinical features, Assessment and yoga therapy for ailments of the following systems:

Respiratory system - nasal allergy and asthma;

Cardiovascular system – Hypertension;

Digestive system – Hyperacidity.

UNIT - V

Pathophysiology: Definition – Etiology – Clinical features, Assessment and yoga therapy for ailments of the following systems: Endocrine System – Diabetes Mellitus, Obesity, Thyroid

Nervous System – Epilepsy, Migraine

Musculo Skeletal System –Arthritis, Back Pain.



PROFESSIONAL PREPARATION FOR NET/ SLET

UNIT-1

Teaching and Research Aptitude: Concept, Objectives, Levels of teaching (Memory, Understanding and Reflective), Characteristics and basic requirements. Learner's characteristics: Characteristics of ado• Research: Meaning, Types, and Characteristics, Positivism and Post- positivistic approach to research. Methods of Research: Experimental, Descriptive, Historical, Qualitative and Quantitative methods. Steps of Research adolescent and adult learners (Academic, Social, Emotional and Cognitive), Individual differences.

UNIT-2

Communication: Communication: Meaning, types and characteristics of communication. Effective communication: Verbal and Non-verbal, Inter-Cultural and group communications, Classroom communication. Barriers to effective communication. Mass-Media and Society.

Information and Communication Technology: ICT: General abbreviations and terminology. Basics of Internet, Intranet, E-mail, Audio and Video-conferencing. Digital initiatives in higher education. ICT and Governance.

UNIT-3

Mathematical and Logical Reasoning: Types of reasoning: Number series, Letter series, Codes and Relationships. Understanding the structure of arguments: argument forms, structure of categorical propositions, Mood and Figure, Formal and Informal fallacies, Uses of language, Connotations and denotations of terms, Classical square of opposition. Evaluating and distinguishing deductive and inductive reasoning. Analogies.

UNIT-4

Data Interpretations: Sources, acquisition and classification of Data. Quantitative and Qualitative Data. Graphical representation (Bar-chart, Histograms, Pie-chart, Table-chart and Line-chart) and mapping of Data. □ Data Interpretation. Data and Governance.

UNIT-5

Higher Education System: Institutions of higher learning and education in



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ancientIndia.Evolution of higher learning and research in Post IndependenceIndia.Oriental, Conventional and Non-conventional learning programmes inIndia.Professional, Technical and Skill Basededucation.Value education and environmentaleducation.Policies, Governance, andAdministration.

PATHOLOGY: AILMENTS AND YOGA THERAPY

UNIT-1 – Pathological Study – Yogic perspective

- Study of important pathological conditions as seen by allopathic system
- Basic understanding of pathological changes in ailments
- Yogic way of assessment and confirmation of these changes in an individual.
- Therapeutic application of yoga for the ailments with some important diseases as examples with particular reference to what to avoid, what to prescribe and how to modify them to suit the individual
- Study of the manifestation of these ailments and the effect of the ailment on the individual and the principles behind the individualistic approach of yoga
- Disease oriented approach vs. individual oriented approach.

UNIT-2-Therapeutic application of yoga in skeleton-muscular system

- Low back pain
- Sciatica
- Cervical spondilosis
- Ankylosing spondilosis
- Osteoarthritis
- Rheumatoid arthritis

UNIT-3- Therapeutic application of yoga in Digestive System

- Gastritis
- Peptic ulcer disease
- Hernia
- Constipation



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UNIT-4-Therapeutic application of yoga in Respiratory and Cardio – Vascular System

- Allergic sinusitis
- Asthma
- COPD
- Hypertension
- Circulatory Insufficiency
- Varicose vein

UNIT-5-Therapeutic application of yoga in Nervous, Endocrine, Urinary, Lymphatic, Reproductive system and sensory conditions.

- Migraine
- Epilepsy and stroke
- Hypo and hyperthyroidism
- Irregular periods
- Pregnancy-pre & post natal care
- Urinary insufficiency
- Lymphatic edema
- Refractive errors in the eye

RESEARCH PROCESS IN YOGA THERAPY

Unit-1: Research –Meaning, Definitions, Need, Nature and scope of research in yoga, Types of research- Basic-Applied-Action – Qualities of a researcher-Criteria in locating and selecting a research problem- preparation of research proposal Mechanism of research proposal- formulation of hypothesis-variables and its types.

Unit-2: Types of research design –Describe research –survey method, case study, method, Experimental Method- Categories: Longitudinal design, Quasi Experimental design, cross sectional design, Double blind placebo design, Experimental Design Types: Single group Design Reverse group design, repeated measure design static group comparison design, Rotated group design, Random group design, Equated group design, Factorial design.



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Unit-3: Data- Population- Sample-Subject- Sampling: Characteristics, Principles, steps, Determining the sample size, criteria in selection, Types of sampling probability sampling methods- Random and complex, Non –Probability Sampling methods- Writing Synopsis and Research report-Front Materials, Main Chapters and Back materials- Recent trends in yoga research, yoga research centers and their works in India.

Unit-4: Statistics-Meaning- Need and importance in research – non-parametric statistics- Treatment of F-test, 't' test one way- two way – testing- chi square-statistical packages- SPSS-SAS- data process, data analysis-Graphical Representation, Data interpretation.

Unit-5: Types of Statistics- Parametric and non-parametric-Normality of data-Normal Curve – Data Analysis-'t' Test, F-test Type I Type II error- ANOVA- ANCOVA, (one way & two way)- Post hoc test- Pearson product moment correlation- Partial and Multiple Correlation- Regression simple linear and multiple linear- Post hoc tests.

BASIC PRINCIPLES OF YOGA THERAPY

UNIT – I

Principles of Vini Yoga

- Definition of Vini Yoga
- Srsti Karma
- Siksana Krama
- Rakshana Krama
- Cikitsa mode of application

UNIT – II

Fundamental Principles of Yoga therapy

- Definition of Cikitsa
- Medical System vs Health Management
- Its exact role in health management
- The focus of Cikitsa



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- Relationship
- Acharya

UNIT – III

Basic Concepts of Yoga therapy

- Physiology and Pathology in the Yoga – Shastra
- Ahimsa
- Union
- Work with the mind
- Important of breath
- Body – the power tool
- Technique Vs effect

UNIT – IV

Progression and Individual focus in Yoga therapy

- Starting Point
- Fixing the goal
- Progression
- Coming out of practice
- Yogam and Ksemam
- Kala, Desa, Vaya, Vrtti, Sakti
- The nature of ailment
- Isvarapranidhana

UNIT – V

Basic principle of other alternative medical systems

- Physiology and Pathology of Ayurveda
- Ayurveda – fundamental principles, PancaMahabhuta & Tridosa.
- Ahara niyama; Dietary principles and guidelines for health
- Assessment of Ayurvedic Constitution
- Dinacharya
- Siddha, Acupressure, Pranic healing, Naturopathy, Yogic diet, Physiotherapy, Massage, Acupuncture



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- Color therapy, Magneto therapy, Hydro therapy, Fasting therapy.

YOGA THERAPY FOR HEALTH AND WELLNESS

Program Objectives:

- To know about the origin and History of Yoga
- To know about the conception of Yoga
- To understand the philosophy of Yoga
- To know about the yoga perspective in Books & Epics
- To know about the concept of Yoga in vedantic approach

UNIT - I

Health: Goals of life – Adhi and Vyadhi, Kleshas, Doshas, Factors affecting Health – Panchamabhudas (Five Elements), Rules for Good Health, Dimension of Health, and Pillars of Health – Disease: Stages of Development of Disease - Mental and Emotional ill-health, Causes of ill-health, Mode of Transmission.

UNIT - II

Yoga Therapy for Communicable Diseases: Malaria, Typhoid, Cholera, Whooping cough, Tuberculosis, Measles, Venereal diseases.

Yoga Therapy for Life Style Diseases: High Blood Pressure, Diabetes Mellitus, Obesity, Cancer, Stoke.

UNIT - III

Role of yogic positive attitudes (Maître, Karuna, Mudita and Upeksha) for Healthy Living, concept of Bhavas and Bhavanas with it's relevance in Health and well – being.



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Health and Environment – Mental Health – Concepts of Health: Air, Water, Food, Clothing, Exercise - Rules of Health – Sanitary Laws- Personal Hygiene of Human Systems- Population Explosion and it's control.

UNIT - IV

Wellness & Physical Fitness: Meaning, Scope of Wellness & Fitness, Components of wellness & Fitness: Endurance, strength, speed, flexibility, agility and balance - Natural fitness - Benefits of Wellness & Fitness

UNIT - V

Yogic Rule for Good Health: Positive yogic principles of health living, Ashtanga yoga of Patanjali for Healthy Living, Yogic Practices for Healthy Living, Relationship of Health, Fitness, Wellness, Total – Wellbeing and Yoga.

NUTRITION THERAPY AND YOGIC DIET

Program Objectives:

- To know about the origin and History of Yoga
- To know about the conception of Yoga
- To understand the philosophy of Yoga
- To know about the yoga perspective in Books & Epics
- To know about the concept of Yoga in vedantic approach

UNIT - I

Nutrition: Macronutrients (Carbohydrates, Lipids/Fats, Proteins) - Micronutrients (Vitamins, Minerals), Water, Fiber. Diet: Balanced diet, Gluten free and Lactose free Diet - Mediterranean Diet, Vegan diet, Low Glycemic Diet, Dietary Approaches to Stop Hypertension (DASH), Summer Diet, Detox Diet, Brain-boosting diet, Anti-stress Diet - Benefits of Diet.

UNIT - II



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Yogic diet: Introduction and concept of Ahara & Mitahara; Classification in Yogic Diet according to Traditional Yoga Texts; Diet according to the body constitution (Prakriti) - Vata, Pitta and Kapha Gunas Principles of Yogic Diet, Characteristics of Sattvic, Rajasic and Tamasic Diet.

UNIT - III

Concepts of Diet - Pathya and Apathya according to Gheranda Samhita, Hatha Pradeepika and Bhagavad Gita; Importance of yogic diet in Yoga Sadhana and its role in Healthy Living; Diet & Nutrition for Health, Food for the Body and Mind, Harmful food, Dietary Food Rules, Laws of karma.

UNIT - IV

Nutrition during various stages of life Infants, School going, Adolescence, Adulthood, and Old age. Nutrition during Prenatal & Postnatal Women.

UNIT - V

Nutrition therapy for Infectious Diseases: Malaria, Typhoid, Cholera, Whooping Cough, Tuberculosis, Measles, Venereal Diseases.

Nutrition therapy for Lifestyle Diseases: High Blood Pressure, Diabetes Mellitus, Obesity, Cancer, Strok

METHODOLOGY IN YOGA THERAPY

PYT18CT203

Program Objectives:

- To know about the origin and History of Yoga
- To know about the conception of Yoga
- To understand the philosophy of Yoga
- To know about the yoga perspective in Books & Epics
- To know about the concept of Yoga in vedantic approach



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UNIT - I

VIEW IN YOGA THERAPY

- Heyam or the symptoms
- Countering predisposing factors
- Hetu or the cause
- Aggravating factor
- Hanam or the remedy
- Relieving Factors
- Upayam or the tools
- Importance of regular reviews

UNIT - II

PARIKSHA IN YOGA THERAPY

- In depth study of the Diagnostic tool
- Darshanam
- Sparsnam
- Prasnam
- Group classes VS Individual classes

UNIT - III

NADI PARIKSHA IN YOGA THERAPY

- Nadi system-definition from text
- The different types of Nadi and their significance
- Methodology of Nadi Pariksha in Yoga therapy
- Application of Nadi Pariksha in Yoga therapy
- Differences between Nadi Pariksha and Pulse reading

UNIT - IV

APPLICATION OF THERAPEUTIC TOOLS



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- Extensive theoretical and practical learning about these Diagnostic tools, especially with respect to.
- The prerequisites for using these tools.
- The exact technique of using these tools.
- The limitations of these tools.
- The principals involved in inferring information by using these tools
- Application of these tools during therapeutic intervention.

UNIT - V

MODIFICATION AS APPLIED TO YOGA THERAPY

1. Modification Vs Adaptation
2. Simplification Vs intensification.
3. Form Vs function.
4. Modification of asana
5. Modification of Pranayama
6. Modification of Meditation
7. Modification of Chanting



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GENERIC - STRESS MANAGEMENT

UNIT – I

Stress - Meaning, Concepts, levels, types, reaction, causes, symptoms, complications, remedies, stress and yoga

UNIT - II

Sources of stress: internal and external, release of stress

UNIT - III

Texts on stress, Kleshas and stress, Stress and koshas

UNIT - IV

Effective stress management- Diet, yogic practices- systems of medicine and therapies

UNIT - V

Frustration, conflicts and psychosomatic disorders, relationship between body and mind, mental health

GENERIC - YOGA THERAPY

Unit I:

History of yoga therapy- Essence and Principles of Yoga therapy-Philosophy and pathology in the yoga- Shatra-Koshas-doshas-Pancha prana- Application of Yoga and its types- Methodology in Yoga Therapy- Factors(Heyam, Hetu, Hanam and Upayam)- Methods (Daraanam, Sparsanm, Prasanam ,Nadi Pariksa)

Examination of vertebra, Joints, muscles, Abdomen and Nervous system and therapeutic yoga practices- Modification of yogic practices- Yogic diet for Human systems- Yogic diet- Nadis and Chakras.



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Unit II:

Application of traditional Indian medical systems and therapies:

Ayurveda – Doshas, Dinacharya, Ayurvedic diet, Panchakarma therapy

Siddha- Five elements theory, physical constituents, pathology (kayakalpa, kitchen, Herbal and other types of medicine) Varmam and Thokkanam, Exercise therapy, music therapy, cryo therapy, Acupressure, Acupuncture, Chromo therapy, Magneto therapy, Pranic healing, Naturopathy, Modalities of Naturopathy

Unit III:

Therapeutic application in Yoga for High blood pressure, Obesity, Diabetes Mellitus, Asthma, Sinusitis, Migraine, Arthritis, Back pain, Thyroid problems, Constipation, Impotency, Infertility, Stroke, Epilepsy, Parkinson's disease, Sleep disorders, Skin diseases, Insomnia, Anaemia.

Unit IV:

Therapeutic applications in Yoga for psychological disorders:

Neurosis: Stress, Depression, eating disorder, suicide, hysteria

Psychosis: Schizophrenia, Autism, Bipolar disorders, Dementia

Personality Disorders: Paranoid, histrionic, drug addicts- Smoking, Alcoholism, Gambling- Anti social activities.

Unit V:

Therapeutic applications in Yoga for the problems of Women- Amenorrhea, Dysmenorrhoea, Menorrhagia, Metrorrhagia, Hypomenorrhoea, Oligomenorrhoea, Polymenorrhoea, Leucorrhoea, Uterus related problems, Miscarriage, Pregnancy- Pre and Post natal care, PCOS.



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PERSONALITY DEVELOPMENT

skills. and leadership skills.

MSBAEC002-

Unit I

Introduction to Personality Development - The concept personality- Dimensions of theories of Freud & Erickson- personality ;-- significant of personality development. The concept of success and failure: What is success? - Hurdles in achieving success - Overcoming hurdles - Factors responsible for success - What is failure - Causes of failure. SWOT analyses.

Unit-11

Attitude & Motivation - Attitude - Concept - Significance - Factors affecting attitudes - Positive attitude - Advantages - Negative attitude - Disadvantages - Ways to develop positive attitude - Difference between personalities having positive and negative attitude. Concept of motivation - Significance - Internal and external motives - Importance of self-motivation- Factors leading to demotivation.

Unit-III

Self-Esteem - Term self-esteem - Symptoms - Advantages - Do's and Don'ts to develop positive self-esteem - Low self-esteem - Symptoms - Personality having low self esteem - Positive and negative self-esteem. Interpersonal Relationships - Defining the difference between aggressive, submissive and assertive behaviours - Lateral thinking.

Unit-IV

Other Aspects of Personality Development - Body language - Problem-solving _ Conflict and Stress Management - Decision-making skills -Leadership and qualities of a successful leader - Character-building -Team-work - Time management -Work ethics_ Good manners and etiquette.

Unit-V

Employability Quotient - Resume building- The art of participating in Group Discussion - Acing the Personal (HR & Technical) Interview -Frequently Asked Questions _ Psychometric Analysis - Mock Interview Sessions.

