

SEMESTER- IV
BSc-PE-GE-4 (4)-304:
YOGA AND STRESS MANAGEMENT
GE

Sl. No.	Course Title & Code	Credits	Credit Distribution of the Course			Eligibility Criteria	Pre-Requisite of the Course (if any)
			Lecture	Tutorial	Practical/Practice		
1	YOGA AND STRESS MANAGEMENT	04	3	0	1	XII Pass	NIL

Learning objective:

The objective of this course is to provide the understanding of Yoga and stress management through practical knowledge skill and practices with enough scope of creativity/Innovations.

Learning outcomes:

At the end of the syllabus the student will be able to-

1. Understand the concept of stress management through various practises like yoga.
2. Demonstrate different asanas to achieve healthy lifestyle.
3. Apply Pranayama and Shat karmas to reduce day to day stress in our life.
4. Management of Stress by using different yogic relaxation techniques.
5. Develop Physical Fitness Program to manage stress. Based on yoga

PART – A Theory Syllabus

SYLLABUS

Unit-1: INTRODUCTION

(9 hrs. Lectures)

- 1.1 Meaning, Definition and Importance of Yoga.
- 1.2 Origin and Historical development of Yoga.
- 1.3 Concept of the importance of Yogic Diet.

Unit-II: YOGA-ASANAS

(9 hrs. lectures)

- 2.1 Ashtanga Yoga (Maharishi Patanjali): Meaning and importance.
- 2.2 Supine Position Asanas (Ardh-Halāsana, Sarvangāsana, Pawanmuktāsana); Prone Position Asanas (Bhujangāsana, Salabhasana, Dhanurasana)

2.3 Sitting Asanas (Ardh Matsyendrasana, Paschimotanasana, SuptaVajrasana); Standing Asanas (Utkatasana, , Trikonasana and Tadasana).

Unit-III: PRANAYAMAS AND SHAT KARMAS (9 hrs. lectures)

3.1 Meaning, Procedure, Precautions and Benefits of the following Pranayamas: Anulom-Vilom, Suryabhedh, Bhrameri, Sheetal, Sheetikari Pranayamas.

3.2 Meaning, Procedure, Precautions and Benefits of the following Shatkarmas: Kapalhati, Trataka and Neti (Jal and sutra).

3.3 Relevance of yoga for holistic health development in the society.

Unit-IV: STRESS MANAGEMENT (9 hrs. lectures)

3.1 Concept, Causes and Effects of Stress.

3.2 Non-communicable diseases (due to stress), Stress prevention and good health.

3.3 Stress Management through relaxation techniques (autogenic training and progressive muscle relaxation, deep breathing, meditation), and sports, recreational, adventure sports, physical activities and developing healthy relationships as coping strategies.

Unit V: HOLISTIC HEALTH DEVELOPMENT AND STRESS MANAGEMENT

(9 hrs. lectures)

5.1 Physiology of stress and mind.

5.2 Holistic well-being and dimensions of holistic health: physical, emotional, social, mental, spiritual, and environmental.

5.3 Planning and maintaining a Personal Fitness Program.

PART – B Practical Syllabus

(30 Hours)

1. Suryanamaskar and any four asanas.
2. Pranayamas (any one).
3. Practice Meditation for 10-15 minutes.
4. Assessment of stress (Questionnaire-PSQ)

Suggested Readings:

1. Arora S., Agarwal M. (2022), “Yoga & Stress Management”, Khel Sahitya Kendra ISBN: 978-93-90461-38-7.
2. Pawar,B., Gosain,N., Sharma,S.(2021), “Yoga & Stress Management”, Friends Publications. New Delhi (India) ISBN-978-81-7216-579-6.

