



Open Vocational Education Programme
Course Code: 741

YOGA TRAINER SPORTS

Sector: Sports | Sub-Sector: Sports Coaching and Fitness
Occupation: Sports Coaching
Reference ID: QP, Version 1.0 | NSQF Level 4



National Institute of Open Schooling
(An autonomous organisation under MoE, Govt. of India)
A-24-25, Institutional Area, Sector-62, NOIDA-201309 (U.P.)
Website: www.nios.ac.in Toll Free No. 18001809393

**Sports, Physical Education, Fitness and
Leisure Skills Council (SPEFL-SC)**
207, Mayur Vihar, Extension, Delhi 110091
Website: www.sportsskills.in



Open Vocational Education Programme
Course Code: 741

Yoga Trainer – Sports

Sector: Sports

Sub-Sector: Sports Coaching and Fitness

Occupation: Sports Coaching

Reference ID: QP, Version 1.0

NSQF Level 4



NATIONAL INSTITUTE OF OPEN SCHOOLING
(An autonomous organisation under MoE, Govt. of India)

A-24-25, Institutional Area, Sector-62, NOIDA-201309 (U.P.)

Website: www.nios.ac.in Toll Free No. 18001809393



**SPORTS, PHYSICAL EDUCATION, FITNESS AND
LEISURE SKILLS COUNCIL (SPEFL-SC)**

207, Mayur Vihar, Extension, Delhi 110091

Website: www.sportsskills.in



Shri Narendra Modi
Prime Minister of India

“ Skilling is building a better India.
If we have to move India towards
development then Skill Development
should be our mission. ”

Printed on 70/80 GSM NIOS Water Mark Paper

© **National Institute of Open Schooling**

September, 2025 (..... copies)

Published by the Secretary, National Institute of Open Schooling, A-24/25, Institutional Area, Sector-62, NOIDA-201309 and
Printed at M/s

ACKNOWLEDGEMENT

Yoga Trainer – Sports (NSQF Level-4)

ADVISORY COMMITTEE

Prof. Akhilesh Mishra

Chairman
National Institute of Open Schooling
Noida (U.P.)

Dr. T. N. Giri

Director (VED)
National Institute of Open Schooling
Noida (U.P.)

Mr. Tahsin Zahid

CEO
Sports, Physical Education Fitness & Leisure Skills Council
New Delhi

Mrs. Anita Nair

Deputy Director (VED)
National Institute of Open Schooling
Noida (U.P.)

EDITING AND SUPPORTING TEAM

Prof. Ishwar Bhardwaj

Former Head, Department of Yogic
Science, Gurukul Kangri University
Haridwar, Uttarakhand

Dr. Navdeep Joshi

Assistant Professor
Department of Yoga
SLBS Central Sanskrit University
New Delhi

Dr. Udham Singh

HOD, Department of Yogic Science
Gurukul Kangri University
Haridwar, Uttarakhand

Dr. Arpit Kumar Dubey

Assistant Professor
MD National Institute of Yoga
Ministry of AYUSH, Govt. of India
New Delhi

Dr. Tabassum Fatima

Director
Yoga and Naturopathy Centre
Thane, Mumbai

Dr. Biplab Jamatia

Programme Coordinator – Yoga
School of Health Sciences
Indira Gandhi National Open
University, New Delhi

Dr. Monika Hira

Sr. Medical Officer (Naturopath)
Vivekanand Naturopathy Hospital, Delhi

Dr. Nidhi Garg

Guest Faculty of Yoga
Vivekanand Naturopathy Hospital, Delhi

Ms Shalini Srivastava

Faculty (Yoga), NDC
Connaught Place, New Delhi

CURRICULUM DESIGN, DEVELOPMENT AND COORDINATION

Ms. Priya Dwivedi

Senior General Manager
Sports, Physical Education, Fitness & Leisure Skills Council
New Delhi

Dr. Pawan Kumar Chauhan

Programme Coordinator & Consultant
Yoga and Naturopathy, VED
National Institute of Open Schooling, Noida (U.P.)

GRAPHICS/PICTURES AND ASSISTANCE IN COURSE DEVELOPMENT

Dr. Udham Singh

HOD, Department of Yogic Science
Gurukul Kangri University
Haridwar, Uttarakhand

Ms. Shivam

Shikshak (Yoga)
Govt. School, Buland Shahar
Delhi NCR

Dr. Satyendra Kumar Mishra

Director
Kanchankaya Naturopathy Institute
Lucknow, Uttar Pradesh

DTP AND GRAPHICS DESIGNING

M/s Sri Krishna Graphics
Delhi

From the Chairman's Desk

Dear Learners,

Welcome to the National Institute of Open Schooling (NIOS)!

NIOS is an Open Educational Board under the Ministry of Education, Govt. of India, which provides Education and Vocational Skill Training to all the sections of the society especially those who are deprived of education. Today there is a need for such a form of education, which along with educating people can also provide employment. Also by providing skills to the youth of the country, they can make them competent in their respective field of work. Keeping this demand of the present time in mind, it is the endeavor of NIOS to provide the youth of the country vocational training as per their interest through open education while they continue their employment in various sectors.

Yoga, an ancient Indian discipline believed to have originated thousands of years ago, has evolved beyond a spiritual practice into a recognized competitive sport with immense global appeal. It enhances strength, flexibility, balance, mobility, and coordination, thereby improving overall performance and reducing the risk of injuries. In view of the above facts, the Olympic Council of Asia (OCA), in its 44th General Assembly, unanimously approved the inclusion of Yoga as a demonstration sport in the 2026 Asian Games at Aichi-Nagoya, Japan. This historic decision underscores the growing international recognition of Yoga and highlights its benefits for both physical fitness and holistic well-being.

The formal recognition of Yoga as a competitive sport by the Ministry of Youth Affairs and Sports and the Ministry of AYUSH in December 2020 paved the way for its integration into national and international sporting events. With the establishment of the Yogasana Bharat (National Yogasana Sport Federation of India) and the International Yogasana Sports Federation (IYSF), Yoga has achieved a new milestone as a globally acknowledged discipline.

In this context, NIOS and Sports Physical Education Fitness & Leisure Skill Council (SPEFL-SC) are making constructive efforts to provide structured Yoga courses that will not only create employment opportunities for the youth but also promote Yoga as a sustainable career path and popular discipline worldwide.

I am happy that you have opted for the Yoga Trainer-Sports Course of NIOS. Yoga Trainer-Sports is a NCVET approved professional course at NSQF level – 4 for professionals who work with athletes/client to help them improve their physical performance and mental well-being through the practice of basic yoga. The individual uses yoga to create a positive impact on their performance by reducing stress, improving focus and concentration, and promoting a sense of calm and relaxation. The Course has been designed by Sports Physical Education Fitness & Leisure Skill Council New Delhi and NIOS. The eligibility criteria have been kept flexible to allow wider participation, starting from Grade 10 pass (with work experience) to Grade 12 pass and above. The program is open to all Indian and foreign nationals meeting the required criteria. The successful candidates can pursue career opportunities as Yoga Trainer-Sports in Yoga Institutions, Yoga Centres, Health Clubs, Sports Schools & Colleges, Academic Institutions, Universities and relevant departments.

I congratulate the entire team for their special support and guidance in this meaningful work and hope that you will continue your cooperation with the NIOS in the same way and grace us with your valuable suggestions.

I also congratulate the students for enrolling in the course and hope this course will prove extremely beneficial to you.

I wish you all a successful and bright future!

Prof. Akhilesh Mishra
Chairman

National Institute of Open Schooling, Noida

From the CEO's Desk

Dear Learners,

It gives me immense pleasure to welcome you all to the Yoga Sports Courses. SPEFL-SC is offering Yoga Sports Courses in association with NIOS.

The Sports, Physical Education, Fitness & Leisure Skills Council (SPEFL-SC) is a Not-for-Profit organization established by the Ministry of Skill Development & Entrepreneurship (MSDE). The council has been promoted by the National Skill Development Corporation (NSDC) to enhance skill development in the sports, fitness, and physical education sectors. SPEFL-SC plays a vital role in bridging the skill gap, setting industry standards, and creating employment opportunities through structured training programs and certifications.

Yoga Trainer-Sports is a professional course at NSQF level – 4 for professionals who work with athletes/client to help them improve their physical performance and mental well-being through the practice of basic yoga. The individual uses yoga to create a positive impact on their performance by reducing stress, improving focus and concentration, and promoting a sense of calm and relaxation. The Course has been designed by Sports Physical Education Fitness & Leisure Skill Council New Delhi and NIOS for gaining a comprehensive understanding of a specific Qualification Pack (QP-4) by learners.

Each National Occupational Standard (NOS) is methodically addressed in dedicated units, ensuring a well-structured and progressive learning experience. Further, each NOS is presented in a logical sequence, allowing trainers to deliver content in a coherent and progressive manner. Every unit begins with clearly outlined learning objectives, providing direction for both trainers and learners to ensure effective knowledge acquisition.

In this course you will find a high-quality content delivery, which:

- Emphasizes clarity and brevity to support effective communication.
- Promotes learners engagement through practical and interactive methods.
- Adapts to various learning styles and trainee needs through flexible teaching approaches.
- Ensures consistency in instructional quality and delivery across sessions.

Each unit begins with the key learning objectives related to the specific NOS.

I congratulate the entire team for their special support, guidance and your valuable suggestions in this meaningful work. I also congratulate the students for enrolling in the course and hope this course will give you a platform for success.

I wish you all a successful learning experience and bright career!

Tahsin Zahid

CEO

Sports, Physical Education, Fitness & Leisure Skills Council (SPEFL-SC), Delhi

A Word With You

Dear Learners,

Welcome to Yoga Trainer -Sports Course!

Yoga Sports is an emerging discipline that transforms the traditional practice of Yoga into a competitive platform, combining physical postures, balance, flexibility, and endurance along with discipline and focus. Recognized nationally and internationally, Yoga Sports not only promotes health and wellness but also provides opportunities for athletes to showcase their skills at organized events such as the Asian Games and alike. With growing institutional support and formal recognition, Yoga Sports is even creating new avenues for professional growth, youth employment, and global awareness of India's rich cultural heritage.

Keeping this fact in mind, NIOS and Sports Physical Education Fitness & Leisure Skill Council (SPEFL-SC) offer this professional course with intent to provide skilled learning and training through this structured Yoga Course. It will not only create employment opportunities for the youth but also promote Yoga as a sustainable career path and popular discipline worldwide.

In this program, the study material will be provided to you in the form of self-instructional material. Whereas the practical component i.e. practical training will be imparted at NIOS's approved Training Study Centers (AVIs) where required personal contact classes, assignments, and practical sessions will be scheduled. There is also a provision for training classes and internships.

Keeping the learners in mind, the course has been developed as a modular & self-instructional learning material approach, which includes Introduction, Objectives, Teacher-Style Explanations of Topics, Sub-Topics, In-text Questions to check your progress in the lessons. There are also Terminal Questions at the end of each lesson to assess your learning.

We express my deep gratitude to SPEFL-SC and the team of distinguished experts from various reputed organizations, namely Shri Lal Bahadur Shastri Central Sanskrit University, New Delhi, Morarji Desai National Institute of Yoga, Ministry of AYUSH, Govt. of India; Indira Gandhi National Open University, New Delhi; Gurukul Kangri University, Haridwar (Uttarakhand); Yogasana Bharat, New Delhi etc. for their valuable cooperation and guidance in the development of this programme. Their academic expertise and constructive support have been immensely instrumental in shaping the programme with quality and relevance.

We hope you will find this program beneficial, which shall subsequently aid you in realizing new heights in life.

If you have any suggestions for this program, share them with us. You feel free to contact us or send a message to the concerned department.