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· c Sports Biomechanics and Kinesiology



ENTREPRENEURSHIP

EXERCISE ASSESSEMENT IN SPECIAL POPULATION

UNIT - I

Health screening – importance of pre- exercise evaluation – Medical history, personal history, family history, physical examination, past medical history – for children and elderly

UNIT - II

Exercise assessment in Children's – exercise testing considerations – Hemo dynamic and pulmonary characteristic of children response to exercise –equipment used in testing - exercise equipment -Cycle ergometer – treadmill – ECG recording equipment Comparison of treadmill versus cycle ergometer for pediatric exercise testing– exercise protocol- Indications and Contra indication for stress testing – relative risks for Stress testing – Lower risk and Higher risk.

UNIT - III

Exercise assessment in Elderly - clinical evaluation - practical considerations of Routine exercise testing- Exercise testing Consideration - prognostic assessment with exercise testing – exercise protocol – Special consideration for older than 75 years.

UNIT - IV

Definition of Preeclampsia – Post partum –Exercise and pregnancy - Exercise testing – Exercise assessment in pregnancy – Pre testing screening - PAR Med-X for Pregnancy- physical activity readiness examination – Patient information – Pre exercise testing checklist – general health status – Status of current pregnancy – activity habits during pregnancy period – Contra indication to exercise to be recommended by the healthcare provider Medical and safety Concerns for mother and foetus Maximal exercise testing – fetal response to maximal exercise – submaximal exercise - Aerobic capacity testing, strength testing.

UNIT - V

Emergencies – information pertinent to the information report – emergency equipment and supplies for a health/ fitness facility.Sudden cardiac arrest – Automated External Defibrillators – Implantable Cardio inverter Defibrillators and Sudden cardiac Arrest. Other medical concerns – First aid kits – Blood borne pathogens – first aid kit for a fitness facility.



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STRENGTH TRAINING AND CONDITIONING

UNIT - I

Meaning and Definition of Strength training and conditioning-Benefits of resistance training-Principles of Resistance Training: Progressive overload- Specificity- Variation-Individualization and Detraining-Resistance Training Program Design: Exercise Selection-Exercise order and Workout Structure-Intensity-Training Volume-Rest Intervals-Repetition Velocity-Frequency.

UNIT - II

Competitive forms of Resistance Training- Resistance Training Modalities: Body Weight-Manual or Partner Resistance-Free Weights: Advantages-Disadvantages -Machines: Advantages-Disadvantages -Free Weights versus Machines-Medicine Balls, Stability Balls, Bosu Balls, and Other Balance Devices-Elastic Bands, Tubing, Chains, and springs.

UNIT - III

The SAID Principle: Mechanical specificity-Neuromuscular specificity-Metabolic specificity-Progressive Adaptations from Resistance Training: Stabilization-Muscular endurance-Muscular hypertrophy-Strength-Power-Resistance Training Systems: The Single-Set System-The Multiple-Set System-The Pyramid System-The Superset System-Drop-Sets-The Circuit-Training System-The Peripheral Heart Action System-The Split-Routine System-Vertical Loading and Horizontal Loading

UNIT - IV

Stages of training -Stage I- Stage II- Stage III-Circuit Training- Continuous training-Fartlek training-Interval training.

UNIT - V

Cardiorespiratory Fitness: Benefits of Cardiorespiratory Fitness-Cardiorespiratory Fitness Training: Warm-Up Phase-Conditioning phase-Cool-down phase-General Guidelines for Cardiorespiratory Training: Frequency-Intensity-Time-Type-Methods for Prescribing Exercise Intensity.



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WEIGHT MANAGEMENT

Unit - I

Metabolism and Weight loss : Factors that Influence Metabolism - Basal Metabolic Rate and Methods For Measuring BMR - How Metabolism Affects Weight - How to Increase the Metabolism - Relationship between Metabolism and Caloric Intake

UNIT - II

Nutrients: Ingestion to Energy Metabolism: Carbohydrates, Protein, Fat – Meaning, Classification and its Functions. Role of Carbohydrates, Fat and Protein during Exercise. Vitamins, Minerals, Water: Meaning, Classification and its Function. Role of Hydration during Exercise, Water Balance.

UNIT - III

Weight Management: Meaning, Concept of Weight Management in the Modern Era – Factors affecting Weight Management and Values of Weight Management - Maintaining a Healthy Life Style - Barriers to Lifestyle Changes - Body Mass Index (BMI)

UNIT - IV

Planning of Weight Management: Determination of Desirable Body Weight – Daily Caloric Intake and Expenditure – Balanced Diet for Indian School Children – Weight Management Programme for Sporty Children – Role of Diet and Exercise in Weight Management – Diet Plan and Exercise Schedule for Weight Gain and Loss.

UNIT - V

Obesity: Meaning – Definition – Types – Causes and Solution for overcoming Obesity. Myths of Spot Reduction and Weight Loss – Dieting and Exercise for Weight Control - Weight Management for Special Populations - Pregnant and Postpartum Women - Weight Management for seniors - Weight Management for Persons with Disabilities



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FLOOR AND STEP AEROBICS

UNIT - I

Aerobics - Benefits of Aerobics – Wellness –Music – Music understanding- music tempo variation – cueing – Use of floor, mirror – shoes – stepper –various height

UNIT - II

Warm Up – cardio workout - Low Intensity – high intensity - Cool Down – Flexibility – Posture – Duration – Heart rate – use of boarg scale (10 points) - Peak Maximal Heart Rate (MHR) Method-Ratings of Perceived Exertion Method-Talk Test Method.

UNIT - III

Rhythmic Aerobics: Variations and Styles – floor aerobics – Marching – Step touch – L- step – V- step – Diamond – Knee lift – Touch out – Grape vine –Turn step – chacha – A – step – arm variation - Combination of various steps

UNIT - IV

Step Aerobics – Marching – up and down - L- step – V- step – Straddle – Cross over – Turn step – Knee lift – Hop – Jump – Run Run – Arm Variation – Combination of various steps

UNIT - V

Major muscle groups strengthening –circuit training and interval training - Body Toning through Resistance; Weights, Bands and Resistance;



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FITNESS AND WELLNESS

UNIT – I

Definition and Meaning of Physical Fitness- Strategies for increasing Physical Fitness in India - Values of Physical Fitness - Components of Health Related Physical Fitness and performance related Physical Fitness - Definition and components of wellness - Relationship between fitness, health and Wellness.

UNIT – II

Factors influencing Fitness Age – Sex-Climate-Diet-Exercise and Training - Types of Exercises used in Fitness (Aerobic, Anaerobic, Isometric, Stretching, Agility and Balancing). Health benefits of Physical Activity - Assessment of Cardio-respiratory Fitness, Musculoskeletal Fitness, Flexibility and Body Composition.

UNIT – III

Prescription for aerobic exercise - Modes of aerobic exercise - Implementing an aerobic fitness programme - Principles of cardiovascular exercise prescription - Aerobic exercise programmes (walk-jog-run) aerobic dancing, rope jumping, treadmill running, jogging in place, stair climbing, stationary bicycling.

UNIT – IV

Prescription for Flexibility - Principles of flexibility Exercise - Types of Flexibility and methods of training - Flexibility exercise for the low back, round shoulders, joggers, runners and various muscles or upper and lower extremities.

UNIT – V

Resistance Training Meaning - Benefits of resistance training - Terminology used in resistance training - sets, resistance (Load), repetitions maximum - Principles of exercise prescription the threshold - over load, specificity, reversibility, and Progression - warm-up - cool-down.



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STABILITY AND CORE TRAINING

UNIT – I

Science of Core stability – Tolerance and capacity –core function anatomy –anterior core muscle – posterior core muscletherapeutic/ corrective exercise – Injury prevention program reducing risk of injury

UNIT – II

Abdomen Revolution - components of Abdomen Revolution – back disorders - Back pain - Swayback and Facet Pain -Stenosis -Flat Back -Disc Pain – Spondylolisthesis-Mystery pain – flat belly and Abdomen revolution – osteoporosis and Abdomen exercise – Isometric Abdomen drill.

UNIT – III

Spine organization –Posture control – Breathing – Diaphragm breathing –Lateral breathing – Activation – Mobilization - core stability – positions - core strength – power development

UNIT – IV

Designing core strengthening programme - Core strength and endurance training for performance – without equipment – with equipment (Swiss ball and Medicine ball) – Functional Training

UNIT – V

Stabilization progression - Hook-lying – hands and knees – face down – Bridging – Plank – sports specific



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ADVERTISING IN SPORTS

PSMDE107

UNIT 1. INTRODUCTION TO ADVERTISING – Concept and definition of advertisement – Social, Economic and Legal Implications of advertisements – Objectives of Advertising in Sports.

UNIT 2. IMC IN SPORTS – Concepts of Integrated Marketing Communication in Sports, Elements of Integrated Marketing Communication- Media plan – Type and choice criteria – Reach and frequency of advertisements – Cost of advertisements – Media strategy and scheduling.

UNIT 3. BUSINESS OF ADVERTISING – Advertiser- Advertising Agency and World of Media -Brand Manager- Duties and responsibilities of a Brand manager - Message development – Different types of advertisements – Layout – Design appeal – Copy structure – Advertisement production -Media Research – Testing validity and Reliability of ads – Measuring impact of advertisements

UNIT 4. SPORTS PERSONALITIES AS BRAND ENDORSER- Celebrities - Reputed sports persons - brand endorsed –Impact of Celebrities - Role of Public Relations in promoting sporting events.

UNIT 5. SPONSORSHIP IN SPORTS - Meaning and Objectives of Sponsorship, Advertising and Sponsorship, Developing Sponsorship proposal-Details of Sponsorship Agreement in National and International sports bodies.

TEXT BOOKS

1. Wells, Moriarty & Burnett, Advertising, Principles & Practice, Pearson Education 7 th Edition, 2007.
2. Kenneth Clow. Donald Baack, Integrated Advertisements, Promotion and Marketing communication, Prentice Hall of India, New Delhi, 2003.

REFERENCES

1. S. H. H. Kazmi and Satish K Batra, Advertising & Sales Promotion, Excel Books, New Delhi, 2001.
2. George E Belch and Michel A Belch, Advertising & Promotion, McGraw Hill, Singapore, 1998.
3. Julian Cummings, Sales Promotion, Kogan Page, London 1998.
4. E.Betch and Michael, Advertising and Promotion, McGraw Hill, 2003.
5. Jaishri Jefhwaney, Advertising Management, Oxford, 2008.



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ENTREPRENEURIAL DEVELOPMENT

UNIT-I

Introduction - Understanding the meaning of Entrepreneurship - Characteristics of an Entrepreneur - Classification of the Entrepreneurs - Entrepreneurial Scene in India - Factors influencing Entrepreneurship

UNIT-II

Entrepreneurial growth - Role played by government and Non-Government agencies - EDP's, TIIC, SIDBI, PIPDIC, IDBI, IFCI, ETC. Problems and prospects of Women entrepreneurs - Rural Entrepreneurs - Small scale entrepreneurs and Export Entrepreneurs

UNIT-III

How to enter into Market? - Business idea generation Techniques - Identification of Business Opportunities - Marketing Feasibility - Financial Feasibility - Technical - Legal - Managerial and Vocational Feasibility

UNIT-IV

Project Appraisal - Methods - Techniques - Preparation of Business Plan - Content of a Business Plan - Project Report.

UNIT-V

How to start an enterprise? - Franchising and Acquisition - Product Strategies - Pricing Strategies - Distribution Strategies - Promotional Strategies. How to be a successful Entrepreneur? - Learning to be Successful - Successful entrepreneurs.

Text and Reference Books

1. Jayshree Suresh - Entrepreneurial Development.
2. Khanka - Entrepreneurial Development.
3. Saini - Entrepreneurship : Theory & Practice.
4. Gupta CB - Entrepreneurial Development.
5. Vasant Desai - Dynamics of Entrepreneurial Development and Management.



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RETAIL MANAGEMENT

UNIT I

INTRODUCTION TO RETAILING: Functions of a Retailer, Characteristics of Retailing, Categorizing Retailers-Types of retailers-Multichannel Retailing ,The rise of Consumerism and the rise of retailer, Social and Economic Significance of retailing, The global Retail market: Issues and challenges - Supply chain Management and Logistics- Challenges to Retail development in India.

UNIT II

RETAILING STRATEGY: Retail Market Strategy, Target Market and Retail Format-Building Sustainable Competitive Advantage-Growth strategies - The strategic Retailing Planning Process-Retail locations.

UNIT III

MERCHANDISE MANAGEMENT: The Buying organization, Merchandise Category, Evaluating Merchandise Management Performance, Types of Merchandise Management Planning Processes, Forecasting Sales, Setting Inventory And Product Availability Levels-Merchandise Planning Systems -Methods of Merchandise procurement: Merchandise Sourcing.

UNIT IV

RETAIL PRICING: Concept and considerations in setting Retail prices, Pricing Strategies, Pricing Techniques, The Internet and Price Competition.

UNIT V

STORE MANAGEMENT: Recruiting, Orientation and Training ,Motivating, Evaluating, Compensating and Rewarding Store employees, Controlling Costs and Inventory Shrinkage-Store Layout, Design and Visual Merchandising - Customer Service: Setting Service Standards, Meeting and exceeding service standards, Service recovery.

TEXT AND REFERENCES BOOKS

1. Chetan Bajaj,Rajnishtuli, Nidi Varma Srivastava , “Retail Management”, Oxford University Press, Second Edition, 2010.
2. Swapna Pradhan, “Retailing Management Text and cases”, McGrawHill,3rd edition, 2009.
3. Barry Berman, Joel R.Evans, “Retail Management A Strategic Approach”, Pearson Education, Inc,Tenth edition, 2010.
4. Michael Levy, Barton A Weitz and Ajay Pandit , “Retail Management”, Tata McGraw Hill,Sixth Edition, 2008.



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1.Methods of Naturopathy

Syllabus:

UNIT - I

Yoga philosophy; The four streams of yoga; Concept of yoga and health; Yoga posture for health; Pranayama and its Medical significance; Meditation and mind; Kriyas and their Medical Significance.

UNIT - II

Philosophy of Naturopathy; Principles of Naturopathy; methods and practice of treatment in Naturopathy; Fasting, Hydrotherapy –spinal bath, hip bath, steam bath, enema, and full wet pack.

UNIT - III

History of Naturopathy; Role of Yoga and Naturopathy in the prevention and treatment of disorders of the present times. Methods of Naturopathy; Control of diet; Fasting; Mud therapy; Magneto therapy.

UNIT - IV

Special Features of Colour Therapy; Effects of colour s on the Mind and body; Preparation and use of Colour charged Medicines; and Massage therapy- Natural method of cleaning the body natural and health preserving dress- natural and healthy sleeping places.

UNIT - V

The basic knowledge of Acupressure-theory of Acupressure-identification of points Acupressure-Therapeutic use of Acupressure; benefits of acupressure; Acupressure treatment for common diseases.



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Yoga for health

Syllabus:

UNIT - I

Yoga – Meaning and Relevance. Tradition and origin of yoga. The body, mind and role interlink with yoga. Concepts of yoga. Types of yoga – Hatha Yoga, Bhakti Yoga, Raja yoga, Karma yoga, Jnana yoga, Kundalini yoga, Mantra Yoga, Tantra Yoga and integral Yoga (Sri Aurobindo).

UNIT - III

Components of fitness – Flexibility, Strength, speed, ability, co-ordinative abilities and Endurance. Fitness development – cycling, Aerobic activities, Jogging, calisthenics, Rhythmic exercise, and circuit Training. Components of wellness - Factors (Psychological, Physiological and Anatomical), Progression, warming up and limbering down, Special Physical Fitness Exercise and Principles of Physical fitness development.

UNIT - III

Bandhas: Jalandhar bandha, Uddiyana Bandha, Moola bandha and Maha bandha. Yogi purification: BamanaDhouti, BarisaraDhouti, sahajAgnisaraDhouti, Nouli, Netikriya, Nasa-polar shahajBastrikria, Water bath, Tub-bath, Hip-bath, sun bath, spinal bath, Air bath, Hot foot bath, The sitz bath, Tratak and message.