3. Saini, N. (2020). **“Yoga & Stress Management”**, Friends Publications. New Delhi. ISBN: 978-93-88457-58-3
4. Arora S., Agarwal M. (2020), **“Yoga Skills”**, Khel Sahitya Kendra ISBN: 978-81-947808-4-7.
5. Pahuja M., Pahuja S., Panda S. (2020), **“Yoga & Stress Management”**, Friends Publications. New Delhi (India) ISBN-978-8195365593.
6. Gupta, B., Chakravorty,S.K., ., Chakravorty, Munesh.,(2019) **“Yoga & Stress Management”**, Friends Publications. New Delhi (India) ISBN-978-81-7216-568-0.
7. **“Anger and Stress Management”**. God’s Way. Calvary Press, USA.
8. Swate Y B (2009). **“Anger Management”**. Sage Publication. New Delhi.
9. NCERT & CBSE publication and reading for stress management.
10. Davis M. et al (2008). **“The Relaxation and Stress Reduction”** workbook. Harbinger Publications, USA
11. Greenberg J.S. (2008). **“Comprehensive Stress Management”**. McGraw Hill, USA
12. HippE. (2008). **“Fighting Invisible Tigers: Stress Management for Teens”**. Free Spirit Publishing, USA.
13. Petee F (2006). **“Anger Management”**. Pentagon. Press. New York. U.S.A.
14. Gupta Rashmi (2015), **“Yoga and Pranayam Exercise”**. Aryan Publication.
15. Gupta Rashmi (2016), **“Yogaasana and pranayama abhayas”**. Aryan Publication.
16. Shaw D. (2018) **“Fundamental Statistics in Physical Education and Sports Sciences”** Sports Publication, ISBN: 81-86190-57-0.
17. Shaw D. (2020) **“Physical Education Practical Manual for Class XI”** Prachi Publication, ISBN : 978-8193-7698-0-5.
18. Shaw D. (2020) **“Physical Education for Class XII”** Prachi Publication, ISBN : 978-81-7730-848-8.
19. Shaw D. (2020) **“Physical Education for Class XI”** Prachi Publication, ISBN : 978-81-7730-847-1.
20. Shaw D. (2020) **“Physical Education Practical Manual for Class XII”** Prachi Publication, ISBN : 978-81-937698-1-2.
21. Shaw D. (2020) **“Parable Global English Hindi Dictionary of Physical Education & Sports Sciences”** Khel Sahitya Kendra, ISBN : 978-93-90461-18-9.
22. Shaw D. (2020) **“Yoga Asanas and their Benefits”** Sports Publication, ISBN : 978-81-9436-11-9-0.

SEMESTER- IV
BSc-PE-GE- 4(4)-303:
INJURY PREVENTION AND REHABILITATION IN ATHLETICS

Sl. No.	Course Title & Code	Credits	Credit Distribution of the Course			Eligibility Criteria	Pre-Requisite of the Course (if any)
			Lecture	Tutorial	Practical/ Practice		
2	INJURY PREVENTION AND REHABILITATION IN ATHLETICS	04	3	0	1	XII Pass	NIL

Learning objective:

The objective of this course is to provide the understanding, skill and practices related to injury prevention and rehabilitation in athletics along with enough scope of creativity/Innovations.

Learning outcomes:

At the end of the syllabus the student will be able to-

1. Understand the concept of injury prevention and rehabilitation in athletes.
2. Apply the principles of rehabilitation for fast and better recovery in collaborative work of athlete, coaches and medical professionals.
3. Identify and classify the particular injury in order to deal or suggest to apply suitable exercise and other related aids.
4. Practice related modalities (e.g., heat therapy, cold therapy, electrical stimulation) used in rehabilitation.
5. Apply functional training and return-to-play criteria

PART – A Theory Syllabus

SYLLABUS

**Unit-1: INTRODUCTION TO INJURY PREVENTION AND REHABILITATION
(9 hrs. Lectures)**

- 1.1 Overview of injury prevention and rehabilitation in athletes
- 1.2 Importance of injury prevention and rehabilitation in sports
- 1.3 Principles of injury prevention and rehabilitation

1.4 Role of athletes, coaches, and medical professionals in injury prevention and rehabilitation

Unit-II: COMMON SPORTS INJURIES (9 hrs. lectures)

2.1 Identification and classification of common sports injuries

2.2 Causes and risk factors associated with sports injuries

2.3 Understanding the mechanisms of injury

2.4 Assessment and diagnosis of sports injuries

2.5 Introduction to treatment modalities for different types of injuries

Unit-III: INJURY PREVENTION STRATEGIES (9 hrs. lectures)