We wish you success and a bright future!

With best wishes,

Dr. Pawan Kumar Chauhan
Programme Coordinator & Consultant
(Yoga and Naturopathy) and
Course Team
National Institute of Open Schooling, Noida

COURSE CURRICULUM

YOGA TRAINER – SPORTS

Course Code: 741

1. INTRODUCTION

Yoga has an important place in Indian culture and heritage. It has been incorporated in our lifestyles since ancient times. Yoga is an art of living for healthy life which establishes the relationship between mind and body. It is the science of discipline that creates personality by making the all-round development of body, mind and self-power. Today, Yoga is attracting everyone for being healthy and staying fit. Yoga Education is so much in demand now days. Since the inclusion of Yoga was unanimously approved at the 44th General Assembly of the Olympic Council of Asia (OCA) and the inclusion of Yoga in the Asian Games is an important step towards raising awareness about its benefits.

Yoga Trainer – Sports is a professional course at NSQF level – 4 for professionals who work with athletes/client to help them improve their physical performance and mental well-being through the practice of basic Yoga. The individual uses Yoga to create a positive impact on their performance by reducing stress, improving focus and concentration, and promoting a sense of calm and relaxation.

2. TRAINING OUTCOMES

At the end of the program, the learners should have acquired the listed knowledge and skills:

- Conduct Yoga sessions to develop specific fitness requirements of the athletes/clients.
- Demonstrate correct forms, posture, and techniques to make sessions effective and injury free.
- Conduct evaluation of the athlete to identify improvements.
- Follow safety protocols for injury prevention and medical emergency.
- Maintain hygiene and sanitation at workplace.

3. JOB OPPORTUNITIES

Successful learners of the Yoga Trainer – Sports job role can get the jobs as a Yoga Trainer – Sports or equivalent in the Yoga Institutions, Yoga Centres, Health Clubs, various Sports Schools ,Sports Colleges and concern departments of Sports etc.

4. ELIGIBILITY CRITERIA

4.1 Minimum Educational Qualification and Experience

12th Class with 1 Year of relevant experience

OR

10th Class with 2 Years of relevant experience

OR

10th grade pass with two years of any combination of NTC/NAC/CITS or equivalent

OR

Certificate-NSQF (Level 3 Sports Yoga Assistant with 3 years of relevant experience

4.2 Minimum Job Entry Age

18 + years of age

5. TARGET GROUP

- All Indian and foreign nationals, who fulfill the eligibility criteria.

6. DURATION OF THE COURSE

- **Total Hours - 460** (Theory – 120 Hrs., Practical – 240 Hrs. and OJT – 90 Hrs.)
- 5 months × 08 days × 04 Hrs. = 160 Hrs.
- 10 days workshop × 03 × 07 Hrs. = 210 Hrs. and OJT – 90 Hrs.

7. SCHEME OF STUDY

- Theory – 30 %
- Practical Training – 50%
- Learners Portfolio – 20%

8. INSTRUCTIONAL STRATEGY

- Self Instructional Printed Material
- Face to face classes at AVIs/Study centres;
- Hands on Experience/Practical-Training Facilities at AVIs/Study centers;
- Audio and Video supported Material.
- Live Lectures

9. COURSE CONTENT

The course curriculum consist of Theory and Practical Training

S. No.	Modules and Unit	Contact Hours for Theory (in Hrs.)	Contact Hours for Practical Training (in Hrs.)	On-the-Job Training Duration (Mandatory) (in Hrs.)	Total Duration (in Hrs.)
1.	Module 1: Introduction to Yoga Training 1. Roles and Responsibilities of a Group Yoga Trainer – Sports 2. Understanding the Difference – Yoga Trainer – Sports vs. Other Fitness Roles 3. Career Opportunities for a Yoga Trainer – Sports	05:00	05:00	-	10.00
2.	Module 2: Create Yoga Sessions Plan for Athletes/Clients 4. Significance of Planning Yoga Sessions 5. Importance of Maintaining Athlete/ Client Information Confidential 6. Factors to be Considered While Designing Yoga Session for Athletes/ Clients	10:00	40:00	-	50.00
3.	Module 3: Conduct Yoga Sessions to Improve Athletic Performance 7. Yoga, Asanas, and Their Specific Athletic Needs 8. Breathing and Meditation Techniques for Performance 9. Structuring Effective and Injury Free Yoga Sessions 10. Motivation and Communication in Group Yoga 11. Professional Conduct and Workplace Safety	30:00	60:00	30:00	90.00
4.	Module 4: Review Yoga Training Program 12. Monitoring Sessions to Ensure Best Practices 13. Ensuring Safety and Correct Execution of Yoga Ssanas 14. Identifying Discomfort and Body Language in Athletes/Clients 15. Performance Evaluation in Yoga Training 16. Utilizing Feedback to Improve Yoga Training Programs	30:00	30:00	45:00	105.00

5.	Module 5: Maintain Safety, Hygiene and Sanitation at Workplace 17. Hygiene Practices for Safe Yoga Sessions 18. Sanitization Protocols for Equipment and Clients 19. Injury Prevention and Emergency Response 20. Safe Environment and Equipment Labeling	05:00	55:00	15:00	75.00
6.	Module 6: Build an Environmental-Friendly Workplace 21. Identify the Environment-Friendly Materials Available to Replace Conventional Materials 22. Explain Ways of Disposing Non-recyclable Waste Appropriately 23. Discuss Common Sources of Pollution and Ways to Minimize Them	10:00	20:00	-	30.00
7.	Module 7: Employability skills Employability skills is available at the following location: https://www.skillindiadigital.gov.in/content/list	30:00	30:00	-	60.00
Total Duration		120	240	90	450

MODULE DETAILS

Module–1: Introduction to Yoga Training

Bridge Module

Mapped to SPF/N1183, v1.0

Terminal Outcomes:

- Describe the skills required to be a Yoga trainer-sports
- Discuss the career opportunities of a Yoga trainer-sports

Duration: 05:00	Duration: 05:00
Theory – Key Learning Outcomes ● State the role and responsibilities of a group Yoga trainer-sports. ● Discuss the difference between a Yoga trainer-sports and a fitness trainer ● List the career opportunities of a Yoga trainer-sports	Practical – Key Learning Outcomes ● Create a career progression chart of a Yoga trainer- sports ● Role-play to highlight the important non-technical skills required to succeed as a Yoga trainer- sports (communication, presentation, grooming, etiquette, etc.)

Classroom Aids:

Laptop, whiteboard, marker, projector, chart paper, clipboards

Tools, Equipment and Other Requirements

NA

Module–2: Create Yoga Sessions Plan for Athletes/Clients**Mapped to SPF/N1183, v1.0****Terminal Outcomes:**

- Identify informations to be collected to design a Yoga program for athletes/clients.
- Design a Yoga program for athletes/clients.

Duration: 10:00**Theory – Key Learning Outcomes**

- Explain the significance of planning the Yoga program as per athlete's/client's ability.
- Discuss the importance of maintaining the athlete's/client's information confidential.
- Define the factors to be considered while designing Yoga sessions for athletes/clients.

Duration: 40:00**Practical – Key Learning Outcomes**

- Create a sample physical activity readiness chart of athletes/clients.
- Prepare a sample plan for Yoga program.
- Demonstrate the ways to categorize athletes/clients into different groups based on their goals and fitness levels.

Classroom Aids:

Laptop, whiteboard, marker, projector, chart paper, clipboards, posters of human muscular and skeletal system

Tools, Equipment and Other Requirements

Yoga mats, Yoga blocks, straps, or bolsters, medicine ball, swiss ball, first aid kit

Module–3: Conduct Yoga Sessions to Improve Athletic Performance**Mapped to SPF/N1184, v1.0****Terminal Outcomes:**

- Identify different types of effective Yoga sessions.
- Conduct Yoga sessions to develop physical and emotional wellbeing of athletes/clients.

Duration: 30:00**Theory – Key Learning Outcomes**

- Explain the types of Yoga and their benefits.
- Discuss the importance of warm up, stretching and cool down activities.
- Identify types of Yoga to develop specific need of the athletes/clients (endurance, strength, concentration etc).

Duration: 60:00**Practical – Key Learning Outcomes**

- Demonstrate proper warm up and cool down exercises.
- Demonstrate Yoga asanas (pose) to develop different components of fitness (endurance, strength, flexibility, etc.)
- Demonstrate diaphragmatic breathing technique to deepen breath and increase lung capacity.

• Discuss the types of Yoga asanas (pose) and their benefits to the athletes/clients. • Discuss the benefits of proper breathing techniques to enhance athletic performance and well being. • Explain the benefits of meditation for athletes/clients. • Discuss the ways to make an Yoga session effective and injury free. • Discuss the factors affecting the motivation levels of the athlete/client. • Explain the effective ways of communicating with the group during the Yoga sessions. • Discuss inappropriate behaviour, sexual harassment at workplace and their implications.	• Demonstrate specific breathing requirements and techniques. • Demonstrate meditation techniques to enhance focus, mental clarity, and emotional well-being for optimal sports performance • Demonstrate correct patterns, movements, posture, and techniques to make sessions effective and injury free. • Role play ways to address the entire group using effective volume, pitch and voice projection. • Apply gender-sensitive, non-discriminatory language.
Classroom Aids: Laptop, whiteboard, marker, projector, chart paper, clipboards, posters of human muscular and skeletal system	
Tools, Equipment and Other Requirements Yoga mats, Yoga blocks, straps, or bolsters, medicine ball, swiss ball, first aid kit	

Module–4: Review Yoga Training Program

Mapped to SPF/N1185, v1.0

Terminal Outcomes:

- Conduct comparative assessment to evaluate the progress of the athlete/client.
- Identify athlete's areas of improvement, if any, and re-plan the Yoga program.
- Identify areas of strength and improvement as a Yoga trainer.

Duration: 30:00	Duration: 30:00
Theory – Key Learning Outcomes • Monitor sessions to ensure athletes/clients comply to the best practices. • Recall the safety measures to be taken while athletes/clients' perform Yoga asanas. • Identify incorrect execution of Yoga techniques. • Identify the various body language used by the athletes/clients to exhibit discomfort. • Discuss ways to compare athlete's pre and post Yoga training performance evaluation • Identify the factors affecting the progress of the athletes/clients. • Explain how feedback on the methods of Yoga training can help improve the program.	Practical – Key Learning Outcomes • Role-Play trainer and athlete/client interaction– usage of motivational techniques such as positive phrases, feedbacks on areas of improvement, etc. to help athletes/clients retain interest in Yoga training. • Create samples of self-evaluation form for the athletes/clients. • Analyze the athletes'/clients' progress against the goal and recommend the next steps. • Design a sample feedback form to collect feedback from athletes/clients on methods of Yoga training delivery. • Prepare sample development plans based on the analysis of strengths & weaknesses of a athletes/clients.

Classroom Aids:

Laptop, whiteboard, marker, projector, chart paper, clipboards, posters of human muscular and skeletal system

Tools, Equipment and Other Requirements

Yoga mats, Yoga blocks, straps, or bolsters, medicine ball, swiss ball, first aid kit

Module–5: Maintain Safety, Hygiene and Sanitation at Workplace

Mapped to SPF/N1186, v1.0

Terminal Outcomes:

- Create safe and hygienic environment for athletes/clients.
- Maintain standards of hygiene and sanitation.
- Identify medical emergencies.