UNIT - IV

Food and meditation Food types: Sattvic (Cheese, Butter, curd, Ghee, sweet fruits, Honey, apples, bananas, Grapes, Papaya, Pomegranates, Mangoes, pears, Pineapple, Guavas, Figs etc. Rajasic (Eggs, Meat, Salt, Chillies, Chutney, Asafoetida, Pickles, Tea, Coffee etc.) and Tamasic (Beaf, Pork, wine, onion, Garlic, Rotten, state things). Balanced diet, carbohydrate, proteins, Fats, and vitamins (Fat and water soluble).



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UNIT - V

Curative power for life - threatening diseases and disorders (Arthritis, Arteriosclerosis, Chronic fatigue, diabetes, Asthma, and obesity). Yoga control the respiratory problem, high blood pressure, Body pain and weight reduction. Yogic practices reduce anxiety, create self-awareness, and provide personal social values.

Traditional Indian systems of Medicine and Therapies

Syllabus:

UNIT-1

Origin of Ayurveda – Aim and importance of Ayurveda , Philosophy and goals of Ayurveda, Unique Approach of Ayurveda – Ayurveda texts, chakra samhita, Sushruta Samhita, Kashyapa Samhita, Rasatantra, Unique features of Ayurveda – Hygienic principles of Ayurveda (Dhinacharya)- Five elements of Ayurveda Doshas, Gunas, Dhatus, Upahatus, Eight Categories or branches of treatment – Nadisvijnana – Nadis and Chakras,- Characteristics of different prakritis- causes of disease- method of disease examination – Ayurveda diet.

UNIT II:

Ayurveda effects of yogic principles & therapies – Ayurvedic purification practices – Panchakarma- vamanam, virechanam, basti, Anuvasana, Nasya, RaktaMoksana- Abhyanga, Swedanam, Nasayam, Njavarakizhi, Pizhichil.

UNIT III:

History and concepts of Siddha medicine: Principles of Siddha Medicine System, Five Elements Theory, Three Biological Humors, Seven Physical Constituents, PanchaBhudhas, Pancha Koshas, Types of Siddha Medicine, Importance of Karakalpak, Kitchen and herbal medicine, Diet Regulations, Varmam and Thokkanam, Treatment of siddha Medicine for life style diseases.

UNIT IV:

Concept of Naturopathy, Principles of Naturopathy, Methods of Naturopathy: Diet, Fasting, Treatment by earth, water treatment, Treatment by rays, Massage.



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UNIT V:

Acupuncture, Acupressure, Exercise therapy, Physiotherapy, Music therapy, Color therapy, Magneto Therapy, Reiki.

VILLAGE PLACEMENT PROGRAMME

Duration : Five Days

Mode of Evaluation : Internal Assessment

Maximum Marks : 100

Subject : Yoga

Nature of Programme : To bring awareness and to teach and train Villagers



COMPUTER PROGRAMING SYLLABUS-PRACTICALS

1. MS-WORD

1. Create advertisement is MS WORD
2. To illustrate the concept of mail merging in word.
3. Document creation with scientific notation
4. Test manipulation with scientific notation
5. Table creation, table formatting and conversion.
6. Mail Merger and letter preparation
7. Drawing and Flow Chart.
8. Show the different effect for the given text in the document.
9. Create a table of employee and calculate the next salary.
10. Design a table with merge cells and split cells technique.

2. SPREAD SHEET

11. To create a Spread Sheet to analyze the marks of the students in a class and to create appropriate charts.
12. Charts in Spread Sheets
13. Formula and Formula Editor
14. Inclusion of objects, pictures and graphics protecting the document and sheet.
15. Sorting and import/export features.
16. Create suitable chart to show the census data in Indian Sports.
17. Create a suitable chart to show the students average in the class.
18. Create an electronic spread sheet of student marks, and find the total, average and respective class secured by each student.
19. Generate the numbers vertically starting from 10 to 100 with step value 5.



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3. POWER POINT

21. To create the presentation for the department using the power point.
22. Animation in Power point Presentation
23. Designing the Power point Presentation
24. Timing for the slides in Power point Presentation
25. Back ground designing in Power point Presentation.
26. Designing the Power point Presentation using audio and Video.

4. INTERNET LAB

27. Browsing a Web Site.
28. Composing and sending a mail
29. Forwarding and replying to mails.
30. Downloading Articles / Web content.
31. Literature survey using search enquires

27

5. DBMS LAB

32. Creation of database table with constraints
33. Modification of data in a table.
34. 28 GUI applications using VB (Single calculator, dollar conversion etc.,)
35. Database Applications using VB (insert, update, delete).



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YOGIC PRACTICES - I

UNIT - I

Essentials of Yogic Practices - cleanliness and food, bath, time, sun, closing eyes, place, mirror, breathing, awareness, age limitations, sequence, blanket, clothes, position, emptying the bowels and stomach counter pose, pregnancy, contra-indications, duration, straining, special provisions for women and patients, fitness, posture, side effects.

UNIT - II

Surya Namaskar

UNIT - III

Loosening the Joints (S-VYASA)

UNIT - IV

Asanas:

Advasana, Marjariasana, Druta Utkatasana, Sukhasana, Ardha Padmasana, Padadhirasana, TiryankaTadasana

UNIT - V

Asanas:

UtthitaLolasana, Yogamudrasana, TiryakaBhujangasana, Saithalyasana, Prishthasana, UpavistaKonasana, Meru Vakrasana, Eka Padasana, Kurmasana



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YOGIC PRACTICES - II

Unit-I

Essentials of yogic practices, cleanliness and food, bath, time, sun, closing eyes, place, mirror, breathing, awareness, age limitations, sequence, blanket, clothes, position, emptying the bowels and stomach counter pose, pregnancy, contra-indications, duration, straining, special provisions for women and patients, fitness, posture, side effects.

Unit-II

Surya Namaskar

Unit - III

Loosening the joints (Ramdev)

Unit - IV

Asanas:

Jyestikasana

Matsya kridasana

Dhyana veerasana

Vyaghrasana

Ardha ushtrasana

Kati chakrasana

Dwikonasana

Dolasana

Unit V

Asanas:

Lolasana

Sarpasana

Utthita Janu Sirshasana

Bhu Namanasana

Bakasana



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Gorakshasana

UttanaKurmasana

Supta Padangusthasana

Ardha Navasana

YOGIC PRACTICES - III

Unit 1:

Loosening the joints

Joint freeing series

Suryanamaskar: Vinyasa Suryanamaskar (kneeling, lunge, jumping)

Unit 2:

Asanas

Tadasana, Trikonasana, Ardha Chandrasana, Utthita Parshvakonasana,

Urdhva Dhanurasana, Utkatasana, Moordhasana, Dandasana, Pawanmuktasana, Hamsasana,

Ardha Sirsasana, Ardha Kati Chakrasana,

Ardhachakrasana, Veerasana, Namaskarasana, Vakrasana, Malasana, Merudandasana, Janu Sirsasana,

Bharadvajasana, Suptavajrasana, Makarasana, Ardha Padmasana, Sukhasana, Natarajasana,

Savasana

Unit 3:

Pranayama: Sectional breathing

Viloma (Surya, Chandra)

Anuloma (Surya, Chandra)

Pratiloma

Surya Bhedana, Chandra Bhedana

Unit 4:

Kriya

Shankhaprakshalana

Laghoo Shankhaprakshalana

Agnisar Kriya



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Bandhas:

Jalandhara Banda

Moola Bandha

Uddiyana Bandha

Mudras:

Chin mudra, Chinmaya mudra,, Adhi mudra, Bhrama mudra, Bairava mudra,
Nasiga mudra, Ganesha mudra, Bhudi mudra, varuna mudra, Mukula mudra,
Khechari mudra, Tadagi mudra, Shanmuki mudra.

Unit 5:

Meditation

Japa, Soham & pranav Japa Ajapajapa, antarmouna, Om meditation, Nadanusandhana



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COMPUTER APPLICATIONS IN YOGA - 1

UNIT-1

Introduction to computer-Definition -Types of Computer - basic parts – Hardware - Software Input and Output devices - Arithmetic & Logic Unit- Control Unit-CPU - Comparison of human being and computer.

UNIT-11

Microsoft Word: Title Bar, Menubar, Standard tool bar - Formatting tool bar - Ruler Status bar-task bar. Creating documents - formatting - editing-deleting-copying saving.

Unit III

Microsoft Excel: Title Bar, Menubar, Standard tool bar - Formatting tool bar - Formula bar- Rules - Status bar-task bar, Creating documents - formatting-editing-deleting-copying-saving-charts and mathematical operations.

Unit IV

Microsoft Powerpoint: Preparing a slide- Animation - Clipart, pictures from file background designing Computers and Communications Copying saving - Presentation - working with slides - adding slides - printing - running a slide show presentations

Unit V

Internet - Introduction History - Uses - Connection Worldwide Web - Usage of internet explores- Search box - E-mail - Outlook express-Inbox, Outbox, Sent items - Drafts - Sending Messages, save, print, reply, forward, previous message and text chatting-Role of computer in teaching the techniques of yoga, research & data analysis, literature collection through internet.



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Visiting Fitness Center

Duration	:	Five Days
Semester	:	III
Mode of Evaluation	:	Internal Assessment
Maximum Marks	:	100
Subject	:	Yoga
Nature of Programme	:	To bring awareness to gain knowledge, to teach and train people

YOGIC PRACTICES- V

Unit 1:

Loosening the joints

Pawanmuktasana series

Suryanamaskar: Sivananda model, Chandranamaskar

Unit 2:

Asanas

Virabhadrasana, Parsvottanasana, UtthitaTrikonasana, Adhomukha Svanasana, Karnapitasana, Kandharasana, Tittibhasana, Padma Sarvangasana, SalambaSirshasana, Gomukhasana, Setu Bandhasana, Chakrasana, TriangaMukhaikapadaPachimottanasana, Marichyasana, Virasana, Svastikasana, Shashangasana, Garudasana, Mayurasana, Padma mayurasana, Bhadrasana, Simhasana, AkarnaDhanurasana, Parsvakonasana, Savasana



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Unit 3:

Pranayama

Moorchapranayama

Anuloma viloma

Sadanta Pranayama

Pranayama with Kumbhaka and bandhas

Kriya

Dandadhauti, Vatsara dhauti, Nauli (Madhyama, vama, Dakshina)

Unit 4:

Mudras: Yoni mudra, Lotus mudra, Dhyani mudra, Sakthi mudra, Shambavi mudra, Pashinee mudra, Maha Bheda mudra, Ksepama mudra.

Unit 5:

Meditation: DRT, walking meditation, Vipasana meditation, nine centred meditation, yogic sukshnavyayama, Sudharshana kriya, Zen meditation, Savita ki dhyan Dharana, Mind Sound Resonance technique.



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YOGA THERAPY

Unit I:

History of yoga therapy- Essence and Principles of Yoga therapy- Physiology and pathology in the yoga- Shatra- koshas- doshas- Pancha prana- Application of Yoga and its types - Methodology in Yoga Therapy - Factors (Heyam, Hetu, Hanam and Upayam) - Methods (Darsanam, Sparsanam, Prasanam, Nadi Pariksa)

Examination of Vertebra, joints, muscles, Abdomen and Nervous system and therapeutic yoga practices- Modification of yogic practices- Yogic diet for Human systems - Yogic diet- Nadis and chakras.

Unit II:

Application of traditional Indian medical systems and therapies:

Ayurveda - Doshas, Dinacarya, Ayurvedic diet, Panchakarma therapy Siddha-Five elements theory, physical constituents, pathology (Kayakalpa, Kitchen, Herbal and other types of medicine) Varmam and Thokkanam, Exercise therapy, Cryotherapy, Acupressure, Acupuncture, Chromo therapy, Magneto therapy, Music therapy, Pranic healing, Magentotherapy, Naturopathy, Modalities of Naturopathy.

Unit III:

Therapeutic applications in Yoga for High blood pressure, Obesity, Diabetes Mellitus, Asthma, Sinusitis, Migraine, Arthritis, Back pain, Thyroid problems, constipation, impotency, infertility, stroke, Epilepsy, Parkinson's disease, sleep disorders, skin diseases, insomnia, Anaemia.

Unit IV:

Therapeutic applications in yoga for psychological disorders:

Neurosis: stress, depression, eating disorders.

Psychosis: Schizophrenia, autism, Bipolar disorders, dementia.



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Personality disorders: Paranoid, histrionic, drug addicts- Smoking, Alcoholism, Gambling - Anti social activities.

Unit V:

Therapeutic applications in Yoga for the problems of women- Amenorrhea, Dysmenorrhea, Menorrhagia, Metrorrhagia, Hypomenorrhoea, oligomenorrhoea, Polymenorrhoea, Leucorrhoea, uterus related problems, miscarriage, pregnancy- Pre and post natal care, PCOS.

TIRUMULAR'S TIRUMANTIRAM

Unit I:

History of Tirumular - Basics of Tirumantiram-learning and non-learning

Unit II:

Second Tantra: Creation of Microcosm - KargapaKriyai

Unit III:

Third Tantra: Ashtanga Yogam - The Eight great Siddhis-Way to Kayasiddhi Kala Chakra- Breathe rhythm - Kechari Yoga - Pariyanga Yoga - Life Span.

Unit IV:

Tantra Seven: The Six adharas-Mudra Variations - Controlling Senses

Unit V:

Yogic views on other tantras - Analytical views of Tirumular on Yoga



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YOGIC PRACTICES - IV

Unit I:

Loosening the joints

Surya Namaskar: for children (10steps)

Bihar School of Yoga Model

Vivekananda Kendra Model

Unit II:

Asanas:

Vrkshasana, ParivrttaTrikonasana, Virabhatrasana, Garudasana, Padahasthasana, Ushtrasana, Sirshasana, Halasana, Sarvangasana, Matsyasana, Bhujangasana, Salabhasana, Dhanurasana, Navasana, Nouhasana, Siddha yoniasana, Ardha Matsyendrasana, Paschimottanasana, BaddhaKonasana, Kukutasana, Padmasana, Vajrasana, Siddhasana, Savasana

Unit III:

Pranayama

Yogic Breathing

Kapalbhati, Bhramari

Ujjayi, Sheetal, Sheetkari, Bhastrika, Nadi Shodhana

Unit IV:

Kriyas:

Jalaneti, Sutraneti

Bandhas:

Jalandhara Bandha, Moola Bandha, Uddiyana Bandha

Mudras:



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Chin mudra, chinmaya mudra, adi mudra, Brahma mudra, Bhairava mudra, Bhairavi mudra, bhairavi mudra, Shanmuki mudra, Vipareetakarani Mudra, yoga mudra, ashwini mudra, nasiga mudra

Unit V:

Meditation:

Yoga nidra, Rajayoga meditation, Trataka Meditation, Chakra Meditation, Nine-centered Meditation, Preksha Meditation, Mindfulness based stress Reduction Technique

TNPUESU



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YOGIC PRACTICES - VI

Unit 1:

Loosening the joints

Pavanmuktasana series

Suryanamaskar: Kriya suryanamaskar, Advanced Suryanamaskar.

Unit 2:

Asanas

Ardha BaddhaPadmottanasana, Utthita Hasta padangusthasana, Vatayanasana, Hanumanasana, Padangushthasana, Padma Sarvangasana, Karna pidasana, Vrischikasana, Poorna Bhujangasana, Poorna Salabhasana, Poorna Dhanurasana, Poorna Matsyendrasana, Eka pada Sirsasana, Koormasana, Padma Sirshasana, Ardha Baddha Padma Paschimottanasana, Paryangasana, Bhikasana, Baddha Padmasana, vamadevasana, ParivrittiJanusirshasana, savasana

Unit 3:

Pranayama

Kewali Pranayama (Soham)

Plawini Pranayama

Kumbhaka and Bandhas with ratios

Unit 4:

Kriyas

Ghrta Neti, Dugdha Neti, Basti (Enema)

Bandhas: Maha bandha

Mudras

Kaki mudra, Bhujangini mudra, vipareetakarani mudra, kundalini mudra, Mahavedha mudra, Vajroli/Sahajoli mudra, Manduki mudra, Ashwini mudra

Unit 5:

Meditation: Transcendental, cyclic (S-vyasa), Guided Meditation, Dynamic meditation, Tibetan meditation.