3.1 Pre-season preparation and conditioning programs

3.2 Warm-up and cool-down protocols

3.3 Proper technique and form to minimize injury risk

3.4 Equipment selection and fitting for injury prevention

3.5 Nutritional considerations for injury prevention

Unit-IV: REHABILITATION TECHNIQUES (9 hrs. lectures)

4.1 Overview of the rehabilitation process

4.2 Goals of rehabilitation and its stages.

4.3 Rehabilitation exercises and techniques for specific injuries (e.g., sprains, strains, fractures)

4.4 Modalities used in rehabilitation (e.g., heat therapy, cold therapy, electrical stimulation)

4.6 Functional training and return-to-play criteria

Unit V: PSYCHOSOCIAL ASPECTS OF INJURY PREVENTION AND REHABILITATION

(9 hrs. lectures)

5.1 Psychological impact of sports injuries

5.2 Strategies for coping with injury and promoting mental resilience

5.3 Role of social support in the recovery process

5.4 Injury prevention and rehabilitation education for athletes, coaches, and parents

5.5 Ethical considerations in injury prevention and rehabilitation

PART – B Practical Syllabus

(30 Hours)

1. Preparation of first aid box.
2. Application of PRICE and sports massage.
3. Demonstration of functional training.
4. Development of rehabilitation / Exercise Programme.
5. Preparation of warming up and cooling down exercise to prevent injury in general context.
6. Preparation of warming up and cooling down exercise to prevent injury in specific context.

Suggested Readings:

1. Brukner, P., & Khan, K. (2017). *Clinical sports medicine*. McGraw-Hill Education.
2. Sherry, M. A., & Best, T. M. (2004). A comparison of 2 rehabilitation programs in the treatment of acute hamstring strains. *Journal of Orthopaedic & Sports Physical Therapy*, 34(3), 116-125.
3. Myer, G. D., Faigenbaum, A. D., Chu, D. A., Falkel, J., & Ford, K. R. (2011). Integrative training for children and adolescents: Techniques and practices for reducing sports-related injuries and enhancing athletic performance. *The Physician and Sportsmedicine*, 39(1), 74-84.
4. Bahr, R., & Holme, I. (2003). Risk factors for sports injuries—a methodological approach. *British Journal of Sports Medicine*, 37(5), 384-392.
5. Lephart, S. M., Ferris, C. M., Riemann, B. L., & Myers, J. B. (2002). Gender differences in strength and lower extremity kinematics during landing. *Clinical Orthopaedics and Related Research*, 401, 162-169.
6. Myer, G. D., Ford, K. R., Brent, J. L., & Hewett, T. E. (2006). The effects of plyometric versus dynamic stabilization and balance training on lower extremity biomechanics. *The American Journal of Sports Medicine*, 34(3), 445-455.
7. Petersen, J., Thorborg, K., Nielsen, M. B., Budtz-Jørgensen, E., & Hölmich, P. (2011). Preventive effect of eccentric training on acute hamstring injuries in men's soccer: a cluster-randomized controlled trial. *The American Journal of Sports Medicine*, 39(11), 2296-2303.
8. Hewett, T. E., Myer, G. D., & Ford, K. R. (2004). Anterior cruciate ligament injuries in female athletes: Part 1, mechanisms and risk factors. *The American Journal of Sports Medicine*, 32(2), 396-408.
9. Hootman, J. M., & Dick, R. (2004). Agel J. Epidemiology of collegiate injuries for 15 sports: summary and recommendations for injury prevention initiatives. *Journal of Athletic Training*, 39(3), 311-319.
10. Shaw, D. (2021). *Athletic Care and Rehabilitation (A Sports Medicine Perspective)*. Sports Publication.
11. Soligard, T., Steffen, K., Palmer, D., Alonso, J. M., Bahr, R., Lopes, A. D., ... & Engebretsen, L. (2016). Sports injury and illness incidence in the Rio de Janeiro 2016 Olympic Summer Games: A prospective study of 11274 athletes from 207 countries. *British Journal of Sports Medicine*, 51(17), 1265-1271.