Duration: 05:00**Theory – Key Learning Outcomes**

- Recall the factors to be considered while preparing for a safe and effective Yoga sessions.
- Explain the labels on the Yoga props and equipment.
- Discuss the ways to maintain personal hygiene before the Yoga sessions and its significance.
- Recall the importance of hygiene and sanitation regulatory at workplace.
- Discuss the ways to maintain personal hygiene before and after the workout.
- Identify the sanitizing agents which are safe for both machinery and equipment.
- Identify the sanitizing agents safe for the athletes/clients.
- Discuss ways to promote a safe and interactive environment.
- Discuss the common types of injuries that might occur during the Yoga sessions.
- Explain the steps to be followed during medical emergencies.
- Explain the factors that lead to injuries during the workout sessions.

Duration: 55:00**Practical – Key Learning Outcomes**

- Classify equipment as per their usage.
- Prepare a Yoga facility readiness checklist.
- Prepare a sample report on maintenance of Yoga equipment.
- Demonstrate hygiene and sanitation checks of work area and equipment.
- Prepare a sample report on maintenance of hygiene and sanitation at workplace.
- Demonstrate ways to sanitize equipment and machinery before and after the usage.
- Draft a sample report for advanced hygiene and sanitation issues to appropriate authority.
- Demonstrate ways to find if the injury is major or minor.
- Demonstrate the process of administering first aid for common injuries.
- Perform CPR (Cardio-Pulmonary Resuscitation)
- Demonstrate emergency evacuation procedure and protocol in case of fire or natural disaster.

Classroom Aids:

Laptop, whiteboard, marker, projector, chart paper, clipboards

Tools, Equipment and Other Requirements

Alcohol-based sanitizer, surface disinfectant, first aid kit, stretcher, arm-sling, crutches

Module–6: Build an Environmental-Friendly Workplace

Mapped to , SPF/N1169, v1.0

Terminal Outcomes:

- Identify effective waste management techniques at the workplace.
- Ways to make the workplace environmentally sustainable.

Duration: 10:00	Duration: 20:00
Theory – Key Learning Outcomes ● Identify the environment-friendly materials available to replace conventional materials. ● Explain ways of disposing non-recyclable waste appropriately. ● Discuss common sources of pollution and ways to minimize them.	Practical – Key Learning Outcomes ● Prepare statutory documents relevant to safety and hygiene. ● Exhibit the methods of disposing non-recyclable waste. ● Report malfunctioning. (fumes/sparks/emission/vibration/noise) and lapse in maintenance of equipment.
Classroom Aids: Laptop, whiteboard, marker, projector, chart paper, clipboards	
Tools, Equipment and Other Requirements Gloves, safety goggles, ladder	

Module 6: Employability Skills

Mapped to DGT/VSQ/N0102, v1.0

Terminal Outcomes:

- Understand employability skills along with communication skills and constitutional values
- Able to set a goal and create a career plan, along with knowledge financial and legal knowledge

Duration: 30:00	Duration: 30:00
Theory – Key Learning Outcomes ● Discuss the Employability Skills required for jobs in various industries. ● Explain the constitutional values, including civic rights and duties, citizenship, responsibility towards society and personal values and ethics such as honesty, integrity, caring and respecting others that are required to become a responsible citizen ● Describe the role of digital technology in today's life ● Explain entrepreneurship and opportunities available ● Understanding different types of customers and their needs	Practical – Key Learning Outcomes ● Create a career plan ● Implement Self-awareness, time management, critical thinking, problem solving ● Create sample word documents, excel sheets and presentations using basic features, utilize virtual collaboration tools to work effectively wherever necessary ● Implement communication skills while handling different customers ● Use appropriate basic English sentences/phrases while speaking. Differentiate between types of customers. ● Create a biodata. ● Use various sources to search and apply for jobs.

- Explain skills required to become a 21st century professional
- Understand to read and write basic English
- Understand how to create a career plan
- Explain effective communication skills
- Understand basic financial and legal knowledge

Classroom Aids:

Charts, Models, Video presentation, Flip Chart, Whiteboard/Smart Board, Marker, Duster

Tools, Equipment and Other Requirements

Computer (PC) with latest configurations, Computer Tables, Computer Chairs, UPS, Scanner cum Printer

On-the-Job Training

Mapped to Yoga trainer-Sports

Mandatory Duration: 90:00

Recommended Duration: 00:00

Location: On Site

Terminal Outcomes

- Plan a sports Yoga training program.
- Conduct Yoga sessions to develop specific fitness requirements of the athletes/clients.
- Demonstrate correct forms, posture, and techniques to make sessions effective and injury free.
- Conduct evaluation of the athlete to identify improvements.
- Follow safety protocols for injury prevention and medical emergency.
- Maintain hygiene and sanitation at workplace

10. MEDIUM OF INSTRUCTION

- The Course Material will be available in English & Hindi medium.

11. ADMISSION PROCEDURE

- Prescribed application form available with the Prospectus, which can be procured from NIOS or its training centre or from NIOS website, www.nios.ac.in.
- Students may submit their application form round the year at the training centre or take admission online.
- The admission will be valid for five years.

12. COURSE FEE

- The Fee for the Course is \$ 400 for the foreign nationals and Rs. 8,000 for Indian Citizens.
- The centre may charge the separate fee of accommodation, food & other miscellaneous facilities accordingly.

13. SCHEME FOR EVALUATION & CERTIFICATION

For appearing in examination, the learners will apply on the prescribed format for examination. There will be evaluation of both components, theory as well as the practical separately. NIOS will award the final certificate to the learners completing the programme successfully.

S. No.	Subject/Paper	Course Code	Max Marks & Time					Total Marks
			M. Marks for Theory	Hours	M. Marks for Practical	Hours	M. Marks for Internal Assignments	
1.	Yoga Trainer – Sports		30	2	50	3	20	100
Grand Total								100

14. PASSING CRITERIA

Pass % aggregate for QP: 70 for certification.

Contents

Module–1: Introduction to Yoga Training

- | | |
|---|----|
| 1. Roles and Responsibilities of a Group Yoga Trainer – Sports | 1 |
| 2. Understanding the Difference – Yoga Trainer – Sports vs. Other Fitness Roles | 11 |
| 3. Career Opportunities for a Yoga Trainer – Sports | 20 |

Module–2: Create Yoga Sessions Plan for Athletes/Clients

- | | |
|---|----|
| 4. Significance of Planning Yoga Sessions | 31 |
| 5. Importance of Maintaining Athlete/Client Information Confidential | 43 |
| 6. Factors to be Considered While Designing Yoga Session for Athletes/Clients | 50 |

Module–3: Conduct Yoga Sessions to Improve Athletic Performance

- | | |
|--|-----|
| 7. Yoga, Asanas, and Their Specific Athletic Needs | 65 |
| 8. Breathing and Meditation Techniques for Performance | 89 |
| 9. Structuring Effective and Injury Free Yoga Sessions | 101 |
| 10. Motivation and Communication in Group Yoga Session | 109 |
| 11. Professional Conduct and Workplace Safety | 118 |

Module–4: Review Yoga Training Program

- | | |
|--|-----|
| 12. Monitoring Sessions to Ensure Best Practices | 131 |
| 13. Ensuring Safety and Correct Execution of Yoga Ssanas | 136 |
| 14. Identifying Discomfort and Body Language in Athletes/Clients | 147 |
| 15. Performance Evaluation in Yoga Training | 157 |
| 16. Utilizing Feedback to Improve Yoga Training Programs | 157 |

Module–5: Maintain Safety, Hygiene and Sanitation at Workplace

- | | |
|--|-----|
| 17. Hygiene Practices for Safe Yoga Sessions | 181 |
|--|-----|

18. Sanitization Protocols for Equipment and Clients	192
19. Injury Prevention and Emergency Response	205
20. Safe Environment and Equipment Labeling	222

Module–6: Build an Environmental-Friendly Workplace

21. Identify the Environment-Friendly Materials Available to Replace Conventional Materials	233
22. Explain Ways of Disposing Non-recyclable Waste Appropriately	240
23. Common Sources of Pollution and Ways to Minimize Them	247
Yoga Trainer – Sports: Revisional Exercise	253

Module 7: Employability Skills

MODULE-1: INTRODUCTION TO YOGA TRAINING

1. Roles and Responsibilities of a Group Yoga Trainer – Sports
2. Understanding the Difference – Yoga Trainer – Sports vs. Other Fitness Roles
3. Career Opportunities of a Yoga Trainer – Sports

KEY LEARNING OUTCOMES

At the end of this module, the trainees will be able to:

- Understand the skills needed to become a Yoga Trainer – Sports.
- Know the roles and responsibilities of a Group Yoga Trainer.
- Differentiate between a Yoga Trainer and a Fitness Trainer.
- Identify career opportunities and create a career progression chart.
- Demonstrate essential soft skills like communication, presentation, and grooming.



Notes

1

ROLES AND RESPONSIBILITIES OF A GROUP YOGA TRAINER – SPORTS

Yoga is vital for daily life because it provides holistic well-being by strengthening the body, sharpening the mind, and calming the spirit. A Yoga Trainer plans and leads Yoga classes., guides students through postures and breathing techniques, creates a safe and encouraging environment and adapts instruction to different skills levels and physical needs to improve student well-being responsibilities. His/her role also includes also include providing demonstrations, offering feedback and modifications, managing administrative tasks, staying updated on Yoga trends, and embodying the principles of Yoga.

In this unit, we will study about primary roles and responsibilities of a Group Yoga Trainer.



OBJECTIVES

After studying this unit, you will be able to:

- understand the primary roles and responsibilities of a Group Yoga Trainer – Sports;
- recognize the importance of responsible conduct during training;
- learn how to structure and deliver safe and effective group Yoga sessions.

1.1 THE ROLE OF A GROUP YOGA TRAINER – SPORTS

Being a group goes beyond guiding athletes through poses. It involves creating a structured, safe, and engaging environment that supports both physical and

MODULE-1

Introduction to Yoga Training



Notes

Roles and Responsibilities of a Group Yoga Trainer – Sports

mental well-being. The trainer's role spans three interconnected phases: before the session, during the session, and after the session. Each phase is crucial in ensuring a consistent and impactful training experience. Understanding how these phases inter connect is essential for delivering high-quality Yoga training.

1.2 KEY RESPONSIBILITIES OF A GROUP YOGA TRAINER – SPORTS

The role of a Group Yoga Trainer – Sports extends far beyond simply demonstrating poses. It involves strategic planning, real-time observation, and reflective evaluation. To ensure maximum impact and safety, the responsibilities of a trainer must be structured around the athlete's journey – from arrival to cool-down. By breaking down the trainer's role into distinct stages, it becomes easier to deliver sessions that are organized, effective, and responsive to the physical and psychological demands of sport. These responsibilities can be categorized into three main phases, each building upon the other to create a seamless, and high-performance Yoga experience.

Before the session: Setting the foundation

This phase is crucial in ensuring the session starts with clarity, purpose, and safety. The trainer begins by reviewing the session objectives based on the athletes' training cycle, energy levels, and recent physical performance. All props and equipment – such as mats, blocks, straps, or Yoga wheels – are inspected and arranged in advance. The trainer also checks the environment for ideal lighting, ventilation, and floor conditions. In group settings, organizing the space to maintain visual and verbal communication with all the participants is vital.

Additional responsibilities include confirming attendance, addressing individual concerns, conducting brief assessments for injuries or fatigue, and mentally preparing the group through a short grounding or centering practice.

This pre-session phase ensures that the session begins with alignment – not just of the body, but of the mind, purpose, and flow.

During the session: Guiding with precision

In this active phase, the trainer leads the session with focus, adaptability, and awareness. Clear instruction is essential – using a combination of verbal cues, physical demonstrations, and, when necessary, gentle hands-on adjustments. The trainer must remain attentive to each athlete's form, breath, and energy, ensuring that techniques are executed safely and effectively.