INTRODUCTION TO TRADITIONAL INDIAN SYSTEMS OF MEDICINE AND THERAPIES

Unit I:

History of yoga therapy- Essence and Principles of Yoga therapy-Physiology and pathology in the yoga- Shatras- koshas- doshas- Panchapрана—Application of Yoga and its types — Methodology in Yoga Therapy — Factors (Heyam, Hetu, Hanam and Upayam) — Methods (Darsanam, Sparsanam, Prasanam, NadiPariksa) Examination of Vertebra, joints, muscles, Abdomen and Nervous system and therapeutic yoga practices- Modification of yogic practices — Yogic diet- Yogic diet for Human systems— Nadis and chakras.

Unit II:

Application of traditional Indian medical systems and therapies: Ayurveda — Doshas, Dinacarya, Ayurvedic diet, Panchakarma therapy
Siddha — Five elements theory, physical constituents, pathology (Kayakalpa, Kitchen, Herbal and other types of medicine) Varmam and Thokkanam, Exercise therapy, Cryo therapy, Acupressure, Acupuncture, Chromo therapy, Magnet therapy, Music therapy, Pranic healing, Magentotherapy, Naturopathy, Modalities of Naturopathy

Unit III:

Therapeutic applications for High blood pressure, Obesity, Diabetes Mellitus, Asthma, Sinusitis, Migraine, Arthritis, Back pain, Thyroid problems, constipation, impotency, infertility, stroke, Epilepsy, Parkinson's disease, sleep disorders, skin diseases, insomnia, Anaemia

Unit IV:

Therapeutic applications for psychological disorders:

Neurosis: stress, depression, eating disorders, suicide, hysteria

Psychosis: Schizophrenia, autism, Bipolar disorders, dementia

Personality disorders: Paranoid, histrionic, drug addicts- Smoking, Alcoholism, Gambling —

Anti social activities.



Unit V:

Therapeutic applications for the problems of women- Amenorrhea, Dysmenorrhea, menorrhagia, metrorrhagia, Hypomenorrhoea, oligomenorrhoea, polymenorrhoea, leucorrhoea, uterus related problems, miscarriage, pregnancy- Pre and post natal care, PCO

DIET AND NUTRITION

Unit I:

Nutrition: Macronutrients, micro nutrients, carbohydrates, fats, proteins, vitamins, minerals, water, balanced diet, benefits of vegetarian diet, gluten free and lactose free diet-composition of the meal (Grains, dairy products, vegetables and fruits nut, pulses, oil and fat), Meditarrenian diet, Vegan diet, Low glycemic diet, DASH diet, yogic diet, principles of yogic diet, characteristics of sattvic, rajasic and tamasic diet, diet for yogic practitioners

Unit II:

Food stuffs - Qualities of food - ancient thoughts on food- Guidelines of eating

Yogic diet: General introduction of Ahara; concept of Mitahara; Classification in yogic diet according to traditional Yoga texts; diet according to the body constitution (Prakriti) - Vata, Pitta and KaphaGunas

Concepts of Diet-Pathya and Apathya according to GherandaSamhita, Hatha Pradeepika and Bhagavad gita; importance of yogic diet in Yoga Sadhana and its role in healthy living;

Unit III:

Nutrition during various stages of life childhood, adolescence, adult hood, Middle aged & aged-Nutrition during pregnancy & tips

Principles of weight control & Management

Unit IV:

Nutrition therapy for infectious diseases: Malaria, Typhoid, cholera, whooping cough, tuberculosis, measles, venereal diseases, dysentery, leprosy



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Unit V:

Nutrition therapy for life style diseases: HBP, diabetes, obesity, cancer, stroke

YOGA FOR CHALLENGED PEOPLE

Unit I:

Introduction to disabilities - Types of disabilities - Causes of disabilities - Concepts of disabilities

Unit II:

Health: Goals of life- Adhi and Vyadhi, Kleshas, Koshas, Doshas, factors affecting health Panchamahabhudas, stages of development of disease- Mental and emotional ill-health Yogic rules for good health, Dimensions of health, causes of ill-health, pillars of health. Role of yogic positive attitudes (Maitri, Karuna, Mudita and Upeksha) for healthy living, concept of Bhavas and Bhavanas with its relevance in Health and well-being..

Unit III:

Fitness for disabled: Fitness: Meaning, Definition, components and scope of fitness, yogic practices for promoting the components of fitness: Endurance, strength, speed, flexibility, agility and balance - Natural fitness - Allround fitness - Benefits of fitness
Disability Management.

Unit IV:

Developmental programs for challenged people - Yoga and other forms of exercises

Unit V:

Diet for disabled

Nutrition: Macronutrients, micro nutrients, carbohydrates, fats, proteins, vitamins, minerals, water, balanced diet, benefits of vegetarian diet, gluten free and lactose free diet - composition of the meal (Grains, dairy products, vegetables and fruits nut, pulses, oil and fat), Meditarrenian diet, Vegan diet, Low glycemic diet, DASH diet, yogic diet, principles of



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yogic diet, characteristics of sattvic, rajasic and tamasic diet, diet for challenged people and Yogic practitioners.

YOGA AND WELLNESS

Unit I:

Wellness: Meaning and scope of wellness, components of wellness: fitness, nutrition, spirituality, smoking cessation, substance abuse control, stress management, environmental support, prevention and risk, reduction & disease yogic management

Unit II:

Physical fitness: Fitness: Meaning, Definition, components and scope of fitness, yogic practices for promoting the components of fitness: Endurance, strength, speed, flexibility, agility and balance - Natural fitness- Allround fitness-Benefits of fitness

Unit III:

Nutrition: Macronutrients, micro nutrients, carbohydrates, fats, proteins, vitamins, minerals, water, balanced diet, benefits of vegetarian diet, gluten free and lactose free diet - composition of the meal (Grains, dairy products, vegetables and fruits nut, pulses, oil and fat), Meditarrenian diet, Vegan diet. Low glycemic diet, DASH diet, yogic diet, principles of yogic diet, characteristics of sattvic, rajasic and tamasic diet, diet for challenged people and Yogic practitioners.

Unit IV:

Disease prevention: Health: Goals of life- Adhi and Vyadhi, Kleshas, Koshas, Doshas, factors affecting health- Panchamahabhudas, stages of development of disease- Mental and emotional ill-health Yogic rules for good health, Dimension of health, causes of ill-health, pillars of health. Role of yogic positive attitudes (Maitri, Karuna, Mudita and Upeksha) for healthy living, concept of Bhavas and Bhavanas with its relevance in Health and well-being. Smoking cessation -Substance abuse control.

Health & safety-Life style diseases



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Unit V:

Stress management: Frustration, conflicts and psychosomatic disorders, relationship between body and mind, mental health

Spirituality: Methods to promote spirituality

METHODS OF NATUROPATHY

Unit I:

Meaning -Definitions-Scope-Principles and Philosophy of Naturopathy -Modalities of Naturopathy: Diet therapy, fasting therapy, mud therapy, hydro therapy, colon hydrotherapy, Massage therapy, air therapy, chromo therapy, Magentotherapy, Sun rays

Unit II:

Mud therapy: Mud pack, Chest pack, Mud Bath, Mud pack for face, Knee mud pack, Wet-sheet pack for the whole body, Banana leaf bath

Unit III:

Hydro therapy: Enema, Hip Bath, alternative hip bath, Stiz Bath, Spinal Bath, Spinal spray bath, Foot and arm bath, Hot foot bath, Arm bath.

Unit IV:

Steam bath, Sunna bath, Sponge bath, inmussion bath, Friction bath. Under water massage, Wet sheet pack, chest pack, knee pack, Local steam, steam inhalation, Jet spray massages, ColorHydrotheraphy, Whirlpool bath.

Unit V:

Naturopathy Diet (Eliminative, soothing constructive)

Fasting, Sunbath, Air bath, massage.



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VILLAGE PLACEMENT PROGRAMME

The Village Placement Programme will be arranged for the First Year Students during the First Semester for five days in the nearby village as an awareness programme. The mode of evaluation will be Internal Assessment for maximum marks as 100 marks. The nature of the programme is based on the curriculum on yoga therapy for the people in the village for the common disease or ailments.

INTERNSHIP

(HOSPITALS OR HEALTH CENTERS OR YOGA OR NATUROPATHY CENTRES)

Internship will be organized for 15 days. The assessment of the students is internal for 100 marks. Students should design programme in yoga and are to practice and train in Hospitals or Yoga or Naturopathy Centers for 15 days.

TEACHING PRACTICE IN EDUCATIONAL INSTITUTION

PYT18EC201 -

Teaching practice will be organized for 15 days during IISemester. The assessment of the students is Internal for 100 marks, students should design programming in yoga and are to practice and train in educational Institution for 15 days.

The student should conduct yoga practical class with the help of lesson plan. The model lesson plan includes the following,

- Assembly and roll call
- Relaxation and prayer
- Loosening the joints
- Introduction of the practice
- Demonstration



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- Individual practice
- Group practice
- Yoga game (if work permits)
- Question and Answer Session
- Relaxation
- End Prayer

TRADITIONAL INDIAN SYSTEMS OF MEDICINE AND THERAPIES

UNIT-1

Origin of Ayurveda – Aim and importance of Ayurveda , Philosophy and goals of Ayurveda, Unique Approach of Ayurveda – Ayurveda texts, chakra samhita, Sushruta Samhita, Kashyapa Samhita, Rasatantra, Unique features of Ayurveda – Hygienic principles of Ayurveda (Dhinacharya)- Five elements of Ayurveda Doshas, Gunas, Dhatus, Upahatus, Eight Categories or branches of treatment – Nadis vijnana – Nadis and Chakras,- Charecteristics of different prakritis- causes of disease- method of disease examination – Ayurveda diet.

UNIT-2

Ayurveda effects of yogic principles &theraopies – Ayurvedic purification practices – Panchakarma- vamanam, virechanam, basti, Anuvasana, Nasya, Rakta Moksana- Abhyanga, Swedanam, Nasayam, Njavarakizhi, Pizhichil.

UNIT-3

History and concepts of Siddha medicine: Principles of Siddha Medicine System, Five Elements Theory, Three Biological Humars, Seven Physical Constituents, Pancha Bhudas , Pancha Koshas, Types of Siddha Medicine, Importance of Kayakalpa, Kitchen and herbal medicine, Diet Regulations, Varmam and Thokkanam, Treatment of siddha Medicine for life style diseases.



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UNIT-4

Concept of Naturopathy – Principles of Naturopathy – Methods of Naturopathy: Diet, Fasting, Treatment by earth, water treatment, Treatment by rays, Massage.

UNIT-5

Acupuncture, Acupressure, Exercise therapy, Physiotherapy, Music therapy, Color therapy, Magneto Therapy, Reiki.

PRACTICAL: CLINICAL APPLICATION IN TRADITIONAL INDIAN SYSTEMS OF MEDICINE AND THERAPIES

UNIT-1

Application of traditional Indian medical systems and therapies.

Ayurveda – Doshas, Dinacharya, Ayurvedic Diet, panchakarma Therapy,

Siddha – Five elements theory, physical constituents, pathology(Kayakalpa,Kitchen Herbal and other types of medicine), Naturopathy and Modalities of Naturopathy.

UNIT-2

Varmam and Thokkanam, Exercise therapy, Cryo therapy, Acupressure, Acupuncture, Chromo Therapy, Magneto Therapy, Music Therapy, Pranic healing, Magnetotherapy, Reflexology

UNIT-3

Therapeutic application for: High Blood Pressure, Obesity,Diabetes Mellitus, Asthma, Sinusities, Migraine, Arthritis, Back pain, Thyroid Problems, Constipation, Impotency, infertility, stroke, epilepsy, Parkinsons disease, sleep disorders,skin diseases, insomnia, Anaemia.

UNIT-4



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Therapeutic applications for psychological disorders:

Neurosis: Stress, Depression, eating disorders,

Psychosis: Schizophrenia, autism, Bipolar disorders, dementia

Personality Disorders: Paranoid, histrionic, drug addicts, smoking alcoholism, gambling, anti Social activities.

UNIT-5

Therapeutic applications for the problems of women- Amenorrhea, Dysmenorrhea, Menorrhagia Hypomenorrhoea, Oligomenorrhoea, polymenorrhoea, leucorrhoea, uterus related problems, miscarriage, pregnancy-pre and post natal care, PCOS.



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SKILL DEVELOPMENT

COMMUNICATION SKILL

UNIT – I

Communication Skills: Role of communication in Present Days- Importance of Communication - Communication Barriers - Types of Communications: Verbal communication: Oral -Story telling- Crucial conversation – Face to Face Communication- Telephone communication, Aral- Listening and Hearing, Non - Verbal Communication: Facial Expressions- Body Language-Posture- Eye Contact, Written Communication: Journals- E-Mails- Blogs - Text Messages, Visual Communications: Signs- Symbols- Pictures.

UNIT – II

Components of Communication – Context - Encoder- Encoding - Message - Medium - Receiver – Feedback- Level of Communication – Intrapersonal – Intrapersonal- Group and Public communication, Characteristics of Communication, Memorandum: Purpose- Format- Business Memo and Agenda, Basic Skills for Communications- Listening- Speaking- Reading and Writing.

UNIT – III

Interview Skills: Preparing for Interview- -Personal interview - Technical interview - Group Discussion- Body language- Pronunciation- Speaking - Presentation skills: Preparation – The Subject – The Audience – The place- The time- Length of Talk and Structure of Presentation.

UNIT – IV

Phonetics: Elements of English Language – Phonology- Morphology – Lexis – Syntax- Grammar, The Different Speech Organs and Their Role- The Individual Sounds- Vowel- Pure Vowel- Semi Vowel- Diphthongs- Classification of Diphthongs - Monotones- Consonants- Manner of Articulation- Place of Articulation.



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UNIT – V Strong and weak Forms of Words- Stress- Word Stress- Primary Stress- Secondary Stress- Sentence Stress, Rhyme and Rhythm- Rhythm- Intonation- Raise - Fall - Raise Fall intonation.

LIFE SKILLS MANAGEMENT

UNIT- I

Introduction: Soft Skills - Concepts and Definition- Need and importance of Soft Skills – Developing Soft Skills – Implications on Youth Development .

UNIT -II

Behavioral Skills : Attitude, Lateral Thinking , Emotional Intelligence, Leadership, Team Building and Interpersonal Skills.

UNIT- III

Social Skills and Negotiation Skills: Self Awareness and Empathy , Influencing, - Effective Communication –Oral Presentation Skills – Interviewing – Delegating.

UNIT- IV

Thinking Skills: Critical Thinking and Creative Thinking – Problem Solving and Decision Making skills.

UNIT -V

Coping Skills : Coping with stress and Emotions – Conflict Resolution – Negotiating - Time and Stress Management Skills.



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SOFT SKILLS - I

Oral Communication

Objective

To develop Oral Communication skill of the students.

Brief Contents

Self-Introduction – News Reading – Story Telling - Group Discussions - Talk Shows and Role Plays - Personal Interview - Movie Reviews, Article Reviews, Book Review and Speech in General Occasions.



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SOFT SKILLS - II

Written Communication

Objective

To develop Written Communication skill of the students.

Brief Contents

Preparing the detailed Resume with a covering letter. Preparing Agenda & minutes of the meeting. Preparing tenders and quotations. Abstract / Summary writing, Articles writing in Journals and Magazines. Daily report - Weekly Report - Monthly report - Quarterly Report and Annual Report. Preparing a Business Plan/Proposals.

SOFT SKILLS - III

Presentation Skills

Objective

To develop the organizing and presentation skill of the students.

Brief Contents

Organizing the Seminars, workshops and Conferences. Conducting Awareness Camps, Blood Donation camps, Book fairs and Job fairs. Conducting Entrance Examination, Mock Interviews, Quiz Competitions and Sports Events Management. Paper presentation. Preparation and presentation of an Advertisement.



