



Progressive Education Society's

**Modern College of Arts, Science and Commerce,
Ganeshkhind, Pune 16**

Physical Education (Yog) Semester 3 Syllabus

Power Yoga for Strength and Balance

From 2024

Course Title: Power Yoga for Strength and Balance

Credit Hours: 2

Level: Beginner to Intermediate

Total Duration: 30 hours (15 weeks x 2 hours/week)

Prerequisite: Basic knowledge of yoga or fitness activities

Course Objectives:

1. Introduce students to the practice of power yoga with a focus on developing strength and balance.
 2. Improve flexibility, muscle endurance, and overall body awareness through progressive asanas.
 3. Enhance mental focus and mindfulness by integrating breath control with movement.
 4. Build a foundation of core stability and functional strength for improved athletic performance.
 5. Create a balanced practice combining standing, sitting, prone, and supine asanas to cultivate full-body strength and balance.
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Course Outcomes:

Upon completion of this course, students will be able to:

1. Demonstrate proficiency in key power yoga asanas with proper alignment and control.
 2. Improve core strength, muscle tone, and balance through regular practice.
 3. Develop enhanced focus, coordination, and body awareness in both static and dynamic postures.
 4. Apply breath control techniques (pranayama) for managing stress and improving performance.
 5. Design a personal power yoga routine targeting specific areas for strength and balance.
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Evaluation Methods:

1. **Attendance and Participation:** 20%
 - Active participation in class sessions and discussions.
2. **Practical Assessments:** 40%
 - Midterm and final practical demonstration of key asanas focusing on strength, balance, and alignment.
3. **Written Reflection/Journal:** 20%

- Weekly reflections on personal progress, challenges, and strategies for improvement.
 - 4. **Final Project (Routine Design): 20%**
 - Design and present a power yoga routine for strength and balance, considering individual needs.
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Syllabus Content:

1. Standing Asanas (Week 1-4)

Focus on developing strength, stability, and balance through standing poses.

- Tadasana (Mountain Pose)
- Utkatasana (Chair Pose)
- Virabhadrasana I & II (Warrior I & II)
- Utthita Trikonasana (Extended Triangle Pose)
- Vrksasana (Tree Pose)
- Ardha Chandrasana (Half Moon Pose)
- Garudasana (Eagle Pose)

2. Sitting Asanas (Week 5-6)

Strengthen and stretch the core, hips, and hamstrings with seated postures.

- Dandasana (Staff Pose)
- Paschimottanasana (Seated Forward Bend)
- Janu Sirsasana (Head-to-Knee Pose)
- Gomukhasana (Cow Face Pose)
- Baddha Konasana (Bound Angle Pose)
- Parivrtta Janu Sirsasana (Revolved Head-to-Knee Pose)

3. Prone Position Asanas (Week 7-8)

Develop core stability and back strength through prone poses.

- Bhujangasana (Cobra Pose)
- Shalabhasana (Locust Pose)
- Dhanurasana (Bow Pose)
- Phalakasana (Plank Pose)
- Chaturanga Dandasana (Four-Limbed Staff Pose)
- Vasisthasana (Side Plank Pose)

4. Supine Position Asanas (Week 9-10)

Enhance flexibility and back strength with supine postures.

- Setu Bandhasana (Bridge Pose)
- Supta Padangusthasana (Reclining Hand-to-Big-Toe Pose)

- Supta Baddha Konasana (Reclining Bound Angle Pose)
- Balasana (Happy Baby Pose)
- Urdhva Mukha Svanasana (Upward-Facing Dog)
- Savasana (Corpse Pose)

5. Breathwork & Mindfulness (Week 11-12)

Incorporating pranayama techniques and mindfulness to improve breath control and mental focus.

- Nadi Shodhana (Alternate Nostril Breathing)
- Mindfulness meditation techniques for focus and balance.

6. Integration and Routine Development (Week 13-15)

Application of the learned asanas into a well-rounded routine for strength and balance.

- Designing balanced routines
- Integration of breathwork into practice
- Personalized practice and feedback

Detailed Course Schedule:

Week	Topic	Asanas Covered	Focus Area
1	Introduction to Power Yoga	Tadasana, Utkatasana, Virabhadrasana I & II	Alignment, core engagement
2	Standing Asanas I	Trikonasana, Vrksasana, Ardha Chandrasana	Balance, leg strength
3	Standing Asanas II	Garudasana, Warrior Variations	Coordination, stability
4	Flow Practice for Strength	Flow sequences with standing asanas	Dynamic strength
5	Sitting Asanas I	Dandasana, Paschimottanasana, Janu Sirsasana	Hamstring and hip flexibility
6	Sitting Asanas II	Gomukhasana, Baddha Konasana, Parivrtta Janu Sirsasana	Hip opening, core stability
7	Prone Position Asanas I	Bhujangasana, Shalabhasana, Dhanurasana	Back strength, core control

Week	Topic	Asanas Covered	Focus Area
8	Prone Position Asanas II	Phalakasana, Chaturanga, Vasisthasana	Core stability, balance
9	Supine Asanas I	Setu Bandhasana, Supta Padangusthasana	Flexibility, back strength
10	Supine Asanas II	Urdhva Mukha Svanasana, Savasana	Relaxation, full-body balance
11	Breathwork & Mindfulness I	Ujjayi Pranayama, Nadi Shodhana	Breath control, mindfulness
12	Breathwork & Mindfulness II	Mindfulness meditation	Focus, balance
13	Routine Design Workshop	Personalized routines	Routine planning
14	Final Practical Assessment & Feedback	Routine presentations, feedback	Alignment, strength, balance
15	Course Recap & Final Reflections	Review and reflections	Integration of practice

Reference Materials:

1. Books:

- *Light on Yoga* by B.K.S. Iyengar
- *The Heart of Yoga* by T.K.V. Desikachar
- *Power Yoga: The Total Strength and Flexibility Workout* by Beryl Bender Birch
- *Yoga Anatomy* by Leslie Kaminoff and Amy Matthews