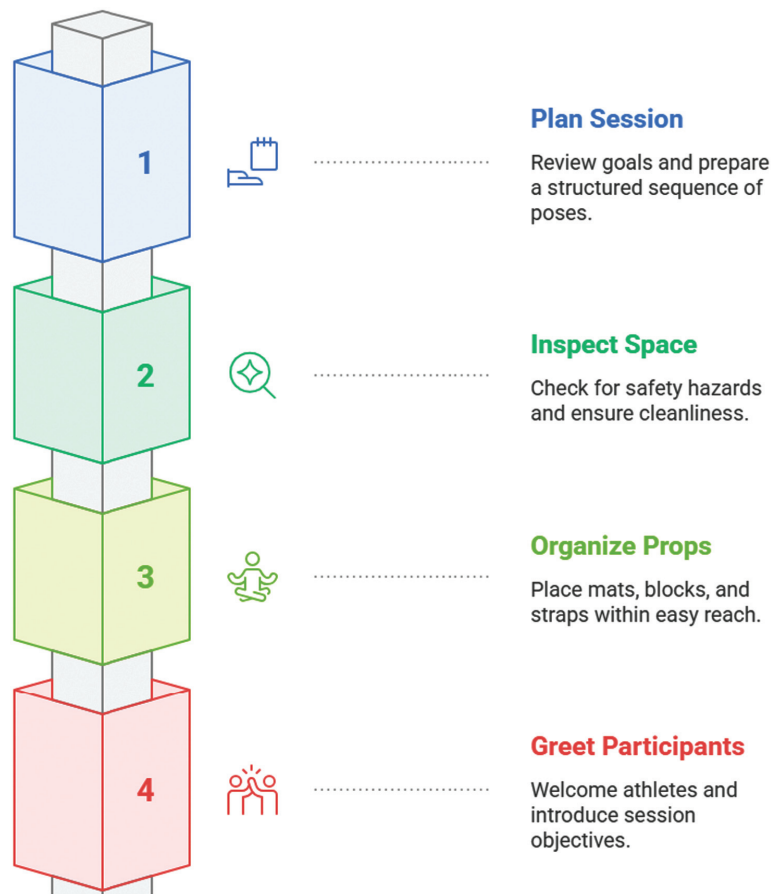


Fig. 1.1: Preparing Yoga Session

Modifications are offered based on individual capability or injury status, and intensity is adjusted according to real-time group feedback. The trainer also integrates sport-specific goals – such as improving joint stability, core engagement, or mental resilience – into the Asana flow, Pranayama, and relaxation techniques. Managing group dynamics, maintaining motivation, and ensuring alignment with performance objectives all fall under this phase. The trainer’s presence becomes both directive and supportive, creating an environment where athletes can challenge themselves safely while remaining connected to breath and awareness.

After the session: Reflecting and resetting

The post-session phase is essential for promoting recovery, learning, and continuous improvement. The trainer guides the group through an appropriate cool-down that may include gentle stretches, breath regulation, or mindfulness techniques to bring the nervous system into a parasympathetic state. Feedback is gathered – both formally and informally – to assess how the session met the athletes’ needs.



Notes

MODULE-1

Introduction to Yoga Training



Notes

Roles and Responsibilities of a Group Yoga Trainer – Sports

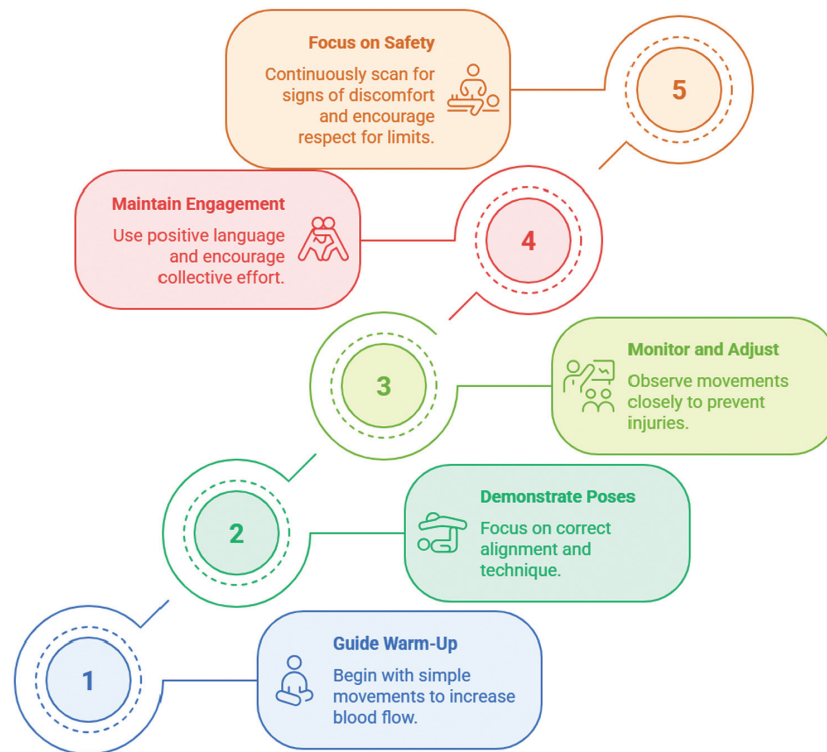


Fig. 1.2: Steps to Effective Training

The trainer documents observations, tracks progress, and notes any signs of overexertion, discomfort, or emotional response. Props are sanitized and stored, and the space is restored to its original state. Additionally, the trainer may provide personalized suggestions for recovery, hydration, or home practice. This phase is not just about winding down; it is about closing the loop with care, reinforcing key takeaways, and preparing both the trainer and athletes for the next session with clarity and insight.

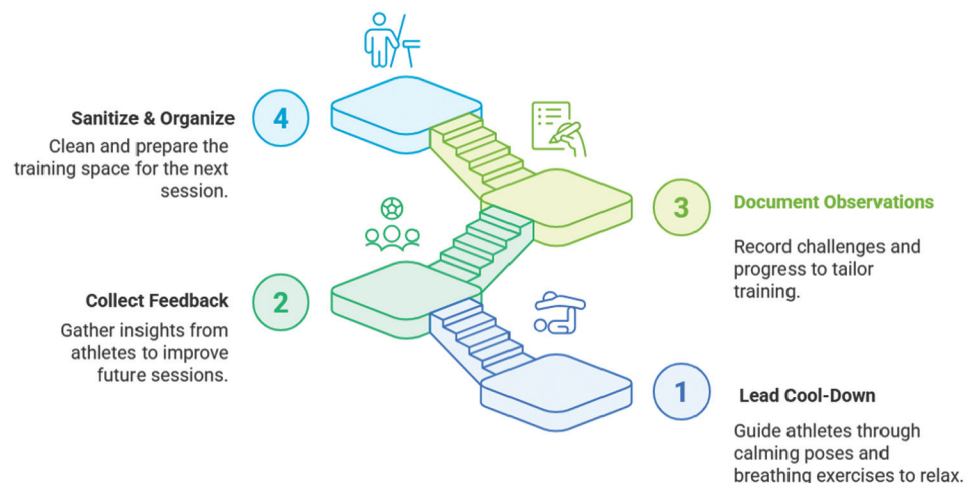
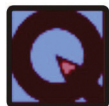


Fig. 1.3: Post Session Routine

Mastering these three phases – before, during, and after the session – requires more than just technical knowledge of Yoga. It calls for a unique blend of interpersonal, observational, and organizational skills that allow a Group Yoga Trainer – Sports to manage sessions with efficiency, safety, and impact. From reading group energy to modifying poses mid-session, the ability to respond fluidly and lead confidently makes all the difference. This brings us to the next vital aspect: the skills required for effective session management.



INTEXT QUESTIONS 1.1

State whether True (T) or False (F):

- (a) The only role of a Group Yoga Trainer is simply demonstrating poses. ()
- (b) Time management is very important aspect of a group Yoga trainer. ()

1.3 SKILLS REQUIRED FOR EFFECTIVE SESSION MANAGEMENT

To manage a Group Yoga session effectively – especially in a sports setting – a trainer must go beyond teaching techniques. They must embody a range of professional skills that allow them to plan strategically, guide confidently, and adapt responsively. These skills ensure that every session is not only well-structured and goal-oriented but also safe, inclusive, and performance-enhancing. Whether working with athletes in recovery, peak training, or mental conditioning phases, the trainer’s ability to manage the session skillfully can significantly impact outcomes.

Managing an effective Yoga session in a sports requires a balanced blend of instructional, observational, interpersonal, and safety skills. These skills help the trainer deliver sessions that are safe, engaging, and goal-driven. The skills can be grouped into four core categories. Let’s explore the essential skills that enable trainers to deliver sessions with excellence.

1. Instructional and Technical Skills

This category forms the structural backbone of any Yoga session. A Yoga Trainer – Sports must know how to design sessions based on the athletes’ training cycles – whether it’s a recovery day or strength conditioning phase. For instance, after a match, the Trainer might replace dynamic sequences with hip openers and calming pranayama to promote recovery. The ability to plan is only as good as the trainer’s ability to explain that plan – so communication becomes essential. If an athlete is struggling with a complex pose like Ardha Chandrasana, instead of

MODULE-1

Introduction to Yoga Training



Notes

MODULE-1

Introduction to Yoga Training



Notes

Roles and Responsibilities of a Group Yoga Trainer – Sports

overwhelming them with jargon, the trainer must break it down into simple cues and demonstrate it visually. Being adaptable is also crucial – sometimes an athlete enters the session with unexpected knee pain or emotional fatigue. In such moments, a technically sound trainer must instantly adjust the flow, replace postures, or reduce intensity without making it obvious or breaking group momentum. This set of skills keeps the session smooth, safe, and effective for every athlete present.

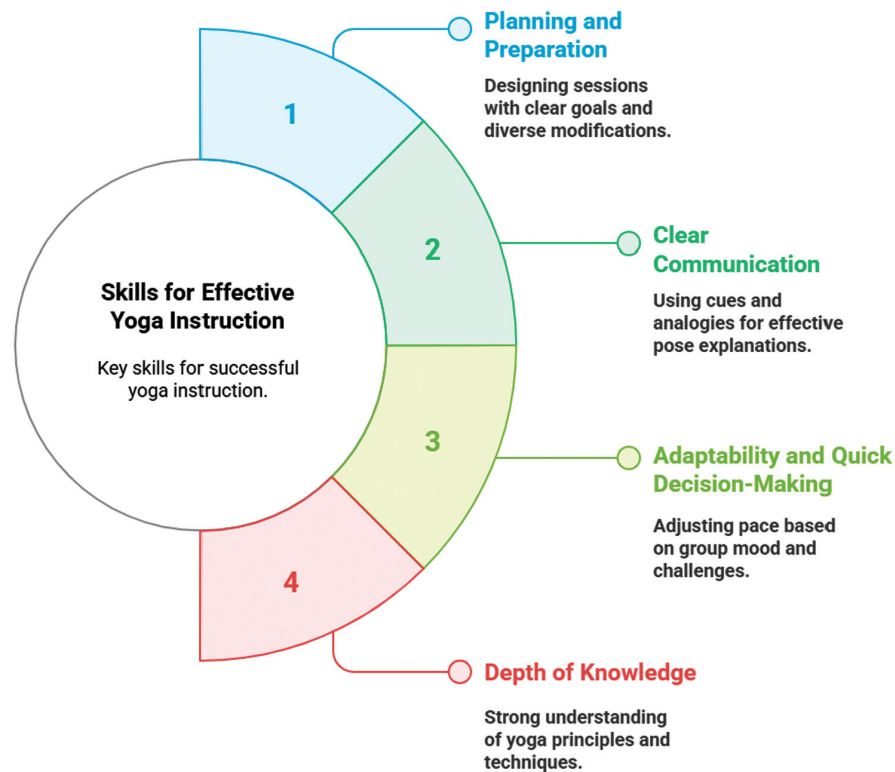


Fig. 1.4: Skills for Effective Yoga Instruction

2. Observational and Analytical Skills

Even with a perfectly designed session plan, the real success lies in how the trainer responds to what's happening in the room. These skills are about noticing the unspoken. For example, an athlete who usually performs strongly might suddenly start losing balance or holding their breath – small signs of mental distraction or physical exhaustion. A skilled trainer notices these shifts and quietly modifies the approach – offering a resting pose without drawing public attention. Observation also means keeping track of how different body types respond to certain Asanas. For instance, taller athletes may need different stance adjustments in poses like

Warrior II, while someone with tight hamstrings might benefit from an extra block in forward bends. These micro-observations help prevent injury, personalize support, and build trust. Analytical thinking also comes into play post-session – did the group seem calmer, more alert, or restless during savasana? These reflections help refine future plans. When trainers observe deeply and respond thoughtfully, every athlete feels seen and supported.