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RULES REGULATION OF SPORT/GAME – VOLLEYBALL

UNIT - I

Facilities and equipment: Playing area - Dimensions measurements - layout – markings.- surface – zones –Temperature - lighting . Net and Post - balls. Teams: composition – captain – Coach – assistant coach (Rule No 1-5)

UNIT - II

Playing format: score - set – match – toss –starting lineup – Positions – rotations. Playing actions: start of play - playing the ball – ball at net – Player at the net. (Rule No 6 to 11)

UNIT III

Service: Service order- screening – fault. Attack hit: restriction – fault – Block: Contact – hit – service – fault. Interpretations: interruptions – time out – substitutions – illegal. Game delays – change of court. (Rule No 12 to 16)

UNIT - IV

Game delays: types - delay sanctions - exceptional interruptions – intervals change of court – libero – Participant contact – sportsman like contact – fair play – misconduct – sanctions (Rule No 17-21)

UNIT - V

Referrers : composition – procedure – I referee – II referee – scorer – assistant scorer – line judges- signals. (Rule no 22 – 28)

REFERENCE

3. Official volleyball rules – FIVB
4. www.fivb.org



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RULES REGULATION OF SPORT/GAME – FOOTBALL

UNIT - I

Facilities and equipment: Playing area - Dimensions measurements - layout – markings.- surface – zones –Temperature - lighting . Net and Post - balls. Teams: composition – captain – Coach – assistant coach (Rule No 1-5)

UNIT - II

Laws 1 – 5

UNIT III

Laws 6 - 11

UNIT - IV

Laws 12 - 17

UNIT - V

Referrers : composition – procedure – I referee – II referee – scorer – assistant scorer – line judges- signals. (Rule no 22 – 28)

REFERENCE

2. Official football rules – FIFA



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RULES REGULATION OF SPORT/GAME – KABADDI

UNIT - I

Facilities and equipment: Playing area - Dimensions measurements - layout – markings.- surface – zones –Temperature - lighting . Net and Post - balls. Teams: composition – captain – Coach – assistant coach (Rule No 1-5)

UNIT - II

Playing format: score - set – match – toss –starting lineup – Positions – rotations. Playing actions: start of play - playing the ball – ball at net – Player at the net. (Rule No 6 to 11)

UNIT III

Service: Service order- screening – fault. Attack hit: restriction – fault – Block: Contact – hit – service – fault. Interpretations: interruptions – time out – substitutions – illegal. Game delays – change of court. (Rule No 12 to 16)

UNIT - IV

Game delays: types - delay sanctions - exceptional interruptions – intervals change of court – libero – Participant contact – sportsman like contact – fair play – misconduct – sanctions (Rule No 17-21)

UNIT - V

Referrers : composition – procedure – I referee – II referee – scorer – assistant scorer – line judges- signals. (Rule no 22 – 28)

REFERENCE

2. AKFI Official I rules book



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Rules and Regulation of specified sport (Athletics)

Unit 1

Dimension & Marking of Track : -Layout of 400 m track marking - -Layout of 200 m track marking - -Different kind of staggers - -Marking for relay competitions (4x100 m, 4x400 m)

Unit 2

Marking for field events: -Layout for shot put, discus throw, hammer throw & Javelin throw arena -Layout for Long jump, Triple jump, High jump & Pole vault arena

Unit 3

Duties & Responsibilities of Officials: Technical delegates - Jury of appeal -Start coordinator, Starter & Recallers - Technical manager – Referees –Judges - Time keepers & photo finish judges - Lap scorers -Call room judges

Unit 4

Interpretation of rules & regulations: -Starts, Race & finish - -Hurdle races & steeple chase race --Relay races --Race walk --Cross country – road races - -Technical rules of combined events (Heptathlon & Decathlon)

Unit 5

Technical rules of field events: Throws (Shot put, Discus throw, Hammer throw & Javelin throw) -Horizontal jumps (Long jump , Triple jump) -Vertical jumps (High jump , Pole vault)

References:

- 1.Dr.George Emmanuel, Track and field events Layout and marking
- 2.World Athletics-Competition and technical rules-2020 edition



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RULES REGULATION OF SPORT/GAME – HOCKEY

UNIT - I

Facilities and equipment: Playing area - Dimensions measurements - layout – markings.- surface – zones –Temperature - lighting . Stick - ball - goal keeper

UNIT - II

Field of play – composition of team- Playing format – captain - score - set – match – toss – starting lineup – Positions – players clothing and equipments.

UNIT III

Match and results: start – re start – ball outside of the field –method of scoring conduct of play – player

UNIT - IV

Conduct of play – goal keeper – umpire – penalties – procedure – personal – personality

UNIT - V

Umpire – objective – apply the rules – skills – signals – style of officiating

REFERENCE

2. Rules of Hockey – International Hockey Federation



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TECHNIQUE AND TECHNICAL TRAINING OF SPORTS/ GAMES (VOLLEYBALL)

UNIT – I

Technique - Definition - fundamental skills - offensive skills – defensive skills - without equipment – positioning – movements - Principles of learning

UNIT – II

Technique: fundamental skills - with equipment/ball – offensive skills – defensive skills - simple to complex exercises - positioning - movements - Technical training - simple - complex - pressure - training under physical aspects.

UNIT - III

Techniques: Teaching fundamental skills –offensive skills – anatomical aspect – applied biomechanics - technical training

UNIT - IV

Teaching: fundamental skills – defensive skills – anatomical aspect – applied biomechanics – means of identifying faults – correction s.

UNIT - V

Training: advanced skills –offensive skills – training – corrections – analysis - defensive skills – training – corrections – analysis – testing

REFERENCE :

5. FIVB/FIFA/IHF/IAAF coaches manual
6. Ceile Reynand “ Coaching volleyball technical and tactical skills” Human kinetics
7. International sports Academy – Part I & Part II
8. Edward Spooner “The science of Volleyball Practice development and drill design” I universe Publications.



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TECHNIQUE AND TECHNICAL TRAINING OF SPORTS/ GAMES (FOOTBALL)

UNIT – I

Technique - Definition - fundamental skills - offensive skills – defensive skills - without equipment – positioning – movements - Principles of learning

UNIT – II

Technique: fundamental skills - with equipment/ball – offensive skills – defensive skills - simple to complex exercises - positioning - movements - Technical training - simple - complex - pressure - training under physical aspects.

UNIT - III

Techniques: Teaching fundamental skills –offensive skills – anatomical aspect – applied biomechanics - technical training

UNIT - IV

Teaching: fundamental skills – defensive skills – anatomical aspect – applied biomechanics – means of identifying faults – correction s.

UNIT - V

Training: advanced skills –offensive skills – training – corrections – analysis - defensive skills – training – corrections – analysis – testing

REFERENCE :

3. Coaching manual by S. Subramanian & Richerd Bate Malayasia
4. FIFA coaches manual



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TECHNIQUE AND TECHNICAL TRAINING OF SPORTS/ GAMES

(KABADDI)

UNIT – I

Technique - Definition - fundamental skills - offensive skills – defensive skills - without equipment – positioning – movements - Principles of learning

UNIT – II

Technique: fundamental skills - with equipment/ball – offensive skills – defensive skills - simple to complex exercises - positioning - movements - Technical training - simple - complex - pressure - training under physical aspects.

UNIT - III

Techniques: Teaching fundamental skills –offensive skills – anatomical aspect – applied biomechanics - technical training

UNIT - IV

Teaching: fundamental skills – defensive skills – anatomical aspect – applied biomechanics – means of identifying faults – correction s.

UNIT - V

Training: advanced skills –offensive skills – training – corrections – analysis - defensive skills – training – corrections – analysis – testing

REFERENCE :

2. IKF coaches manual



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TECHNIQUE AND TECHNICAL TRAINING OF SPORTS/ GAMES (ATHLETICS)

UNIT – I

Technique - Definition - fundamental skills - throws event - without equipment – positioning – movements - Principles of learning

UNIT – II

Technique: fundamental skills – Jumps - with equipment/ball – simple to complex exercises - positioning - movements - Technical training - simple - complex - pressure - training under physical aspects.

UNIT - III

Techniques: Track events - teaching fundamental skills – anatomical aspect – applied biomechanics - technical training

UNIT - IV

Teaching: Combined events - fundamental skills – defensive skills – anatomical aspect – applied biomechanics – means of identifying faults – correction s.

UNIT - V

Training: Decathlon – heptathlon – road race – marathon – waling – ruining advanced skills– training – corrections – analysis - defensive skills – training – corrections – analysis – testing

REFERENCE :

3. Coaching manual by S. Subramanian & Richerd Bate Malayasia
4. IAAF coaches manual



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TECHNIQUE AND TECHNICAL TRAINING OF SPORTS/ GAMES (HOCKEY)

UNIT – I

Technique - Definition - fundamental skills - offensive skills – defensive skills - without equipment – positioning – movements - Principles of learning

UNIT – II

Technique: fundamental skills - with equipment/ball – offensive skills – defensive skills - simple to complex exercises - positioning - movements - Technical training - simple - complex - pressure - training under physical aspects.

UNIT - III

Techniques: Teaching fundamental skills –offensive skills – anatomical aspect – applied biomechanics - technical training

UNIT - IV

Teaching: fundamental skills – defensive skills – anatomical aspect – applied biomechanics – means of identifying faults – correction s.

UNIT - V

Training: advanced skills –offensive skills – training – corrections – analysis - defensive skills – training – corrections – analysis – testing

REFERENCE :

4. Coaching manual by S. Subramanian & Richerd Bate Malayasia
5. HIF coaches manual
6. International sports Academy – Part I & Part II



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TACTICS AND TACTICAL DEVELOPMENT OF SPORT/GAME – VOLLEYBALL

UNIT – I

Tactics - definition – classification – importance – stages of teaching – descriptive analysis of offensive skills - Defensive skills

UNIT - II

Tactics – Offensive skills - advantage - disadvantage - individual tactics - tactical development - group tactics – tactical development - training under tactical and physical aspects

UNIT - III

Tactics – team tactics – tactical development – methods and means training - training under tactical aspects – Mental training to improve tactics

UNIT - IV

Strategies – meaning – importance – methods - factors affecting - System of play – formation - methods – importance - functional training – set plays - attacking - defense - importance

UNIT - V

Match practice – related practice – phase practice – minor games – small sided games

REFERENCE :

6. Coaches Manual : Erric Ribbeck, Germany
7. FIVB/FIFA/IHF/IAAF coaches manual
8. International Academy – Part I & Part II
9. Ceile Reynand “ Coaching volleyball technical and tactical skills” Human kinetics
10. Toni Faovzi “ Volleyball- Technique and Tactics” Lulu publications



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TACTICS AND TACTICAL DEVELOPMENT OF SPORT/GAME – FOOTBALL

UNIT – I

Tactics - definition – classification – importance – stages of teaching – descriptive analysis of offensive skills - Defensive skills

UNIT - II

Tactics – Offensive skills - advantage - disadvantage - individual tactics - tactical development - group tactics – tactical development - training under tactical and physical aspects

UNIT - III

Tactics – team tactics – tactical development – methods and means training - training under tactical aspects – Mental training to improve tactics

UNIT - IV

Strategies – meaning – importance – methods - factors affecting - System of play – formation - methods – importance - functional training – set plays - attacking - defense - importance

UNIT - V

Match practice – related practice – phase practice – minor games – small sided games

REFERENCE :

4. Coaches Manual : Erric Ribbeck, Germany
5. FIFA coaches manual
6. International Academy – Part I & Part II



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TACTICS AND TACTICAL DEVELOPMENT OF SPORT/GAME – KABADDI

UNIT – I

Tactics - definition – classification – importance – stages of teaching – descriptive analysis of offensive skills - Defensive skills

UNIT - II

Tactics – Offensive skills - advantage - disadvantage - individual tactics - tactical development - group tactics – tactical development - training under tactical and physical aspects

UNIT - III

Tactics – team tactics – tactical development – methods and means training - training under tactical aspects – Mental training to improve tactics

UNIT - IV

Strategies – meaning – importance – methods - factors affecting - System of play – formation - methods – importance - functional training – set plays - attacking - defense - importance

UNIT - V

Match practice – related practice – phase practice – minor games – small sided games

REFERENCE :

4. Coaches Manual : Erric Ribbeck, Germany
5. AKFI coaches manual
6. International Academy – Part I & Part II



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TACTICS AND TACTICAL DEVELOPMENT OF SPECIFIED SPORTS ATHLETICS

Unit 1

Historical development - National and International level - National bodies controlling sports and their affiliated units - International bodies controlling sports and their affiliated units - Major National and International competition

Unit 2

Sprints: Crouch starts and its variation – finishing technique – Running stride and its - phases (drive, support and recovery phase) Hurdles: Technique of 100 m and 110 m hurdles – Technique of 400 m hurdles

Unit 3

Middle and long distance: Techniques – Strategy – Tactics - Race walk : Techniques – phases of walking stride

Unit 4

Technical characteristics of Jumps ; -Long jump --Triple jump --High jump -Pole vault

Unit 5

Technical characteristics of Throws: -Shot put --Discus throw --Javelin throw --Hammer throw – types of passing button

References:

- 1.Run, Jump, Throws, IAAF guide to teaching athletes
- 2.,Deberly, J.menneth, modern track and field
- 3.Will freeman, Track and field coaching essentials, Human kinetics



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TACTICS AND TACTICAL DEVELOPMENT OF SPORT/GAME – HOCKEY

UNIT – I

Tactics - definition – classification – importance – stages of teaching – descriptive analysis of offensive skills - Defensive skills

UNIT - II

Tactics – Offensive skills - advantage - disadvantage - individual tactics - tactical development - group tactics – tactical development - training under tactical and physical aspects

UNIT - III

Tactics – team tactics – tactical development – methods and means training - training under tactical aspects – Mental training to improve tactics

UNIT - IV

Strategies – meaning – importance – methods - factors affecting - System of play – formation - methods – importance - functional training – set plays - attacking - defense - importance

UNIT - V

Match practice – related practice – phase practice – minor games – small sided games

REFERENCE :

3. Coaches Manual : Erric Ribbeck, Germany
4. IHF coaches manual



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SPECIFIC MOTOR QUALITIES OF SPORT/GAME : VOLLEYBALL

UNIT – I

Motor quality: forms – reaction speed – speed in movement – loco motor speed – sprinting speed – speed endurance - development - means and methods of development. Specific exercises – specific sport – development.

UNIT – II

Strength: types – maximum strength – explosive strength – strength endurance - means and methods of development – resistance training – Circuit training - up hill training – game specific exercises- development

UNIT - III

Endurance: Basic - General – specific – Nature of activity – duration of activity – 20 km walking - means and methods of development – circuit training – interval training – game specific exercises – development.

UNIT - IV

Coordinative abilities: classification - importance – need - means and method of development - game specific exercises – means and methods of development. Flexibility: types- stretching – active – passive – PNF stretch – sports specific exercises – development.

UNIT - V

Specific Plan: types – significance – micro – meso- macro. Specific Periodisation - aim – need – importance – Single – double – multiple - top form - various periods – preparatory – competitive - transitional - training schedules – daily – weekly monthly)

REFERENCES :

3. Frank W Dick, Sports training principles, London, Lepus Book Co., 1980
4. Hardy Singh Science of sports training, DVS Publication, New Delhi, 1995



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SPECIFIC MOTOR QUALITIES OF SPORT/GAME : FOOTBALL

UNIT – I

Motor quality: forms – reaction speed – speed in movement – loco motor speed – sprinting speed – speed endurance - development - means and methods of development. Specific exercises – specific sport – development.

UNIT – II

Strength: types – maximum strength – explosive strength – strength endurance - means and methods of development – resistance training –Circuit training - up hill training – game specific exercises- development

UNIT - III

Endurance: Basic - General – specific – Nature of activity – duration of activity – 20 km walking - means and methods of development – circuit training – interval training – game specific exercises – development.

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4. Hardyal Singh Science of sports training, DVS Publication, New Delhi, 1995



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SPECIFIC MOTOR QUALITIES OF SPORT/GAME : KABADDI

UNIT – I

Motor quality: forms – reaction speed – speed in movement – loco motor speed – sprinting speed – speed endurance - development - means and methods of development. Specific exercises – specific sport – development.

UNIT – II

Strength: types – maximum strength – explosive strength – strength endurance - means and methods of development – resistance training – Circuit training - up hill training – game specific exercises- development

UNIT - III

Endurance: Basic - General – specific – Nature of activity – duration of activity – 20 km walking - means and methods of development – circuit training – interval training – game specific exercises – development.

UNIT - IV

Coordinative abilities: classification - importance – need - means and method of development - game specific exercises – means and methods of development. Flexibility: types- stretching – active – passive – PNF stretch – sports specific exercises – development.

