



SAVITRIBAI PHULE PUNE UNIVERSITY

Modern College of Arts, Science and Commerce,

Ganeshkhind, Pune 16

(Autonomous College)

## **Physical Education and Yoga Syllabus**

**(2 CREDITS)**

**(For First Year Second Semester Undergraduate Students of All the Faculties)**

**Effective from Academic Year 2023-2024**

## Title of the Program:

# Core Power Yoga: Building Strength from Within

## Introduction:

Building strength from the core is pivotal for overall physical well-being. The core, comprising abdominal, back, and pelvic muscles, serves as the body's central support system. A strong core enhances stability, balance, and posture, reducing the risk of injuries and promoting efficient movement. Beyond physical benefits, a robust core supports vital organs, improves digestion, and alleviates back pain. Crucially, core strength forms the foundation for athletic performance, enhancing power and agility. In yoga, it fosters better body awareness and deeper connections between mind and body. Thus, building core strength is integral to fostering holistic health and optimal functionality.

Core Power Yoga is a dynamic and transformative form of yoga that blends traditional yoga poses with a focus on physical strength and endurance. Rooted in Vinyasa principles, this practice emphasizes the integration of breath with movement, creating a flowing and energetic sequence. The hallmark of Core Power Yoga is its emphasis on building core strength—engaging muscles around the abdomen, back, and pelvis—enhancing overall stability and balance. Classes often incorporate challenging poses, such as arm balances and inversions, fostering both physical and mental resilience. With its modern approach, Core Power Yoga aims to provide a full-body workout, promoting flexibility, cardiovascular health, and muscular endurance. This style is accessible to practitioners of various levels, making it a popular choice for those seeking a vigorous and empowering yoga experience.

## Objective of the Course:

- Provide a comprehensive understanding of Core Power Yoga both theoretically and practically.
- Develop physical strength, flexibility, and mental focus through practical sessions.
- Promote an understanding of the principles of yoga philosophy in the context of core power.

## Learning Outcomes:

By the end of the course, students should be able to:

- Demonstrate proficiency in Core Power Yoga poses and sequences.
- Understand the principles of building strength and flexibility through yoga both theoretically and practically.
- Identify and engage core muscles for increased stability and balance.

## Syllabus for the Course:

### Introduction to Core Power Yoga

- Overview of Core Power Yoga
- Importance of core strength in yoga
- Basic theoretical principles

### Standing Asana Series

- Practical: Learn and practice foundational standing poses for core strength
  - Tadasana, Santulnasan, Trikonasan, Mrudangasan, Veerasan, Veeranganasan, Malasan, Adhomukh shwanasan , Hastapadasana, Utkatasan, Padhastasan
- Theoretical: Understanding the methodology of doing asana, contraindications and benefits of standing poses. Discussion on the impact of sitting poses on core strength and stability

### Sitting Asana Series

- Practical: Explore seated poses focusing on core engagement
  - Paschimottanasana, Vakrasan, Trushtasan, Vasishthasn, Chaturangadandasn
- Theoretical: Understanding the methodology of doing asana, contraindications and benefits of standing poses. Discussion on the impact of sitting poses on core strength and stability

### Supine Asana Series

- Practical: Practice supine poses targeting core muscles
  - Uttanpadasana, Sarvangasan, Halasan, Karnapidasan, Chakrasan
- Theoretical: Understanding the methodology of doing asana, contraindications and benefits of supine asana. Discussion on the impact of sitting poses on core strength and stability

### Prone Asana Series

- Practical: Engage in prone poses to strengthen the core
  - Bhujangasana , Shalbhasan

- Theoretical: Understanding the methodology of doing asana, contraindications and benefits of prone poses. Discussion on the impact of sitting poses on core strength and stability.

### Advanced Asana Sequences

- Practical: Integration of poses into flowing sequences for advanced practitioners
- Theoretical: Understanding the advanced principles of sequencing and transitioning.

### Assignments:

- Regular practice journal documenting personal progress and reflections.
- Written reflections on integrating theoretical knowledge into practical yoga sessions.
- Presentation on the holistic benefits of Core Power Yoga.

### Discussion and Interaction:

- Group discussions on personal experiences and challenges in yoga practice.
- Practical workshops on advanced poses and sequences..

### Final Exam or Project:

- Practical examination assessing proficiency in Core Power Yoga poses and sequences.
- Theoretical exam evaluating understanding of yoga philosophy.
- Final project: Explaining asana and developing a personal yoga routine incorporating core power principles with self photo for explanation.

### Evaluation System and Grading:

- Internal Evaluation
  - Final project: 40%
- External Evaluation
  - Final Practical performance of Core Power Yoga poses and sequences: 60%
  - Exam will be marked out of 30, with specific criteria allocated to different aspects of performance. Here's a breakdown of the evaluation criteria:
    - Designing the Sequence of Yoga Pose (10 Marks):
    - Execution of Yoga Pose (10 Marks):

- Correct Performance of the final Yoga Pose (10 Marks)

## General Guidelines:

### Important Note:

Illness that lasts just temporarily will not excuse pupils from the class. He or she will get another chance in the subsequent semester. If a student fails or absent in the examination in the first year he will get assessed in the third or fourth semester examination only.

### STAFF:

The colleges must appoint qualified teachers in the fields of yoga or physical education and sports as per requirement. Every class should be divided into groups of 30 students each, with a team leader who would assist the teacher with the arrangement of the work, in order to facilitate the smooth operation of the course. The Head Department of Physical Education and Sports will monitor overall functioning of the scheme.

## General Instructions:

- Classes will be conducted in the batches of 30 students in each batch.
- All norms related to credit courses of SPPU will be applicable.
- PE Scheme fees will be as per SPPU guidelines.
- Examiners, peons, and clerks will receive 60% of the examination fees as remuneration. The remaining 40% will be used for hospitality, printing documents, and exam preparation and administration charges of the college. 20% of the fees collected for the credit will go toward paying the coordinator's remuneration.
- Fees for credit should be charged as per college policy.

## Reference Books and Websites:

### Books:

- Light on Yoga by B.K.S. Iyengar
- The Key Muscles of Yoga by Ray Long
- The Heart of Yoga: Developing a Personal Practice by T.K.V. Desikachar

- The Power of Ashtanga Yoga by Kino MacGregor