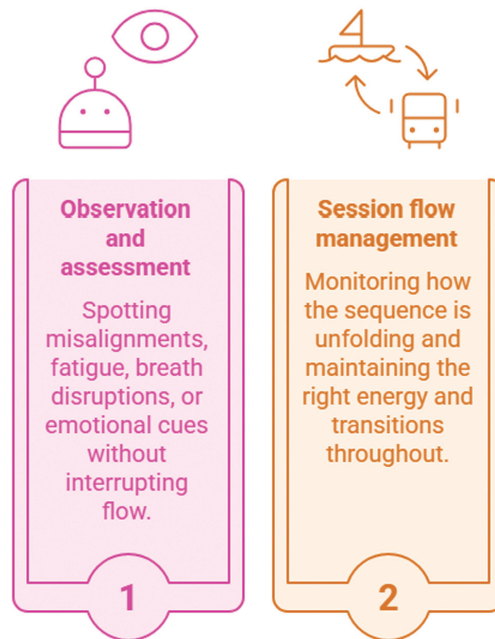


Fig. 1.5: Observational and Analytical Skill

3. Interpersonal and Leadership Skills

The emotional tone of a Yoga session is shaped not just by what the trainer teaches, but how they teach it. Strong interpersonal skills create an environment of respect, motivation, and emotional safety. For example, when working with a mixed group – some athletes new to Yoga while others are at the advanced stage – the trainer must maintain enthusiasm without leaving anyone behind. A good leader notices discomfort, not just physically but emotionally. If someone seems hesitant or withdrawn, the trainer might quietly offer an encouraging word or alternative pose. Building rapport is especially important in team settings where dynamics are complex – perhaps a player had a conflict earlier, or the group energy is low after a loss. A trainer who can uplift and re-center the group becomes more than an instructor – they become a grounding force. The ability to lead calmly, inspire silently, and support without ego transforms a regular Yoga session into a high-impact experience.

MODULE-1

Introduction to Yoga Training



Notes

MODULE-1

Introduction to Yoga Training



Notes

Roles and Responsibilities of a Group Yoga Trainer – Sports

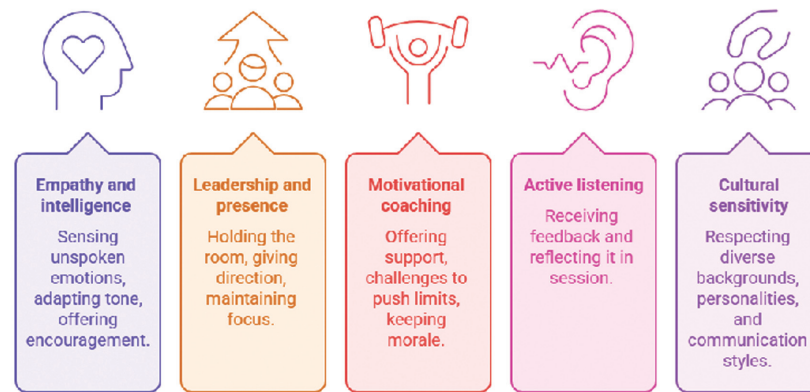


Fig. 1.6: Interpersonal and Leadership Skills

4. Safety, Organization, and Documentation Skills

Behind every successful session is quiet, invisible preparation. This skill category includes things athletes often don't see – like inspecting mats before class, ensuring props are clean and accessible, or setting up the room for optimal ventilation and comfort. A trainer who notices a cracked block or slippery floor prevents accidents before they happen. Safety also means knowing when to intervene. For instance, if an athlete feels dizzy during pranayama, the trainer must quickly shift the exercise and ensure proper hydration. Time management is another critical aspect – warm-ups, core sequences, and cool-downs must be well balanced within the session window, especially when it's part of a broader athletic schedule. Lastly, documentation is the silent pillar of progress. Maintaining brief notes on who had a sore shoulder, who showed improved alignment, or how the group responded to new techniques helps the trainer plan more effectively next time. These logistical skills ensure that the session isn't just a one-time experience, but part of a progressive and safe journey.



Fig. 1.7: Elements of Effective Training Session



INTEXT QUESTIONS 1.2

1. Why should a Yoga Trainer inspect the environment before starting a session?

.....

.....

.....

2. How do interpersonal skills influence the emotional tone of a Yoga session?

.....

.....

.....



WHAT HAVE YOU LEARNT

Dear learners, in this unit, you have learnt:

- The effective role of Group Yoga Trainer – Sports includes creating a structured, safe, and engaging environment that supports both physical and mental well-being.
- The key responsibilities of a Group Yoga Trainer – Sports involves strategic planning, demonstrating the poses, real time observation, and reflective evolution.
- The responsibilities “before the session” includes session objectives, checking props and equipments, inspecting space, and mentally preparing the group for the session.
- The main “after the session” responsibilities includes cool-down session, gathering feedback, documenting the observation, and sanitize and organize the space for the next session.
- There are four major skills required for effective session management: instructional and technical skills; observational and analytical skills; interpersonal and leadership skills, and safety, organization and documentation skills.



Notes

MODULE-1

Introduction to Yoga Training



Notes

Roles and Responsibilities of a Group Yoga Trainer – Sports



TERMINAL QUESTIONS

1. Enumerate the key responsibilities of a Group Yoga Trainer – Sports while conducting a Yoga session.
2. Explain instructional and technical skill; and interpersonal and leadership skills for effective management of a session.



ANSWER TO THE INTEXT QUESTIONS

1.1

- (a) False (b) True

1.2

1. To ensure that the training place is well structured, safe, and engaging, leading to high quality Yoga Training.
2. Strong interpersonal skills create an environment of respect, motivation, and emotional safety. The ability of the trainer to lead calmly can create a inspiring and energetic training environment.



Notes

2

UNDERSTANDING THE DIFFERENCE – YOGA TRAINER – SPORTS VS. OTHER FITNESS ROLES

In the previous unit, you have learnt about the roles and responsibilities of a Group Yoga Trainer. A Yoga Trainer focuses on the physical practice of Asanas, breathing, and the philosophy behind Yoga, emphasizing flexibility balance and mental calm. On the other hand other fitness coaches typically focus on building strength, muscle, stamina and improving aesthetic appearance through structured workouts, often using specialized equipment to target specific muscle groups. While both aim for well-being, Yoga training integrates a spiritual and philosophical dimension often missing in conventional fitness.

In this unit, you will study about the unique features like goals, methods etc. of the Yoga Trainer's role as compared to other fitness professionals.

**OBJECTIVES**

After studying this unit, you will be able to:

- understand the unique features of the Yoga Trainer – Sports's role compared to other fitness professionals;
- identify how the goals, methods, and outcomes of Yoga differ from gym training or general fitness coaching;
- help learners recognize their own inclination toward Yoga-based or fitness-based career paths.

MODULE-1

Introduction to Yoga Training



Notes

Understanding the Difference – Yoga Trainer – Sports vs. Other Fitness Roles

2.1 THE ROLE OF A YOGA TRAINER – SPORTS COMPARED TO OTHER FITNESS ROLES

A Yoga Trainer – Sports focuses on holistic well-being, integrating physical, mental, and emotional balance. In contrast, other fitness professionals, such as gym instructors or fitness coaches, primarily focus on physical conditioning, strength building, and endurance. Understanding these differences helps trainees identify the unique qualities that define a Yoga Trainer – Sports’s role and how it complements or differs from other fitness professions.

A Yoga Trainer may help a sprinter improve reaction time by training breath-hold techniques or guide a wrestler through restorative poses that speed up muscle repair. Mental clarity, balance, controlled breathing, and nervous system regulation are signature contributions of Yoga that are often missing in traditional training.

In short, while other fitness roles may focus on “output” – such as speed, strength, or weight loss – a Yoga Trainer – Sports builds the inner foundation that supports these goals: alignment, awareness, injury prevention, and emotional stability. This makes Yoga not just a workout, but a vital tool in an athlete’s lifelong performance and fitness journey.

2.2 KEY DIFFERENCES BETWEEN YOGA TRAINER – SPORTS AND FITNESS COACHES

Yoga trainers – Sports and fitness coaches often work toward the common goal of improving health, performance, and overall well-being, their methods, tools, and underlying philosophies differ significantly.

A fitness coach may prioritize measurable outcomes like strength, speed, or endurance, often relying on external resistance and high-intensity training. In contrast, a Yoga Trainer– Sports uses breath, posture, and mindfulness to enhance internal balance, mobility, recovery, and mental focus.

Both roles are valuable and complementary, but understanding their differences helps athletes and clients make more informed choices in building a complete and sustainable training regimen.

The Fig. 2.1 highlights how Yoga training and fitness coaching differ in their purpose, techniques, and approach to health and fitness. While they may appear distinct on the surface, their true value emerges when they work together – creating a well-rounded system that supports both the body and the mind. Each discipline fills the gap left by the other, making the athlete stronger, more resilient, and more self-aware.

Characteristic	Yoga Trainer	Fitness Coach
 Main Goal	Holistic health	Physical conditioning
 Key Techniques	Bodyweight, breath control, mindfulness	Weights, cardio, high-intensity exercises
 Training Environment	Calm, focused, and introspective	Energetic, goal-oriented, and dynamic
 Mental Wellness Focus	High	Moderate
 Equipment Usage	Minimal, props like mats and blocks	Extensive, machines and free weights

Fig. 2.1: Yoga Trainer vs Fitness Coach



INTEXT QUESTIONS 2.1

Fill in the blanks:

- A Yoga Trainer – Sports emphasize on and to enhance internal balance.
- Yoga training and fitness coaching in their purpose and techniques.

2.3 HOW YOGA AND FITNESS ROLES COMPLEMENT EACH OTHER?

In a sports environment, Yoga and fitness training are not competing methods – they are two sides of the same coin. Fitness coaches help athletes build power, agility, and endurance, which are crucial for sport-specific performance.

Yoga Trainers – Sports, on the other hand, help maintain flexibility, correct muscular imbalances, regulate breath, and enhance focus. When combined, these roles create a training experience that is both intense and sustainable.

For example, a footballer may rely on strength training to build explosiveness and use Yoga sessions to improve hip mobility, reduce stress, and speed up recovery. Similarly, a sprinter might use Yoga-based breathwork to sharpen mental control and manage pre-race anxiety. By working together, Yoga trainers – Sports and fitness professionals ensure that athletes are not only physically prepared – but mentally composed, injury-resistant, and performance-ready.

MODULE-1

Introduction to Yoga Training



Notes

MODULE-1

Introduction to Yoga Training



Notes

Understanding the Difference – Yoga Trainer – Sports vs. Other Fitness Roles

While the approaches differ, Yoga and fitness can complement one another effectively. A Yoga Trainer – Sports who understands fitness principles can:

- Enhance flexibility in strength-focused athletes.
- Integrate breath control to improve cardio performance.
- Reduce the risk of injury through balanced muscle development.
- Support mental resilience during intensive training periods.