UNIT - V

Specific Plan: types – significance – micro – meso- macro. Specific Periodisation - aim – need – importance – Single – double – multiple - top form - various periods – preparatory – competitive - transitional - training schedules – daily – weekly monthly)

REFERENCES :

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4. Hardy Singh Science of sports training, DVS Publication, New Delhi, 1995



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SPECIFIC MOTOR QUALITIES OF SPORT/GAME : ATHLETICS

UNIT – I

Motor quality: forms – reaction speed – speed in movement – loco motor speed – sprinting speed – speed endurance - development - means and methods of development. Specific exercises – specific sport – development.

UNIT – II

Strength: types – maximum strength – explosive strength – strength endurance - means and methods of development – resistance training – Circuit training - up hill training – game specific exercises- development

UNIT - III

Endurance: Basic - General – specific – Nature of activity – duration of activity – 20 km walking - means and methods of development – circuit training – interval training – game specific exercises – development.

UNIT - IV

Coordinative abilities: classification - importance – need - means and method of development - game specific exercises – means and methods of development. Flexibility: types- stretching – active – passive – PNF stretch – sports specific exercises – development.

UNIT - V

Specific Plan: types – significance – micro – meso- macro. Specific Periodisation - aim – need – importance – Single – double – multiple - top form - various periods – preparatory – competitive - transitional - training schedules – daily – weekly monthly)

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SPECIFIC MOTOR QUALITIES OF SPORT/GAME : HOCKEY

UNIT – I

Motor quality: forms – reaction speed – speed in movement – loco motor speed – sprinting speed – speed endurance - development - means and methods of development. Specific exercises – specific sport – development.

UNIT – II

Strength: types – maximum strength – explosive strength – strength endurance - means and methods of development – resistance training – Circuit training - up hill training – game specific exercises- development

UNIT - III

Endurance: Basic - General – specific – Nature of activity – duration of activity – 20 km walking - means and methods of development – circuit training – interval training – game specific exercises – development.

UNIT - IV

Coordinative abilities: classification - importance – need - means and method of development - game specific exercises – means and methods of development. Flexibility: types- stretching – active – passive – PNF stretch – sports specific exercises – development.

UNIT - V

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4. Hardy Singh Science of sports training, DVS Publication, New Delhi, 1995



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TEAM PREPARATION, COACHING AND MATCH ANALYSIS OF SPORT/GAME VOLLEYBALL

UNIT – I

Physical preparation: motor qualities – assessment -testing and recording – training – pre season – off season – in season - Player identification - selection of team player - guide to select team – diet

UNIT – II

Skills preparations: advance skills- tactics – offensive – defensive - Modern training – complete exercises - assessment – evaluation – team training - off season - pre season - in season – team training – diet

UNIT – III

Psychological preparation - Inter personal relation - Motivation - autogenic training – pep talk – psychological training - goal setting - criticism - effective.

UNIT – IV

Team preparations: regular meeting - Pre competition meeting - half time meeting - post match meeting – previous matches review - purpose - fluid replacement - diet - pre – during - after the match – relaxation.

UNIT – V

Match analysis - aim - objectives - methods - system - psychological factors diet - climate - ground condition - medical assistance - physical fitness - technical - tactical - strategies - opponent's team - key player - dangerous players - strong and weak points of players - execution - feedback - chart - notational analysis

REFERENCES :

4. FIVB coaches manual
5. FIVB Rules book
6. International Academy - Part I & Part II



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TEAM PREPARATION, COACHING AND MATCH ANALYSIS OF SPORT/GAME FOOTBALL

UNIT – I

Physical preparation: motor qualities – assessment -testing and recording – training – pre season – off season – in season - Player identification - selection of team player - guide to select team – diet

UNIT – II

Skills preparations: advance skills- tactics – offensive – defensive - Modern training – complete exercises - assessment – evaluation – team training - off season - pre season - in season – team training – diet

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REFERENCES :

5. Soccer : Arpan Csanadi
6. FIFA coaches manual
7. FIFA Rules book
8. International Academy - Part I & Part II



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TEAM PREPARATION, COACHING AND MATCH ANALYSIS OF SPORT/GAME

KABADDI

UNIT – I

Physical preparation: motor qualities – assessment -testing and recording – training – pre season – off season – in season - Player identification - selection of team player - guide to select team – diet

UNIT – II

Skills preparations: advance skills- tactics – offensive – defensive - Modern training – complete exercises - assessment – evaluation – team training - off season - pre season - in season – team training – diet

UNIT – III

Psychological preparation - Inter personal relation - Motivation - autogenic training – pep talk – psychological training - goal setting - criticism - effective.

UNIT – IV

Team preparations: regular meeting - Pre competition meeting - half time meeting - post match meeting – previous matches review - purpose - fluid replacement - diet - pre – during - after the match – relaxation.

UNIT – V

Match analysis - aim - objectives - methods - system - psychological factors diet - climate - ground condition - medical assistance - physical fitness - technical - tactical - strategies - opponent's team - key player - dangerous players - strong and weak points of players - execution - feedback - chart - notational analysis

REFERENCES :

3. AIKFI coaches manual
4. International Academy - Part I & Part II



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TEAM PREPARATION, COACHING AND MATCH ANALYSIS OF SPORT/GAME ATHLETICS

UNIT – I

Physical preparation: motor qualities – assessment -testing and recording – training – pre season – off season – in season - Player identification - selection of team player - guide to select team – diet

UNIT – II

Skills preparations: throws event skills- tactics – Modern training – complete exercises - assessment – evaluation – team training - off season - pre season - in season – diet

UNIT – III

Skills preparations: Jumps - skills- tactics – Modern training – complete exercises - assessment – evaluation – training - off season - pre season - in season – diet

Psychological preparation - Inter personal relation - Motivation - autogenic training – pep talk – psychological training - goal setting - criticism - effective.

UNIT – IV

Team preparations: regular meeting - Pre competition meeting - half time meeting - post competition meeting – previous competition review - purpose - fluid replacement - diet - pre – during - after the competition – relaxation. Psychological preparation - Inter personal relation - Motivation - autogenic training – pep talk – psychological training - goal setting - criticism - effective.

UNIT – V

Competition analysis - aim - objectives - methods - system - psychological factors diet - climate - ground condition - medical assistance - physical fitness - technical - tactical - strategies - opponent's team - key player - dangerous players - strong and weak points of players - execution - feedback - chart - notational analysis

REFERENCES :

2. IAAF coaches manual



TEAM PREPARATION, COACHING AND MATCH ANALYSIS OF SPORT/GAME

HOCKEY

UNIT – I

Physical preparation: motor qualities – assessment -testing and recording – training – pre season – off season – in season - Player identification - selection of team player - guide to select team – diet

UNIT – II

Skills preparations: advance skills- tactics – offensive – defensive - Modern training – complete exercises - assessment – evaluation – team training - off season - pre season - in season – team training – diet

UNIT – III

Psychological preparation - Inter personal relation - Motivation - autogenic training – pep talk – psychological training - goal setting - criticism - effective.

UNIT – IV

Team preparations: regular meeting - Pre competition meeting - half time meeting - post match meeting – previous matches review - purpose - fluid replacement - diet - pre – during - after the match – relaxation.

UNIT – V

Match analysis - aim - objectives - methods - system - psychological factors diet - climate - ground condition - medical assistance - physical fitness - technical - tactical - strategies - opponent's team - key player - dangerous players - strong and weak points of players - execution - feedback - chart - notational analysis

REFERENCES :

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5. IHF Rules book
6. International Academy - Part I & Part II



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BUSINESS COMMUNICATION

PSM18AE101

Unit-I: Basic forms of communication

Need for Communication; Forms of Communication Self-Development and Communication; Factors Affecting Communication; Essentials of good Communication Skills.

Unit-II: Corporate communication

Types of Corporate Communication; Barriers of Communication: **Principles of Effective Communication** - The Effective Communication Skills Questionnaire; Humour in Communication; Interpersonal Communication; Intrapersonal Communication; Understanding Audience Psychology.

Unit-III: Writing skills: Business letters

Written Communication—Significance In Business; Essentials of a Business Letter; Parts of a Business Letter; Forms of a Business Letter; Types of Business Letters; Writing a Good Business Letter. **Internal Communication** - Letters within the Organization; Letters to Staff; Circulars and Memos; Office Notes, Motivational Communication; Letters from Top Management; Writing without Hurting; Reminders and Follow-up; Employee Newsletters. **Report writing** - Types of Reports; Essentials of Good Report Writing; Committee Reports; Annual Reports.

Unit- IV: Public Relations

Definition of Public Relations; Benefits of PR in Sports; Tools-Media; Press Release; Press Conferences; Media Briefings; Non-media initiatives; How to manage media.

Unit-V: Sports Journalism & Media

Media as a Vehicle; Media as a Dashboard; Evolving nature of Sports Media in India; Opportunities in Sports Journalism; Big Data in Media.

References

1. Effective communication- Urmila Rai and S.M. Rai (Himalaya Publishing House).
2. Business Communication-Doctor and Doctor (Sheth) Publishers Pvt. Ltd.)
3. Public Relations – A Case Based Approach – Jerry Hendrix & Darrell C. Haynes.
4. The Significance of Sponsorship as a Marketing Tool in Sports Events – Oladunni Roselyn Abiodun



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BUSINESS COMMUNICATION

Unit-I: Basic forms of communication

Need for Communication; Forms of Communication Self-Development and Communication: Factors Affecting Communication; Essentials of Communication Skills.

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Types of Corporate Communication; Barriers of Communication: **Principles of Effective Communication** - The Effective Communication Skills Questionnaire; Humor in Communication; Interpersonal Communication; Intrapersonal Communication; Understanding Audience Psychology.

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SOFT SKILLS - I

MANAGERIAL ORAL COMMUNICATION

OBJECTIVE

To develop Oral Communication skill of the students.

BRIEF CONTENTS

Self Introduction – News Reading – Story Telling - Group Discussions - Talk Shows and Role Plays - Personal Interview - Movie Reviews, Article Reviews, Book Review and Speech in General Occasions.

SOFT SKILLS - II

MANAGERIAL WRITTEN COMMUNICATION

OBJECTIVE

To develop Written Communication skill of the students.

BRIEF CONTENTS

Preparing the detailed Resume with a covering letter. Preparing Agenda & minutes of the meeting. Preparing tenders and quotations. Abstract / Summary writing, Articles writing in Journals and Magazines. Daily report - Weekly Report - Monthly report - Quarterly Report and Annual Report. Preparing a Business Plan/Proposals.

SOFT SKILLS - III

PRESENTATION SKILLS

OBJECTIVE



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To develop the organizing and presentation skill of the students.

BRIEF CONTENTS

Organizing the Seminars, workshops and Conferences. Conducting Awareness Camps, Blood Donation camps, Book fairs and Job fairs. Conducting Entrance Examination, Mock Interviews, Quiz Competitions and Sports Events Management. Paper presentation. Preparation and presentation of an Advertisement.

1. Communication Skill:

Syllabus:

UNIT – I

Communication Skills: Role of communication in Present Days- Importance of Communication - Communication Barriers - Types of Communications: Verbal communication: Oral -Story telling- Crucial conversation – Face to Face Communication- Telephone communication, Aral- Listening and Hearing, Non - Verbal Communication: Facial Expressions- Body Language-Posture- Eye Contact, Written Communication: Journals - E-Mails - Blogs - Text Messages, Visual Communications: Signs - Symbols - Pictures.

UNIT – II

Components of Communication – Context - Encoder- Encoding - Message - Medium - Receiver – Feedback- Level of Communication – Intrapersonal – Intrapersonal- Group and Public communication, Characteristics of Communication, Memorandum: Purpose- Format- Business Memo and Agenda, Basic Skills for Communications- Listening – Speaking- Reading and Writing.

UNIT – III

Interview Skills: Preparing for Interview - Personal interview - Technical interview - Group Discussion- Body language- Pronunciation- Speaking - Presentation skills: Preparation – The Subject – The Audience – The place- The time - Length of Talk and Structure of Presentation.

UNIT – IV



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Phonetics: Elements of English Language - Phonology- Morphology-Lexis- Syntax-Grammar, The Different Speech Organs, and Their Role- The Individual Sounds- Vowel- Pure Vowel - Semi Vowel - Diphthongs - Classification of Diphthongs -Monotones - Consonants - Manner of Articulation - Place of Articulation.

UNIT – V

Strong and weak Forms of Words- Stress- Word Stress- Primary Stress- Secondary Stress- Sentence Stress, Rhyme and Rhythm – Rhythm – Intonation- Raise - Fall - Raise Fall intonation.

Personality development:

Syllabus:

UNIT-I

Personality: Personality in psychology – Meaning, Definition, concept, need, nature, and scope of personality development- structure of personality.

UNIT-II

Stage of human development- determinants of human development of personality- developmental processes: physical, mental, moral, social, emotional and spiritual.

UNIT-III

Guidelines on personality – values and spirituality- developing good personality based on yoga- anger and stress management- role of diet on personality.

UNIT-IV

Personality development with special emphasis on pancha kosha- Ashtanga yoga- Factors of personality- Theories of personality- Attitude- Self-esteem, Memory- Concentration-creativity-intelligence- Assessment of personality.

UNIT-V

Leadership- Qualities of leaders-Positive thinking- powers and effects of thoughts- career planning –career rules- Better human relations- time management



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METHODOLOGY OF TEACHING YOGA

Unit 1:

Education

Yoga Education, Goal, Scope and importance, Principles of Teaching Yoga- Yogic, psychological, Physiological, Pedagogical, sociological.

Meaning of methodology of teaching - factors influencing Methodology, Presentation technique.

Role of language, Voice, fluency, clarity and body language in Teaching.

Factors of Yoga Education: Teacher, Student and Teaching-Guru-Shishya Parampara

Types of students and teachers-promotion of leadership qualities.

Unit II:

Methods in Yoga Teaching

Lecture method

Response to instruction method (method)

Individualized Instructional Method

Group discussion Method

Directed Practice Method

Project method

Demonstration Method

Lecture cum Demonstration Method

Imitation Method

Dramatization Method

Unit III:

Teaching aids:

Audiovisual aids

Visual aids

Audio aids



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Models.

Props

Wooden brick and foot rest belt, ropes, slanting plank, chair, stool, bench, Box, the heart rate, ladder stool and drum, bolster and pillow, bandage, weight, the horse, big and small.

Unit IV:

Preparing lesson plan-

Essentials of a good lesson plan

Advantages of preparing a lesson plan

Contents of a lesson plan

Class management-formation of the class

Conducting yoga practical lessons: Precautions and contra-indications of practices

Lesson plan:

Assembly and roll call

Relaxation & prayer

Loosening the joints

Introduction of practice

Demonstration

Individual practice

Group practice

Yoga game (if time permits)

Question and answer session

Relaxation.

End prayer

Unit V:

Organizing yoga class, Yoga camp, workshops in yoga, Yoga tours. Yoga games are competitions, classification of age groups for competitions



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Evaluation

Advantages

Devices of evaluation

COMPUTER APPLICATION IN YOGA – II

Unit I:

Internet - Internet Service - Web pages - Web site-Web server - Search Engines.

Unit II:

Networking Computers-LAN-WAN.

Unit III:

Database creation - Primary Key and other constraints.

Unit IV:

Simple SQL statements - Create insert-update-delete-select-commit.

Unit V:

Front end tools Connecting database with VB creating simple Graphical user.

Interface applications using VB.



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Communication Skills

Unit 1:

Communication: Meaning, definitions, goals, need, scope- Basics of communication- Characteristics of Communication - one to one-one to group – Real Communication - Role of Communication in the present scenario

Unit II:

Barriers to Communication - Do's and Don't's of Communication skills - Types of Communication

Verbal Communication: Reading listening, writing, speaking skills, telephonic Communication, face to face interactions, Non-verbal Communication: Gestures, Body posture, facial expression, eye contact, poise, body movements, dress.

Unit III:

Letter writing-Report writing - Memo's - Note Making - Agenda preparation

Unit IV:

Soft skills-Interview skills - preparing for an interview - presentation skills - Body language - speaking - pronunciation - voice - Modulation of speech - structure of presentation

Unit V:

Group discussion - art of listening and expressing - Role of Yoga on Communication skills



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TEACHING PRACTICE

The mode of evaluation in Yoga is internal = 100 marks.

