

INSTITUTE	FACULTY OF PHYSIOTHERAPY
PROGRAM	BACHELOR OF PHYSIOTHERAPY
SEMESTER	4
COURSE TITLE	YOGA WELLNESS TRAINER
COURSE CODE	17PT0408
COURSE CREDITS	3

Objective:

- 1 To learn the philosophy, principles, and scientific basis of yoga for health and wellness.
- 2 Recognize the role of yoga in preventive, promotive, and rehabilitative health.
- 3 Incorporate yoga as an adjunct to physiotherapy in musculoskeletal, neurological, cardiopulmonary, lifestyle, and stress-related disorders.

Course Outcomes: After completion of this course, student will be able to:

- 1 Discuss the significance of yoga practices.
- 2 Explain the benefits of yoga in prevention and management of lifestyle disorders, non-communicable diseases etc.
- 3 Apply yoga practice in the management of various disorders musculoskeletal, neurological, cardiopulmonary, and stress-related disorders.
- 4 Demonstrate various yoga postures and techniques incorporating with physiotherapy practice.

Pre-requisite of course: A basic understanding of anatomy, physiology, exercise therapy, biomechanics, kinesiology, and therapeutic exercise principles, along with familiarity in patient handling, communication skills, and ethical practice in healthcare.

Teaching and Examination Scheme

Theory Hours	Tutorial Hours	Practical Hours	ESE	IA	CSE	Viva	Term Work
40	0	40	0	50	0	0	0

Contents : Unit	Topics	Contact Hours
1	Brief introduction to yoga and yoga principles. Definition of yoga,, Basic principles of yoga, , Yoga as science and art of healthy living, Relevance in modern healthcare	5
2	Yoga for health and wellness. Concept of health and wellness, , Role of yoga in physical health,, Preventive, promotive, and rehabilitative role of yoga, , Principle of balance, Principle of gradual progression, Principle of adaptation, Mind-body integration	10

Contents : Unit	Topics	Contact Hours
3	Yoga for prevention and management of lifestyle disorders. Introduction of various life style disorders, , Yoga in Management of Obesity & Metabolic Syndrome, Diabetes Mellitus, Hypertension, etc.	5
4	Yoga for prevention and management of various musculoskeletal disorders. Introduction of various musculoskeletal problems, , Importance and preventive role of Yoga: , Improves flexibility, posture, strength, and body awareness, thereby reducing stiffness, misalignment, and risk of recurrent injuries.	7
5	Yoga for prevention and management of various cardio-respiratory disorders. Introduction of various cardio-respiratory problems, Importance and preventive role of Yoga in enhances heart and lung health by improving endurance, circulation, and oxygen utilization through asanas and pranayama., Yoga in diseases Ischemic heart disease, Asthma & COPD,Post-COVID Respiratory Weakness, etc	7
6	Yoga for prevention and management of stress related disorders. Introduction of various Stress-related disorders, Importance and preventive role of Yoga in mind–body techniques to restore balance, resilience, and mental well-being, Yoga in disorders like anxiety, depression, insomnia, psychosomatic illnesses, etc	6
Total Hours		40

Suggested List of Experiments:

Contents : Unit	Topics	Contact Hours
1	Yoga for prevention and management of lifestyle disorders. Introduction of various life style disorders, Yoga in Management of Obesity & Metabolic Syndrome, Diabetes Mellitus, Hypertension, etc.	10
2	Yoga for prevention and management of various musculoskeletal disorders. Introduction of various musculoskeletal problems, Importance and preventive role of Yoga: Improves flexibility, posture, strength, and body awareness, thereby reducing stiffness, misalignment, and risk of recurrent injuries.	10
3	Yoga for prevention and management of various cardio-respiratory disorders. Introduction of various cardio-respiratory problems, Importance and preventive role of Yoga in enhances heart and lung health by improving endurance, circulation, and oxygen utilization through asanas and pranayama, Yoga in diseases Ischemic heart disease, Asthma & COPD,Post-COVID Respiratory Weakness, etc.	10

Suggested List of Experiments:

Contents : Unit	Topics	Contact Hours
4	Yoga for prevention and management of stress related disorders. Introduction of various Stress-related disorders, Importance and preventive role of Yoga in mind–body techniques to restore balance, resilience, and mental well-being, Yoga in disorders like anxiety, depression, insomnia, psychosomatic illnesses, etc.	10
Total Hours		40

Textbook :

- 1 Alternative Therapies., Swatibhagat, New Delhi: Jaypee Brothers Medical Publishers, 2005

References:

- 1 Medicine for Yoga Therapists, Medicine for Yoga Therapists, P. Nagaraja Rao ,, Jaypee Brothers Medical Publishers Year, 2011
- 2 Yoga Therapy: Foundations, Methods, and Practices for Common Ailments. , Yoga Therapy: Foundations, Methods, and Practices for Common Ailments. , Stephens, Mark, Berkeley: North Atlantic Books, 2017

Suggested Theory Distribution:

The suggested theory distribution as per Bloom’s taxonomy is as follows. This distribution serves as guidelines for teachers and students to achieve effective teaching-learning process

Distribution of Theory for course delivery and evaluation					
Remember / Knowledge	Understand	Apply	Analyze	Evaluate	Higher order Thinking / Creative
20.00	30.00	25.00	15.00	10.00	0.00

Instructional Method:

- 1 Theory and practical

Supplementary Resources:

- 1 NA