Fig. 2.2: Achieving Balanced Athletic Performance

2.4 PRACTICAL APPLICATIONS: WHEN TO USE YOGA VS. FITNESS TRAINING

Choosing between Yoga and fitness training often depends on the athlete's goals, current physical condition, and phase in the training cycle. Both methods have their place in a well-rounded program and are most effective when applied with intention and timing.

Recovery and Relaxation

Recovery is not a passive phase – it's when the body rebuilds, the mind resets, and long-term gains are solidified. Yoga becomes especially valuable here. Gentle stretches, restorative poses, and breathwork help activate the parasympathetic nervous system, calm muscular tension, and support healing. For example, Savasana (corpse pose) and Supta Baddha Konasana (reclining bound angle) soothe the body, while diaphragmatic breathing helps reduce cortisol levels and enhance focus. These practices are ideal after matches, high-intensity training blocks, or during deload weeks.

Strength and Power Development

When the goal is to build muscle mass, improve explosive strength, or increase physical output, fitness training becomes the primary focus. Techniques such as

resistance training, plyometrics, and compound lifts (like squats and deadlifts) create the necessary muscular stress that leads to growth and adaptation. These sessions are typically placed in performance or pre-season phases where the nervous system is primed, and recovery periods are carefully managed.

Mental Clarity and Focus

Athletic performance is as much mental as it is physical. Yoga helps cultivate inner stability through Pranayama, guided meditation, and mindfulness techniques. These practices improve emotional regulation, reduce anxiety, and sharpen concentration. When athletes practice alternate nostril breathing or short body-scan meditations before a game, they often feel more grounded and focused – leading to better decision-making under pressure.

Building Endurance and Cardiovascular Strength

For improving stamina and performance over longer durations, fitness-based endurance training is essential. Activities like high-intensity interval training (HIIT), circuit training, and tempo runs increase cardiovascular efficiency, muscular endurance, and lactate threshold. These are best used in structured cycles where performance progression is measurable. These high-effort fitness techniques are best used in structured phases where measurable progress is tracked and fatigue is managed carefully. However, knowing when to shift between Yoga and fitness requires practical judgment. Different physical and mental needs call for different tools.

To make this easier, the table below highlights common athletic scenarios and recommends the best approach – Yoga or fitness – based on the intended outcome:

Table 2.1: Common Athletic Scenarios and Best Approach

Scenario	Best Approach	Reason
Post-Intense Workout	Yoga	Reduces muscle tension and supports recovery
Building Muscle Mass	Fitness	Uses resistance training to increase size
Improving Mental Focus	Yoga	Enhances concentration and calmness
Boosting Cardiovascular Endurance	Fitness	High-intensity training builds stamina

The real power lies in the combination. A week might include strength sessions on alternate days, Yoga on recovery days, and meditation daily for mental clarity. This integrative approach reduces injury risk, supports faster recovery, and promotes



MODULE-1

Introduction to Yoga Training



Notes

Understanding the Difference – Yoga Trainer – Sports vs. Other Fitness Roles

emotional health – resulting in an athlete who is not just strong, but resilient, focused, and balanced.

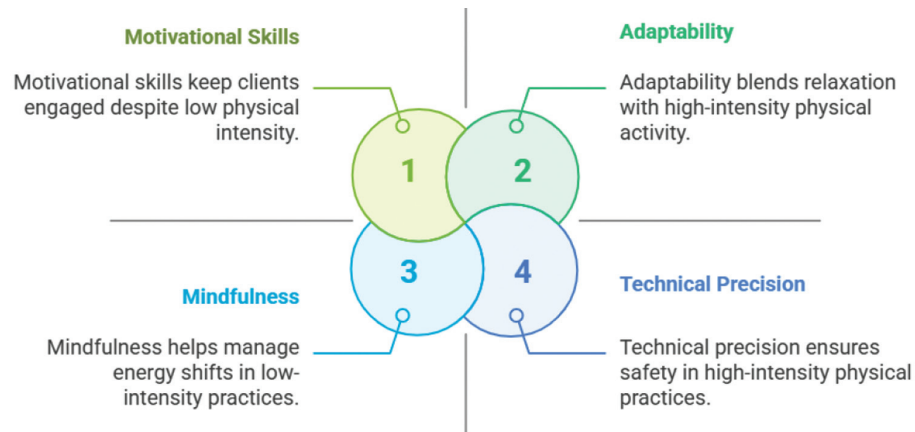


Fig. 2.3: Essential Skills for Balanced Athletic Performance

To achieve this balance in practice, the roles of a Yoga Trainer – Sports and a Fitness Coach must harmonize. Doing so requires a unique blend of skills – adaptability, clear communication, and a deep understanding of both holistic and functional training. A Yoga Trainer must demonstrate mindfulness, body awareness, and precise cueing, especially during moments that require calm focus and recovery. Meanwhile, the fitness coach applies strength-building strategies, endurance development, and motivational tools that push physical limits. When these two disciplines are combined intentionally, they create versatile and sustainable training sessions – ones that build not only powerful bodies, but mentally grounded athletes prepared for the demands of sport and life.

2.5 CREATING A SUCCESSFUL TRAINING PLAN

A successful training plan is not just about alternating Yoga and fitness sessions – it's about strategically combining them to maximize performance, prevent injuries, and enhance recovery. When used intelligently, Yoga and fitness can complement each other in powerful ways.

1. Purposeful Pairing, not just Layering

Integration doesn't mean randomly adding Yoga stretches to a workout. It means using each method in ways that enhance the effectiveness of the other. Yoga brings flexibility, breath control, and nervous system recovery, while fitness training brings strength, stamina, and muscular overload. The real benefit comes when these are used in sync with training goals.



2. Examples of Integration in Weekly Training

Table 2.2: Examples of Integrating Yoga in Weekly Training

Session Type	How to Integrate Yoga
Strength training day	Add a short post-session Yoga sequence with hip openers and spinal twists
Recovery day	Use restorative Yoga, Pranayama, or guided meditation
Warm-up before workout	Include dynamic Yoga flows like Surya Namaskar
Cool-down after cardio	Add breathwork (e.g., box breathing) and long-hold stretches
Pre-competition prep	Use focused breathing + grounding poses for mental clarity
Rehab/injury recovery week	Emphasize therapeutic Yoga with props and gentle flows

3. Matching Training Phases



Fig. 2.4: Matching Training Phases

4. Group Training Considerations

In group Yoga-fitness sessions, each athlete may need different support. A good trainer reads the group's energy, fatigue level, and injuries, and adjusts the intensity. For example, while one athlete may need activation poses before a game, another may benefit more from restorative breathing after an intense scrimmage.

MODULE-1

Introduction to Yoga Training

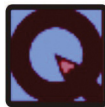


Notes

Understanding the Difference – Yoga Trainer – Sports vs. Other Fitness Roles

5. The Outcome: A Complete Athlete

When Yoga and fitness are thoughtfully combined, the result is a well-rounded athlete – strong yet mobile, powerful yet calm, competitive yet injury-resistant. This approach creates long-term sustainability and promotes both peak performance and personal well-being.



INTEXT QUESTIONS 2.2

1. How can understanding fitness principles benefit a Yoga trainer working with athletes?

.....

.....

2. What should one practice on recovery day?

.....

.....



WHAT HAVE YOU LEARNT

Dear learners, in this unit, you have learnt:

- The comparative role of a Yoga Trainer – Sports, and other fitness roles.
- The Yoga Trainer focuses on holistic well-being, integrating physical, mental, and emotional balance.
- Other fitness professionals, such as gym instructors or fitness coaches, mainly focus on physical conditioning, strength building and endurance.
- Both the approaches are not thoroughly competing methods. They compliment in various respects. The Fitness Coach help athletes build power, agility and endurance mattress, Yoga Trainer – Sports help maintain flexibility, correct muscular imbalance, regulate breath and enhance focus.
- A successful training plan synthesize the judicious mix of both the approaches. An effective session aims to maximize performance, prevent injuries, and enhance recovery.
- It should include purposeful pairing, matching training phases, and group training considerations.



TERMINAL QUESTIONS

1. Describe the key differences between Yoga Trainer – Sport and Fitness Coach.
2. Enumerate the chief considerations in applying Yoga or fitness training suitably.



ANSWER TO INTEXT QUESTIONS

2.1

1. (a) breath, posture (mindfulness)
(b) differ

2.2

1. When used intelligently, a trainer can ensure maximum performance, prevent injuries, enhance recovery, and create a vibrant training environment.
2. use resolute Yoga, Pranayama or guided meditation.

MODULE-1

Introduction to Yoga Training



Notes

MODULE-1

Introduction to Yoga Training



Notes

3

CAREER OPPORTUNITIES FOR A YOGA TRAINER – SPORTS

In the previous unit you have learnt about the unique features of the Yoga Trainer – Sports’s role compared to other fitness coaches. Career opportunities for Yoga Trainers are diverse and growing, including roles as Yoga instructors in gyms, studios and corporate settings as Yoga therapist for health specific needs, as online or retreat leaders and even in roles. With the increasing popularity of holistic wellness, there are opportunities to work for organizations, run your own business or offer customized individual sessions to the clients.

In this unit, we will study about the wide range of career paths available to certified Yoga trainer in the sports and fitness sectors.



OBJECTIVES

After studying this unit, you will be able to:

- explore the wide range of career paths available to certified Yoga Trainer – Sports in the sports and fitness sectors;
- understand the roles, settings, and growth prospects within Yoga training careers;
- help learners set goals for career development based on personal interests and strengths.

3.1 EXPLORING CAREER PATHS AS A YOGA TRAINER – SPORTS

Becoming a certified Yoga Trainer – Sports opens doors to a variety of career opportunities. With the rising demand for good health and holistic fitness, Yoga

Trainer – Sports are now working in diverse settings beyond traditional studios. From sports academies to corporate fitness programs and online platforms, the scope is vast and continuously evolving.

Choosing the right career path depends on one's interests, strengths, and long-term goals. Understanding the options available can help learners make informed decisions and plan their professional journey effectively.

3.2 CAREER SETTINGS FOR YOGA TRAINER – SPORTS

Yoga is increasingly being recognized as essential components of a balanced lifestyle, offering both physical and mental health benefits. As awareness grows, diverse opportunities are emerging for Yoga Trainer – Sports and fitness professionals to integrate these practices into various settings. From traditional sports and fitness institutions to digital and creative platforms, Yoga is being embraced as a tool for performance enhancement, rehabilitation, stress management, and holistic well-being. This expansion offers professionals the chance to reach wider audiences and tailor their approach to meet the unique needs of athletes, students, corporate employees, and digital communities alike.

Yoga Trainer – Sports can work in a wide range of settings, each offering unique opportunities and challenges:



Fig. 3.1: Which Career should be Pursued

Building a successful career as a Yoga Trainer – Sports requires a strategic blend of skills, certifications, and practical experience. Starting with foundational training and certifications, aspiring professionals can gain credibility and the necessary knowledge to guide athletes and fitness enthusiasts.

As they gain experience, opportunities open up in diverse settings such as sports academies, fitness centers, rehabilitation clinics, educational institutions, and corporate fitness programs.



MODULE-1

Introduction to Yoga Training



Notes

Career Opportunities for a Yoga Trainer – Sports

With the rise of digital platforms, trainers can also expand their reach through virtual coaching, content creation, and app-based training. By continuously upgrading their skills and staying adaptable, Yoga Trainer – Sports can shape out a versatile and rewarding career path that combines traditional and modern approaches to health and fitness.