VILLAGE PLACEMENT PROGRAMME

Duration : Five Days

Mode of Evaluation : Internal Assessment

Maximum Marks : 100

Subject : Yoga

Nature of Programme : To bring awareness and to teach and train Villagers

VISITING EDUCATIONAL INSTITUTION

Teaching practice will be organized for 1 day during IV semester. The assessment of the students is internal for 100 marks. Students should design programme in yoga and are to teach practice and train in Educational institutions for 1 day.



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YOGA AND PSYCHOLOGY

Unit 1:

Psychology: Meaning, Definitions, Nature, Need, Scope of Psychology Psychology and Yoga, Role of yoga on Heredity and Environment, learning, Emotions, memory, Cognition, Intelligence, Attention, attitude, personality.

Unit II:

Growth and Development: Life span periods, yoga for different stages of life: infancy, early childhood, Later childhood, adolescence, Adulthood, Old age, Women. Yoga for Professional people.

Unit III:

25 elements, koshas, Doshas, Gunas, Nadis, chakras, mind, Types of mind, folds, mental faculties, stages, states, sources and powers of mind, unfolding powers of Mind, yoga for super-consciousness.

Unit IV:

Spirituality: Meaning, definition, Role of Yoga and Religion on Spirituality, Values, types of values, divine virtues. Methods of developing spirituality.

Unit V:

Role of yoga on psychological qualities and psychological disorders

Neurosis: Anxiety, Phobias, obsessions, compulsions, stress, hysteria, Depression, Eating disorders, suicide.



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Psychosis: Schizophrenia, Autism, Dementia, Bipolar disorders, Mental retardation.

Personality disorders: Paranoid. Histrionic, Drug addicts, Gambling. Alcoholism. smoking, anti-social personality disorders.

PSYCHOLOGICAL TESTING IN YOGA

Anxiety

Assertiveness

Study skills

Job satisfaction

Emotional maturity

General Mental Alertness

Attitude

Adjustment

Division of Attention

Steadiness

Learning

Reaction time



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VISITING YOGA CENTRES

Duration	- 15 Days
Mode of Evaluation	- Internal Assessment
Maximum Marks	- 100
Subject	- Yoga
Nature of Programme centres	- To bring awareness and to teach and train People at yoga centres

PROJECT

Each candidate shall be registered to take up Project work in the final year.

The student will select topic. Project report shall be submitted to the Department.



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BIOMECHANICS

Practical

1. Identification of bones and joints
2. Identification of bony landmarks
3. Palpation of major muscles in each joint
4. Qualitative analysis of yogic postures
5. Quantitative analysis of yogic posture

BASIC BIOMECHANICS

Unit-I

Biomechanics — meaning, definition, need and importance biomechanics in yoga. Branches of biomechanics — statics, dynamics, kinematics and kinetics. Motion- types of motion, linear, angular and general motion- Finishiology: Anatomical, physiological (bones, tissues, muscles and nerves).

Unit-II

Kinematics - Linear and angular kinematics. Distance, displacement, speed, velocity and acceleration in linear and angular motion. Linear and angular momentum- Scalars and vectors. Impulse, Work, power and energy, conservation of mechanical energy. Principles of projectile motion.

Unit-III

Kinetics - Force — Inertia, internal force, external force, torque, gravitational force, centripetal force, centrifugal force, ground reaction force, friction, types of friction, pressure, characteristics of force. Lever — types of lever, centre of gravity, line of gravity, balance, stability and equilibrium, types of equilibrium, factors affecting equilibrium. Newton laws of motion. Impulse momentum relationship.

Unit-IV



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Planes and axis. Skeletal muscle structure, characteristics, muscle spindle, golgi tendon organ, types of muscle contraction, structural and functional classification of muscles, internal loads on the human body. Bones- types, joints, types, effects of physical activity and inactivity on bone. Origin, insertion and action of major muscles of human body.

Unit-V

Analysis of basic yogic postures — Cartesian coordinate system, visual observation, video analysis —qualitative and quantitative analysis. Electromyography- anatomical landmarks for fixing EMG sensors, EMG data interpretation. Human body posture and gait analysis.

INTERNSHIP (HOSPITALS OR HEALTH CENTERS OR YOGA OR NATUROPATHY CENTRES)

Internship will be organized for 15 days during 3rd Semester. The Assessment of the students is internal for 100 marks. Students should design programme in Yoga and are to practice and train in Hospitals or Health centres or yoga or Naturopathy centres for 15 days.

USAGE OF PROPS

Unit I:

Yogic practices — benefits of yogic practices, yoga for healthy life and professional life

Unit II:

Meaning and need of props — concepts of props — benefits of props

Unit III:

Wooden brick and foot rest



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Belts

Ropes

Slanting planks

Chair

Unit IV:

Stool

Bench & box

The heart rack

Ladder stool and drum

Unit V:

Bolsters and pillows

Bandage

Weights

Horse (big & small)

FUNDAMENTALS OF RESEARCH

Unit 1:

Research- Meaning, Definition, Need, Nature and scope of Research in Yoga, Types of research-Basic- Applied- Action- Qualities of a researcher-Criteria in locating and selecting a research problem

Unit II:

Preparation of Research Proposal- Mechanism of research proposal - Formulation of hypothesis- Variables and its types.

Unit III:



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Types of Research Design, Descriptive Research- Survey method, Case study method, Experimental method- Categories: Longitudinal design, Quasi Experimental design, cross sectional design, Double blind placebo design Experimental Design Types: Single group design, Reverse group design, Repeated Measures design, Static group comparison design, Rotated group design, Random group design, Equated group design, Factorial design –

Unit IV:

Data- Population- Sample- Subject- Sampling: Characteristics, principles, steps, Determining the sample size, criteria in selection, Types of sampling: probability sampling methods- Random and complex, Non-probability sampling methods

Unit V:

Writing Synopsis and Research report- Front materials, Main chapters and Back materials- Recent trends in yoga research, yoga research centers and their works in India.

CLASSICAL YOGIC PRACTICES AND APPLIED PHYSIOLOGY PRACTICUM - I

UNIT – I

Loosening Exercise Loosening the joints, Joint freeing series - Surya Namaskar: (Bihar school of yoga 12 Steps) – Prayer, Meaning, Definition, Guidelines, Procedure, Breathing technique, Awareness, Contra-indication, and Benefits. Procedure, Breathing technique, Awareness, Contra-indication, Benefits, Type and Category of each asana. Ardha chakrasana, Padma hastasana, Trikonasana, Ekapadasana. Padma sana, vajrasana, Ustrasana, Pashchimotrasana. Uthanasana, Ardha halasana, Savasana. Bhujangasana, Shalabhasana, Makarasana.

UNIT – II



தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
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Pranayama: Name, Meaning, Definition, Guidelines, Procedure, Breathing technique, Awareness, Contra-indication, Benefits, Type and Category of each one - Pranayama: Surya nadi, Chandra nadi, suryabhedhana, Chandra bhedhana, Nadisudhi.

Kriyas and Bandha: Name, Meaning, Definition, Guidelines, Procedure, Breathing technique, Awareness, Contra-indication, Benefits, Type and Category of each one

Kriya – Kapalabhati, Vamanadhauti.

Bandha: Jalandhara Bandha, Moola Bandha, Uddiyana Bandha.

UNIT – III

Mudra and Relaxation Technique: Name, Meaning, Definition, Guidelines, Procedure, Breathing technique, Awareness, Contra-indication, Benefits, Type and Category of each one - Mudras: Chin mudra, Chin maya mudra, Adi mudra, Brahma mudra, Bhairava mudra, Bhairavimudra. Relaxation Technique : Instant Relaxation Technique, Quick Relaxation Technique.

UNIT – IV

Measurement of Temperature, Pulse rate, Respiratory rate - Measurement of Blood Pressure - Muscle Examinations

UNIT – V

Sensory functions – Examinations, Identification of a specimen organ and explain its functions.

COMMUNICATION SKILL

SUBJECT CODE - 23PB1AE101 -

UNIT – I

Communication Skills: Role of communication in Present Days- Importance of Communication - Communication Barriers - Types of Communications: Verbal



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communication: Oral -Story telling- Crucial conversation – Face to Face Communication-
Telephone communication, Aral- Listening and Hearing, Non - Verbal Communication:
Facial Expressions- Body Language-Posture- Eye Contact, Written Communication: Journals
- E-Mails - Blogs - Text Messages, Visual Communications: Signs - Symbols - Pictures.

UNIT – II

Components of Communication – Context - Encoder- Encoding - Message - Medium
- Receiver – Feedback- Level of Communication – Intrapersonal – Intrapersonal- Group and
Public communication, Characteristics of Communication, Memorandum: Purpose- Format-
Business Memo and Agenda, Basic Skills for Communications- Listening – Speaking-
Reading and Writing.

UNIT – III

Interview Skills: Preparing for Interview - Personal interview - Technical interview -
Group Discussion- Body language- Pronunciation- Speaking - Presentation skills: Preparation
– The Subject – The Audience – The place- The time - Length of Talk and Structure of
Presentation.

UNIT – IV

Phonetics: Elements of English Language - Phonology- Morphology-Lexis- Syntax-
Grammar, The Different Speech Organs, and Their Role- The Individual Sounds- Vowel-
Pure Vowel - Semi Vowel - Diphthongs - Classification of Diphthongs -Monotones -
Consonants - Manner of Articulation - Place of Articulation.

UNIT – V

Strong and weak Forms of Words- Stress- Word Stress- Primary Stress- Secondary
Stress- Sentence Stress, Rhyme and Rhythm – Rhythm – Intonation- Raise - Fall - Raise Fall
intonation.



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CLASSICAL THERAPETUIC MODIFIED YOGA PRACTICES

PY022CT103

UNIT - I

Essentials of Yogic Practices - cleanliness and food, bath, time, sun, closing eyes, place, breathing, awareness, age limitations, sequence, blanket, clothes, position, emptying the bowels and stomach counter pose, pregnancy, contra-indications, duration, straining, special provisions for women and patients, fitness, posture, side effects.

UNIT - II

Loosening Exercise (sithalikarmavyayama) and Surya Namaskar (Bihar school of yoga 12 Steps) – Prayer, Meaning, Definition, Guidelines, Procedure, Breathing technique, Awareness, Contra-indication, and Benefits.

UNIT – III

Asana

Name, Meaning, Definition, Guidelines, Procedure, Breathing technique, Awareness, Contra-indication, Benefits, Type and Category of each and every asana.

Tadasana, Trikonasana, ArdhaChandrasana, UtthitaParshvakonasana, UrdhvaDhnurasana, Utkatasana, Moordhasana, Dhandasana, Pavanamuktasana, Hamsasana, ArdhaSirasana, Ardha Kati Chakrasana, ArdhaChakrasana, Veerasana, Namaskarasana, Vakrasana, Malasana, Merudandasana, Janusirasana, Bharadvajasana, Suptavajrasana, Makrasana, ArdhaPadmasana, Sukhasana, Natrajasana, Savasana.

UNIT - IV

Pranayamaand Kriyas

Name, Meaning, Definition, Guidelines, Procedure, Breathing technique, Awareness, Contra-indication, Benefits, Type and Category of each and every one



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Pranayama- Sectional breathing

Viloma (Surya, Chandra), Anuloma(Surya, Chandra), Pratiloma Pranayama, Surya Bhedana and Chandra Bhedana, Bramari, Nadisudhi, Kapalapathi.

Kriya – Kapalapathi, Vamana dhauti.

UNIT – V

Bandha, Mudra and Relaxation Technique

Name, Meaning, Definition, Guidelines, Procedure, Breathing technique, Awareness, Contra-indication, Benefits, Type and Category of each and every one

Bandha

Jalandira Bandha, Moola Bandha.

Mudras

Chin mudra, chinmaya mudra, adi mudra, Brahma mudra, Bhairava mudra, Bhairavi mudra.

Relaxation Technique:

Instant Relaxation Technique, Quick Relaxation Technique.

PRACTICAL: APPLIED PHYSIOLOGY

UNIT – I

Measurement of Temperature, Pulse rate, Respiratory rate

UNIT – II

Measurement of Blood Pressure

UNIT – III

Sensory functions – Examinations

UNIT – IV

Muscle Examinations



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UNIT – V

Identification of a Specimen Organ and explain its functions

COMMUNICATION SKILLS

UNIT – I

Communication: Meaning, definitions, goals, need, scope – Basic of communication – characteristics of communication- one to one- one to group – Real Communication – Role of Communication in the present scenario.

UNIT – II

Barriers to Communication – Do's and Don'ts of Communication skills – Types of Communication

Verbal Communication: Reading listening, writing, speaking skills telephonic

Communication, face to face interactions, Non-verbal Communication: Gestures, Body posture, facial expression, eye contact, poise, body movements, and dress.

UNIT – III

Letter writing – Report writing – Memo's – Note Making – Agenda preparation

UNIT – IV

Soft skills – Interview skills – preparing for an interview – presentation skills- body language – speaking – pronunciation – voice – Modulation of speech – structure of presentation

UNIT – V

Group Discussion - art of listening and expressing – Role of Yoga on communication skills.

PHYSICAL EXAMINATION: METHODS OF YOGA THERAPY

PYT18CT202 -

Program Objectives:



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- To know about the origin and History of Yoga
- To know about the conception of Yoga
- To understand the philosophy of Yoga
- To know about the yoga perspective in Books & Epics
- To know about the concept of Yoga in vedantic approach

UNIT – I

EXAMINATION OF SPINE

- Spine with respect to kyphosis
- Spine with respect to lordosis
- Spine with respect to scoliosis
- Axial twists
- Examination of low back
- Examination of neck

UNIT – II

EXAMINATION OF JOINTS

- Kneejoint.
- Hip joint
- Shoulder joint
- Ankle and foot

UNIT- III

EXAMINATION OF MUSCLES

- Various group of muscle
- Muscles tone
- Muscle bulk
- Strength of various groups of muscles

UNIT – IV

EXAMINATION OF ABDOMEN



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- Examination of abdominal organs
- Interference of from examination
- Examination of hernia sites

UNIT – V

EXAMINATION OF NERVES

- Examination of the neurological system.
- Examination of tremor
- Examination of find tremor

PRACTICAL: CLINICAL PSYCHOLOGICAL

UNIT - I

Introduction to models of Psychopathology, Psychoanalytic, behavioural, cognitive, and biological models; Sociobiology of health and disease; Diagnostic classification of mental and behavioural disorders.

UNIT – II

Case history taking and mental status examination, Disorders of attention, perception, thought movement, Psychodiagnosis of major Mental Disorders of the Adults and their treatment: Stress and Anxiety Disorders, and Schizophrenia, Affective Disorders, Psychosomatic Disorders, Personality Disorders and Substance abuse.

UNIT - III

Mental Disorders of Children and their treatment, Mental Retardation, Learning Disability, Attention Deficit Disorders and Hyperactivity, Autism, Fears and Phobias, Conduct disorders.

UNIT - IV

Yogic counseling and Human Consciousness, Introduction to counselling, nature approaches and challenges; Approach to counselling Attitude change towards yoga through



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individualized counseling, Psychological & yogic method Tackling ill effects of conflict and Frustration; Yogic methods Yoga Psychology for Adjustment: Psychological, philosophical and yogic counseling; the remedial measures; Action in relaxation-the secret of Karma Yoga; Psycho-physiological effects and health benefits of Pranayama, Shatkarma; Bandha and Mudra ; Psycho-physiological effects and health benefits of Meditation.

UNIT - V

Human Consciousness - Meaning, definition and Nature of Consciousness, Need of study of Human Consciousness, Present crisis on Human Consciousness and measures of their appropriate solutions. Human Consciousness in Ayurveda, Astrology, And Human Consciousness in modern science: Researches related to Human consciousness in Human Anatomy, Physiology and Psychology. Various Psychological methods for development of Human Consciousness.

CLASSICAL MODIFIED YOGA PRACTICES-II

Unit I:

Essentials of Yogic Practices - cleanliness and food, bath, time, sun, closing eyes, place, breathing, awareness, age limitations, sequence, blanket, clothes, position, emptying the bowels and stomach counter pose, contra-indications, duration, straining, special provisions for women and patients, fitness, posture, side effects.