To understand how these opportunities can unfold over time, the following flow chart illustrates a potential career progression for a Yoga Trainer – Sports, from foundational roles to advanced and specialized positions.

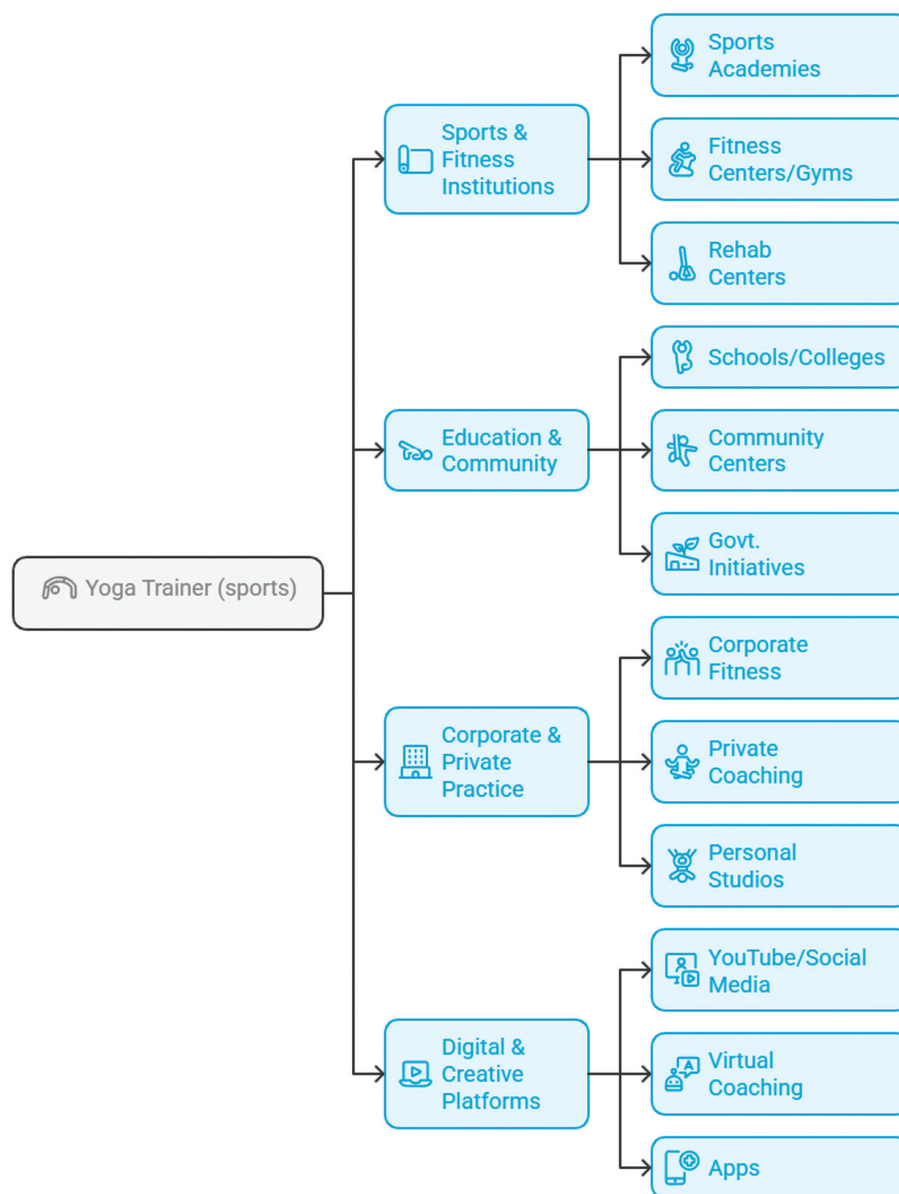
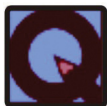


Fig. 3.2: Career Opportunities for Yoga Trainer – Sports



INTEXT QUESTIONS 3.1

Match the Column:

A

- (i) Sports and fitness institutes
- (ii) Education and community
- (iii) Corporate and private practice
- (iv) Digital and creative platforms

B

- (a) Youtube/social media
- (b) Sports academics/gym
- (c) School/colleges
- (d) Personal studies/corporate fitness

3.3 SPECIALIZED ROLES AND CAREER GROWTH

With experience and specialization, Yoga Trainer – Sports can move into more advanced roles. These advanced paths offer greater career growth, professional recognition, and opportunities to impact specific populations.

Advanced Professional Roles

- **Yoga Program Designer:** create structured programs for sports teams or corporate clients.
- **Yoga Curriculum Developer:** Design educational content for training courses or certifications.
- **Yoga Therapist:** Work with clients who have specific health conditions or rehabilitation needs.
- **Corporate Fitness Consultant:** Develop strategies to improve workplace well-being.
- **Online Content Creator:** Produce videos, blogs, and courses to educate a global audience.

Entrepreneurship and Freelance Opportunities

- **Yoga Studio Owner:** Establish a space dedicated to various Yoga practices.
- **Mobile Yoga Instructor:** Offer personalized sessions at clients' homes or workplaces.
- **Product Developer:** Create fitness products like Yoga mats, apparel, or digital guides.

MODULE-1

Introduction to Yoga Training



Notes

MODULE-1

Introduction to Yoga Training



Notes

Career Opportunities for a Yoga Trainer – Sports

- **Social media influencer:** Share insights and practices with a broad audience, building a personal brand.

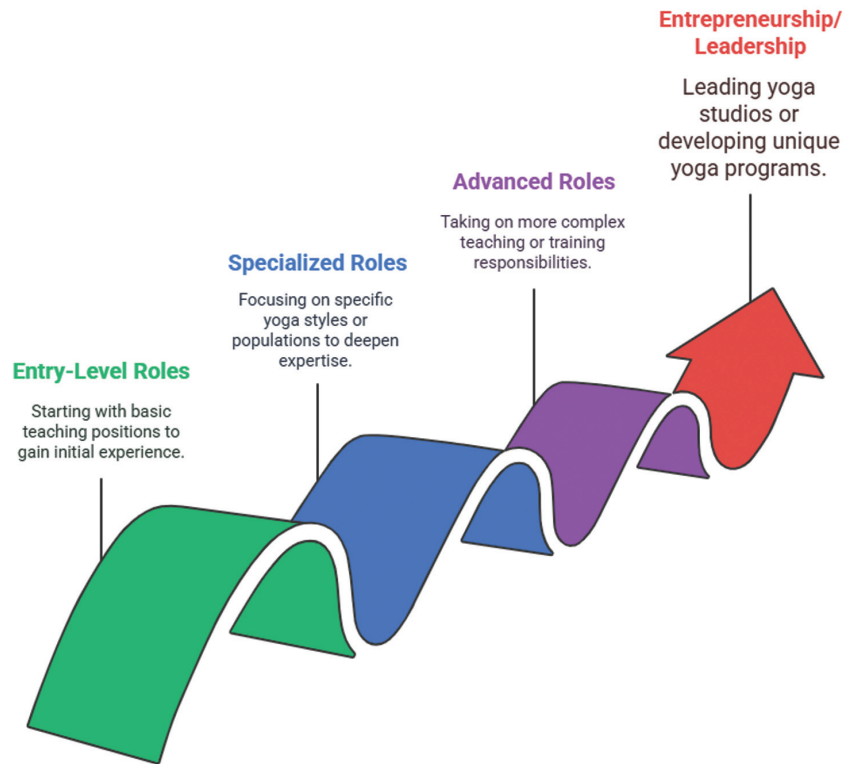


Fig. 3.3: Career Progression

3.4 CAREER PATHWAY OF YOGA TRAINER – SPORTS

A career as a Yoga Trainer – Sports serves as a foundational step toward building a successful profession in fitness industry. Starting from this role, individuals gain hands-on experience in guiding athletes through Yoga practices, ensuring proper posture alignment, and promoting safe, effective training environments. The skills and insights gained at level of Yoga Assistant – Sports open doors to a variety of advanced opportunities. With further training and certification, a Yoga assistant can progress to roles such as Yoga Trainer – Sports, Yoga Instructor – Sports, or even a specialized coach in athletic rehabilitation and mobility training. Over time, experience and expertise can lead to senior roles, including Yoga Program Coordinator or Fitness Consultant. This career pathway not only enhances professional growth but also nurtures a deep understanding of the intersection between Yoga, fitness, and sports performance.

Let's now look at the typical career path of a Yoga Trainer – Sports and how you can grow step by step.

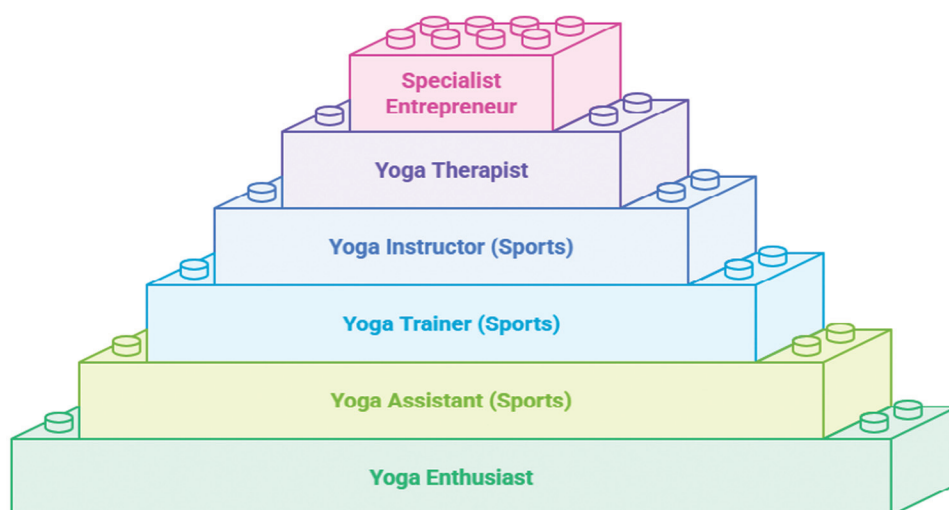


Fig. 3.4: Career Growth Pathway

Several national organizations like SPEFL-SC (Sports, Physical Education, Fitness, and Leisure Sector Skill Council) offer skill-based certifications. You can also pursue diploma or degree programs in Yoga science or sports therapy to add to your qualifications. The more specialized your skill set, the more valuable you become – especially in sports environments where recovery, mental clarity, and discipline are as important as physical strength.

A Yoga Trainer – Sports is a highly relevant job in today’s world. If you are passionate, sincere, and keep learning, there is no limit to how far you can go – whether you wish to teach, support therapy, travel for fitness programs, or build your own brand.

Table 3.1: Certification and Career Prospects

Certification	Purpose	Career prospects
Yoga Trainer – Sports	Conduct structured group Yoga sessions	Sports academies, fitness centers
Yoga Instructor – Sports	Guide individuals and groups through Yoga practices	Fitness clubs, community centers, sports teams
Yoga Therapy Certification	Address therapeutic needs and rehabilitation	Hospitals, rehabilitation centers
Corporate Yoga Certification	Manage fitness programs in corporate settings	Companies, corporate fitness consultants
Online Content Creation Skills	Build an online presence through educational content	YouTube channels, digital fitness platforms



Notes

MODULE-1

Introduction to Yoga Training



Notes

Career Opportunities for a Yoga Trainer – Sports

3.5 ALIGNING PERSONAL GOALS WITH CAREER CHOICES

Choosing the right career path involves assessing personal strengths and preferences. Some trainers thrive in structured environments like sports academies, while others prefer the flexibility of freelance work or digital content creation.