Unit II:

Loosening Exercise (Pawanamuktasana series 1) and Surya Namaskar (Vinyasa Suryanamaskar) -Meaning, Definition, Guidelines, Procedure, Breathing technique, Awareness, Contra-indication, and Benefits.

Unit III:

Asana



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Name, Meaning, Definition, Guidelines, Procedure, Breathing technique, Awareness, Contra-indication, Benefits, Type and Category of each and every asana.

Unit IV:

Tadasana, UtthitaParshvakonasana, Malasana, Moordhasana, veerabadhrasana 2.

Triyangajanusirsasana, Bharadvajasana, Badhakonasana, Ardhamatchendra asana, simhasana.

Chakrasana, Sarvangasana, Sedhubandhasarvangasana, Matsyasana, Savasana. Poorna

dhanurasana, Poorvabhujaasana, Makrasana.

Unit IV:

Pranayamaand Kriyas

Name, Meaning, Definition, Guidelines, Procedure, Breathing technique, Awareness, Contra-indication, Benefits, Type and Category of each and every one

Pranayama- Vyaghra Pranayama, Sectional Breathing, Yogic Breathing, Bhramari

Pranayama, Shitali Pranayama.

Kriya – Nauli, Basthi.

Unit V:

Bandha, Mudra and Relaxation Technique

Name, Meaning, Definition, Guidelines, Procedure, Breathing technique, Awareness, Contra-indication, Benefits, Type and Category of each and every one

Bandha

Jalandira Bandha, Moola Bandha, Uddiyana Bandha, Maha Bandha.

Mudras

Shambavi mudra, Shangu mudra, Linga mudra, Shanmuki mudra, Anjali mudra, Lotus mudra.

Relaxation Techniqe:

Deep Relaxation Technique.

Meditation

Chakra Meditation, Japa Meditation, Vipasana Meditation.



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COMPUTERAPPLICATIONS

PYT18SE201

Program Objectives:

- To know about the origin and History of Yoga
- To know about the conception of Yoga
- To understand the philosophy of Yoga
- To know about the yoga perspective in Books & Epics
- To know about the concept of Yoga in vedantic approach

UNIT - I

Introduction to computer- definition- type of computer- basic parts - hardware -software - input and output devices and arithmetic & logic unit control unit -CPU -comparison of human being and computer

UNIT - II

Microsoft Word: Title Bar, Menu Bar, standard toolbar bar - formatting toolbar bar- Formulas bar Ruler Bar - Status bar –task bar creating document -formatting editing – deleting - copying - saving.

UNIT - III

Microsoft Excel: title bar- menu bar- standard toolbar- formatting toolbar- formulas bar creating -Ruler status bar – task bar – creating document - formatting -editing –deleting- saving -chart and mathematical operations

UNIT –IV



தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்

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Microsoft PowerPoint: Preparing a slide - animation -clipart -pictures from file background designing- computer and communication – copying- saving- presentation- working with slide adding life printing running a slideshow presentation

UNIT - V

Internet: Introduction - History - uses – connection - worldwide web– usage of Internet Explorer -search box -email id - outwork Express - inbox outbox, sent items draft- sending messages , save, print, reply, forward, previous message and text chatting - role of computer in teaching the techniques of yoga Research, and data analysis literature collection through internet

GENERIC - YOGIC PRACTICES

Unit I:

Essentials of yogic practices, cleanliness and food,bath, time ,sun,closing eyes, place,mirror,breathing, awareness,agelimitation, sequence,blanket,clothes, position, emptying the bowels and stomach counter pose, pregnancy , contra –indication,duration, straining,special provisions for women and patients,fitness,posture , side effects.

Loosening the joints

Surya Namaskar: for children (10 steps)

Bihar School of yoga model

Vivekananda Kendra model

Unit II:

Asanas: Vrksasana, ParivrttaTrikonasana, Virabhatrasana, Garudasana, Padahatasana,Ushtasana, sirshasana,Halasana, Sarvangasana,Matsyasana,Bhujangasana, Salabhasana, Dhanurasna, Navasana, Nauhasana, Siddha Yoniasana, Artha Matsyendrasana, Pachimottanasana, Baddhakonasana,kukutasana, Padmasana, Vajrasana, Siddhasana, Savasana



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UNIT III

Pranayama: Yogic Breathing, Kapalbhathi, Bhramari, Ujjayi, Sheetal, Sheetkari, Bhastrika, Nadi Shodhana

UNIT IV

Kriyas: Jalaneti, Sutraneti

Bandhas: Jalandhara Bandha, Moola Bandha, Uddiyana Bandha

Mudras: Chin mudra, Chinmaya mudra, adhi mudra, Bhrama mudra, Bhairava mudra, Bhairavi mudra, Shanmuki mudra, vipareetakarani mudra, yoga mudra, ashwini mudra, nasiga mudra.

UNIT - V

Meditation: Yoga nidra, Rajayoga Meditation, Tratakameditation, Chakra Meditation, Nine-centered meditation, Preksha meditation, Mindfulness based stress Reduction Technique.

PRACTICAL: CLASSICAL THERAPEUTIC YOGA PRACTICES – III

Unit I:

Essentials of Yogic Practices - Emptying the bowels and stomach counter pose, contra-indications, duration, straining, special provisions for women and patients, fitness, posture, side effects, pregnancy women, Group yoga, Individual yoga.s

Unit II:



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Loosening Exercise (Pawanamuktasana series 2) and Surya Namaskar (Surya Namaskar: for children 10 Steps, Vivekananda Kendra Model) -Meaning, Definition, Guidelines, Procedure, Breathing technique, Awareness, Contra-indication, and Benefits.

UNIT – III

Asana

Name, Meaning, Definition, Guidelines, Procedure, Breathing technique, Awareness, Contra-indication, Benefits, Type and Category of each and every asana.

Garudasana, Utkarasana, Arthabathapadahasthasana, Nadrajasana, Utkatasana, Arthachandrasana, Matsyendrasana, AkarnaDhanurasana, Vajra KapotasanaPadmaMatsyendrasana, Lingasana, Koormasana, Kandasana, Sarvanga padmasana, Savasana, Poovabujangasana, Adhomukhamandukasana, Parsva Dhanurasana.

Unit III:

UNIT - IV

Pranayamaand Kriyas

Name, Meaning, Definition, Guidelines, Procedure, Breathing technique, Awareness, Contra-indication, Benefits, Type and Category of each and every one

Pranayama- Seetali, Seethkari, Sadhantha, Dog Breathing, Murcha Pranayama, Nadi sudhi, ujjayi pranayama.

Kriya – laghuprakshalana, laghushankhaprakshalana.

Bandhas:

Jalandhara Bandha, Moola Bandha, Uddiyana Bandha, Maha Bandha.

Mudras

Ganesha mudra, Ashwini mudra, Vipareetakarani Mudra, Nasiga mudra, Mahamudra.



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Unit V:

Meditation:

Rajayoga meditation, Trataka Meditation, Soham Meditation, Walking Meditation.

PERSONALITY DEVELOPMENT

UNIT - I

Personality: Personality in psychology – Meaning, Definition, concept, need, nature and scope of personality development- structure of personality.

UNIT - II

Stage of human development- determinants of human development of personality- developmental processes: physical, mental, moral, social, emotional and spiritual.

UNIT - III

Guidelines on personality – values and spirituality- developing good personality based on yoga- anger and stress management- role of diet on personality.

UNIT - IV

Personality development with special emphasis on pancha kosha- Ashtanga yoga- Factors of personality- Theories of personality- Attitude- Self-esteem, - Memory-Concentration- creativity-intelligence- Assessment of personality.

UNIT - V



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Leadership- Qualities of leaders-Positive thinking- powers and effects of thoughts- career planning –career rules- Better human relations- time management.

THESIS

- 1) To acquire practical knowledge.
- 2) To acquire skill in the administration of yoga practices in the real life.
- 3) To identify some common problems found among people.
- 4) To do a systematic investigation into such problems.
- 5) To suggest remedial measures to make life more meaningful and purposeful.
- 6) To learn the clinical method, case history writing, measurement of clinical symptoms, psychological parameters. Application of statistics on the initial and final data recorded.

YOGA PRACTICES AND MODIFICATIONS WITH PROPS – IV

Unit 1:

Essentials of Yogic Practices

Loosening Exercises - Pawanmuktasana series.-3

Suryanamaskar: Bihar School of Yoga (24 Steps), Chandranamaskar.

Unit 2:

Asanas&Pranayama

Ardha BaddhaPadmottanasana, Utthita Hasta padangusthasana, Vatayanasana, Hanumanasana, Padangushthasana, Padma Sarvangasana, Karna pidasana, Vrischikasana, Poorna Bhujangasana, Poorna Salabhasana, Poorna Dhanurasana, Poorna Matsyendrasana, Eka pada Sirsasana, Koormasana, Padma Sirshasana, Ardha Baddha Padma Paschimottanasana, Paryangasana, Bhikasana, Baddha Padmasana, vamadevasana, ParivrittiJanusirshasana, savasana



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Usage of props like wooden brick and foot rest, Belts, Ropes, Slanting planks, Chair, Stool, Bench & box, The heart rack, Ladder stool and drum, Bolsters and pillows, Bandage, Weights, Horse (big & small)

Pranayama

Kewali Pranayama (Soham)

Plawini Pranayama

Kumbhaka and Bandhas with ratios

Unit 3:Kriyas

Shat kriyas Types and its benefits, contraindication

Unit 4:Bandhas , Mudras&Meditation

Bandhas

Jalandera bandha, Mola bandha , Uddiyana bandha, Maha bandha.

Mudras

Kaki mudra, Bhujangini mudra, vipareetakarani mudra, kundalini mudra, Mahavedha mudra, Vajroli/Sahajoli mudra, Manduki mudra, Ashwini mudra.

Meditation

Transcendental, cyclic (S-vyasa), Nine centre Meditation, Dynamic meditation, Tibetan meditation.

Unit 5: Yogic management for diseases

Yogic management for Obesity, High blood pressure, Asthma, Sinus, Constipation, Thyroid, Diabetes, Gastric, Stress, Anxiety, Depression,

METHODS OF NATUROPATHY

UNIT – I

Naturopathy: Meaning - Definitions - Scope - Principles and Philosophy of Naturopathy-

Modalities of Naturopathy: fasting therapy, mud therapy, Massage therapy, air therapy, chromo therapy, Magento therapy, Sun rays



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UNIT - II

Mud therapy: Mud pack, Chest pack, Mud Bath, Mud pack for face, Knee mud pack, Banana leaf bath.

UNIT - III

Hydro therapy: Enema, Hip Bath, alternative hip bath, Stiz Bath, Spinal Bath, Spinal spray bath, Foot and arm bath, Hot foot bath, Arm bath.

UNIT – IV

Steam bath, Sauna bath, Sponge bath, immersion bath, Friction bath

Under water massage, Wet sheet pack, chest pack, knee pack,

Local steam, steam inhalation, Jet spray massages, Color Hydrotherapy, Whirlpool bath.

UNIT - V

Naturopathy Diet (Eliminative, soothing, constructive)

APPLIED YOGA

UNIT - I

Yoga: Nature, Need, Philosophy, History and Scope of Yoga - Modern Development s- Misconceptions and clarifications of Yoga- Paths of Yoga- Ashtanga yoga- Schools of Yoga - Importance of yogic practices - Benefits of Yoga on human systems Yoga for Super-consciousness - Computer Applications in Yoga

UNIT - II

Contributions of texts to Yoga:

Vedas, Upanishads, Tantra, Bhagavad Gita, Yoga vasishtha, Prasthanatrayee, Purushartha Chatushtaya, Yoga Sutras, Thirumandiram, Yoga Yajnavalkya Samhita, Goraksataka, Hatha Yoga Pradipika, Gheranda Samhita, Siva samhita, Hatha Ratnavali, Siddha Siddhanta



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Paddhati, Narada Bhakthi Sutras, YogaRahasya

UNIT - III

Contributions to yoga by Ramakrishna, Swami Vivekananda, Sivananda, Sri Aurobindo, Maharishi Mahesh Yogi, Swami Rama, Krishnamacharya, Swami Kuvalayananda, Ramana Maharishi, Vcthathiri Maharishi, Swami Dayanand Saraswati, B.K.S.Iyengar

UNIT - IV

Spirituality- Role of yoga on Religions and Spirituality, Value Education, Values- Types of Values - Methods to promote Values and Spirituality- Methods of teaching: Lesson plans, teaching aids - usage of props- Guru-Shishya Parampara.

UNIT - V

Yoga and Psychology- Facets of psychology and yoga - Yoga for psychological qualities - Yogic practices for various age groups - Yogic practices for various professionals - Yoga and Women - Yoga and Sports - Yoga and Mind - Nadis and chakras - Role of Yoga on personality development.

AREA OF DISSERTATION

UNIT - I

Front materials of the research work: Title, front page, certificate by the supervisor, declaration by the scholar, curriculum vita, dedication, acknowledgements, Table of contents, list of tables, list of illustrations, list of appendices. Introductory chapter: justification and usefulness of the topic, objectives of the study, statement of the problem, hypothesis, significance of the problem, delimitations, meaning and the definitions of the terms.

UNIT - II



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Review of related literature: types of reviews, studies on independent and dependent Variables, methodology; selection of subjects(sampling, sampling design selected), selection of variables(justification for selecting independent and dependent variables), experimental design selected, pilot study, criterion measures, reliability of data, reliability of instruments, testers SSreliability, subject reliability, orientation of subjects, training procedure, scheduling, tests administered.

UNIT - III

Collection of data, statistical techniques used, data process, analysis and interpretation. test of significance , level of significance, results of dependent variables, discussions on hypothesis.

UNIT - IV

Criteria (validity, reliability, representatives, generalisability) fulfilled summary, conclusions and recommendations for practitioners, government and society, back materials; bibliography,appendix.

UNIT - V

Mechanics of writing the research report : font size, space, paper, margin, pagination, numbers and symbols, binding, language, grammar ,spelling, uses of computer, qualities of the scholar improved, supervisors role, experience gained in doing the research work

CLINICAL APPLICATIONS IN YOGA THERAPY

UNIT - I

- Vyuham in yoga therapy
- Heyam or the symptoms
- Hetu or the cause
- ❖ Countering predisposing factors
- ❖ Precipitating Factor



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- ❖ Aggravating factors
- ❖ Relieving factors
- Hanam or the remedy
- Upayam or the tools
- Importance of regular reviews

Pariksa in yoga therapy: In depth study of the diagnostic tools

- Darsanam
- Sparsanam
- Prasanam
- Nadi pariksa
- The ideal teacher student relationship
- Group classes vs. Individual classes.
- Nadi system- Definition from texts.
- The different types of nadipariksa in yoga therapy.
- Methodology of nadipariksa in yoga therapy
- Differences between Nadi pariksa and pulse reading

UNIT II

Application of Yoga Therapy

Extensive theoretical and practical learning about these diagnostic tools specially with respect to:

- The pre requisites for using these tools.
- The exact technique of using these tools
- The limitations of these tools
- The principles involved in inferring information by using these tools
- Application of these tools during therapeutic intervention.

❖ Modification an applied to Therapy

- Modification Vs adaptation
- Simplification Vs intensification
- Form Vs function
- Modification of asana
- Modification of meditation



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- Modification of Pranayama
- Modification of chanting

UNIT - III

- ❖ Therapeutic application of yoga in skeleto- muscular system
- Low back pain
- Cervical spondylosis
- Spondylosis
- Ankylosing spondylitis
- Osteoarthritis
- Rheumatoid arthritis

UNIT - IV

- ❖ Therapeutic application of yoga in digestive system
- Gastritis
- Peptic ulcer disease
- Hernia
- Constipation
- ❖ Therapeutic application of yoga in Respiratory system
- Allergic sinusitis
- Asthma
- COPD
- ❖ **The Therapeutic application of yoga in cardiovascular system**
- Hypertension
- Circulatory insufficiency
- Varicose veins

UNIT - V

The Therapeutic application of yoga in Nervous, Endocrine, Urinary, Lymphatic, Reproductive system and sensory Conditions.

- Migraine
- Epilepsy and stokes



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- Hypo and Hyperthyroidism
- Irregular periods
- Pregnancy – pre & post natal care
- Urinary insufficiency
- Lymphatic Edema
- Refractive errors in the eyes.

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