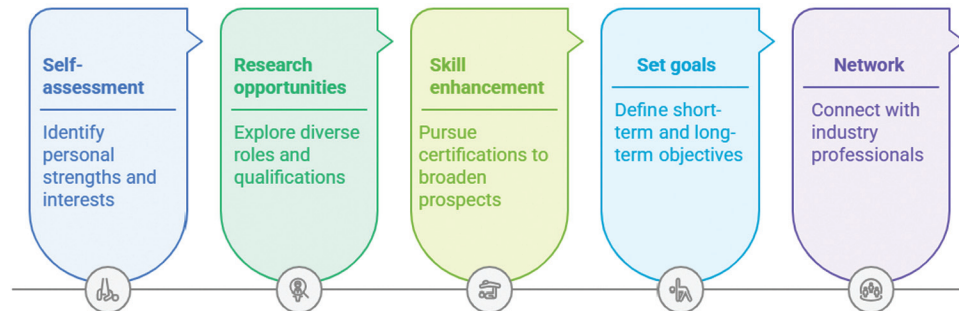
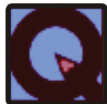


Fig. 3.5: Steps Towards Successful Career

The above visual helps map out the steps to building a successful career as a Yoga Trainer – Sports. Yoga Trainer – Sports can shape fulfilling careers by blending passion with professional growth. Whether teaching in schools, running fitness programs, or creating online content, the key is to continuously develop skills, seek certifications, and align career paths with personal values. By understanding the diverse opportunities available, trainers can make informed decisions and create sustainable, impactful careers in Yoga and fitness.



INTEXT QUESTIONS 3.2

1. State the steps to build a successful career as a Yoga Trainer – Sports.

.....

.....

.....

2. List 3 advanced professional roles.

.....

.....

.....



WHAT HAVE YOU LEARNT

Dear learners, in this unit, you have learnt:

- A certified Yoga Trainer – Sports can explore wide career options, as there is an increased demand for good health, and holistic fitness.
- The Yoga Trainer – Sports can work in a wide range of settings such as sports and fitness institutions, educational institutions, corporate fitness, and digital platform.
- The specialized roles includes Yoga program designer, Yoga curriculum developer, Yoga therapist, corporate fitness consultant, and online content creator.
- Entrepreneurship and freelance opportunities may include Yoga studio owner, mobile Yoga instructor, product developer and social media influencer.
- The career pathway of Yoga Trainer – Sports may move as Yoga Enthusiast, Yoga Assistant – Sports, Yoga Trainer – Sports, Yoga Instructor – Sports, Yoga Therapist and Specialist Entrepreneur.



TERMINAL QUESTIONS

1. Describe the specialized career options for a Yoga Trainer – Sports.
2. Explain the career growth pathway of Yoga Trainer – Sports.



ANSWER TO INTEXT QUESTIONS

3.1

- (i) (b) (ii) (c) (iii) (d) (iv) (a)

3.2

1. (a) Self assessment (b) Research opportunities
(c) Skill enhancement (d) Set goals and
(e) Network
2. (i) Yoga Program Designer (ii) Yoga Therapist
(iii) Corporate fitness consultant



Notes

MODULE-2: CREATE YOGA SESSIONS PLAN FOR ATHLETES/CLIENTS

4. Significance of Planning Yoga Sessions
5. Importance of Maintaining Athlete/Client Information Confidential
6. Factors to be Considered While Designing Yoga Sessions for Athletes/
Clients

KEY LEARNING OUTCOMES

At the end of this module, the trainees will be able to:

- Identify key information needed to plan Yoga sessions for athletes/clients.
- Understand the importance of customizing Yoga programs based on individual abilities.
- Maintain confidentiality of client information.
- Recognize factors to consider while designing Yoga sessions.
- Create a readiness chart and sample Yoga program.
- Demonstrate grouping of athletes/clients based on fitness levels and goals.



Notes

4

SIGNIFICANCE OF PLANNING YOGA SESSIONS

Planning a Yoga session ensures a safe, balanced and effective practice, improving the overall experience for both the teacher and students by providing clarity, structure, and confidence. A thoughtful plan helps create a cohesive experience that gradually warms the body, integrate various elements like breathing and posture and lead to a perfect posture before a calming cool-down.

In this unit, you will study about the role of structured planning in enhancing Yoga session effectiveness and reducing the risk of injury.



OBJECTIVES

After studying this unit, you will be able to:

- understand the importance of tailoring Yoga programs based on the individual needs and abilities of athletes/clients;
- recognize the role of structured planning in enhancing session effectiveness and reducing the risk of injury;
- develop skills to plan Yoga sessions aligned with client fitness levels and performance goals.

4.1 INTRODUCTION TO PLANNING

Planning is the foundation of every successful Yoga session, especially in a sports setting. For a Yoga Trainer – Sports, creating a structured plan is not just about sequencing poses but about understanding the specific goals, abilities, and challenges of the athletes. A thoughtfully designed session brings clarity, consistency,

MODULE-2

Create Yoga Sessions Plan for Athletes/Clients



Notes

Significance of Planning Yoga Sessions

and progression – helping athletes avoid injuries and maximize benefits. Whether it's a warm-up routine before practice or a cool-down session after an intense game, planning ensures that Yoga becomes a purposeful and powerful tool in the athlete's routine.

4.2 THE ROLE OF PLANNING IN YOGA SESSIONS

The role of planning in a Yoga session goes far beyond choosing a few asanas. For a Yoga Trainer – Sports, planning acts as a blueprint that guides the session from start to finish. It ensures the trainer knows exactly what to focus on, how long each segment should last, and which practices are best suited for the athletes on that day.

Planning brings intentionality to the session – it helps address the athletes' specific physical or psychological needs, whether that means improving flexibility, enhancing focus, or aiding recovery. Importantly, it prepares the trainer to handle variations in energy, mood, or attendance.

A well-planned session allows smooth transitions, clear objectives, and space for reflection and feedback. By maintaining consistency in structure but allowing flexibility in delivery, planning helps the trainer deliver impactful sessions that are safe, sport-relevant, and motivating for athletes.

4.3 WHY PLANNING IS ESSENTIAL IN YOGA TRAINING

Planning is essential in Yoga training to ensure that each session is structured, safe, and effective in meeting the specific needs of athletes and clients. A well-planned Yoga session helps trainers maintain a logical flow, balancing warm-up, core practice, and cool-down phases. It also enables trainers to select appropriate poses, techniques, and breathing exercises that align with the training goals, whether it's enhancing flexibility, building strength, or promoting relaxation.

Planning minimizes the risk of injury by incorporating proper alignment cues and modifications. By anticipating challenges and preparing for varied fitness levels, trainers can deliver a cohesive, impactful experience that fosters physical and mental well-being. Effective planning also allows for consistent progress tracking and ensures that each session builds on the previous one, leading to long-term improvements in performance and well-being.

4.4 KEY ELEMENTS OF EFFECTIVE YOGA SESSION PLANNING

Planning a Yoga session is like designing a map before a journey. It helps the Yoga Trainer – Sports stay organized, focused, and confident. Let's understand the key elements of planning – with real examples to make them easier to remember.

4.4.1 Goal Setting

Every session needs a purpose. Just like a sports coach plans drills to improve stamina or coordination, a Yoga trainer sets goals for each session – like increasing hip flexibility for sprinters or calming the mind before a match. This helps athletes know what they are working on and why.

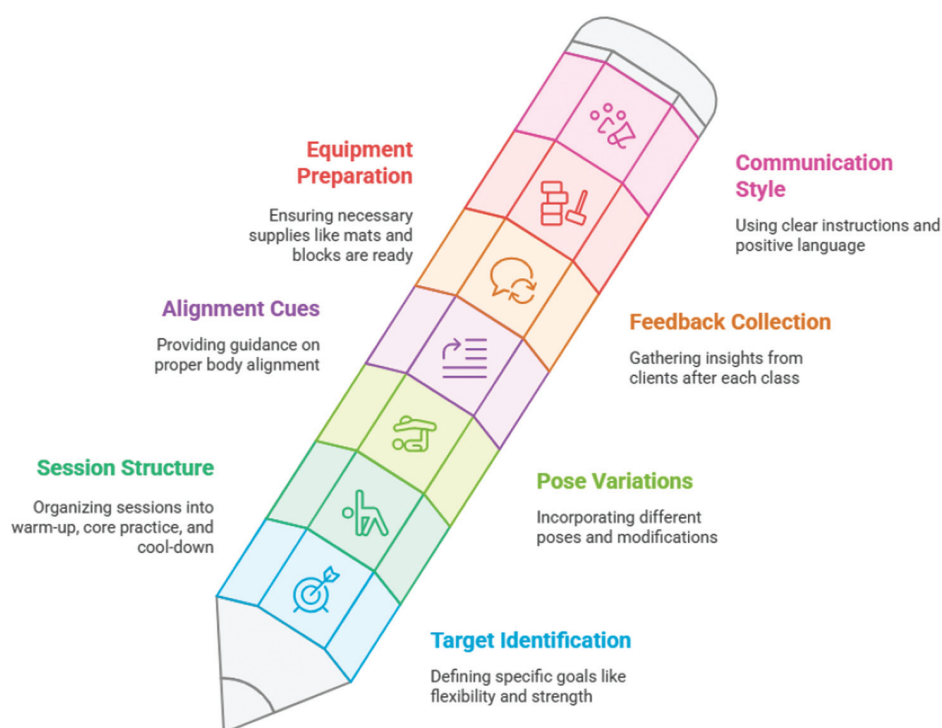


Fig. 4.1: Yoga Training Implementation Strategy

4.4.2 Session Structuring

Think of a session like a sandwich – it needs a beginning, middle, and end. Starting with a warm-up, then the main poses or breathing work, and finishing with a cool-down gives the body a complete experience.

For example, a cricket team may begin with sun salutations, move into strength poses, and end with deep breathing.

4.4.3 Adaptation For Clients

Not all athletes are the same. Some may be tight in the hamstrings, others recovering from injury. A good plan includes variations

For example, using a block for Trikonasana or offering a chair for balance poses – so everyone can participate without discomfort.



Notes



Notes

4.4.4 Safety Protocols

Planning with safety in mind reduces the chance of injury. This means including alignment cues like:

“keep your knee over your ankle in Warrior pose”

or avoiding deep backbends for beginners. Watching closely and correcting gently keeps athletes protected.

4.4.5 Progress Tracking

Just like athletes check their speed or scores, Yoga progress can also be tracked. A trainer might note that last month a player could not hold Tree Pose for 5 seconds – now they can hold it for 20! Feedback and session logs help fine-tune the journey.

4.4.6 Resource Preparation

Imagine starting a session and realizing there aren’t enough mats or straps. Planning ahead means all equipment – like Yoga blocks, mats, or blankets – is ready and clean. This helps the session begin on time and feel professional.

4.4.7 Communication Techniques

Great trainers don’t just instruct – they inspire. Using simple, clear instructions like “Lift your spine tall like a flagpole” or “Breathe as if you’re inflating a balloon” makes the session more fun and engaging. Motivation boosts performance.

4.4.8 Feedback Integration

After each session, athletes may share what they liked or found difficult. “My hamstrings felt too tight in that forward bend” or “I loved the breathing exercise at the end.” Listening and adjusting based on this feedback makes the next session even better.



Fig. 4.2: Key Elements of Effective Coaching



INTEXT QUESTIONS 4.1

State whether True (T) or False (F):

- (a) Communication techniques makes the Yoga session more fun and engaging. ()
- (b) No prior planning is required before Yoga session. ()
- (c) Feedback integration is an important element of an effective coaching. ()

4.5 TAILORING YOGA SESSIONS FOR DIFFERENT FITNESS LEVELS

Athletes come with varied fitness backgrounds. A one-size-fits-all approach can lead to burnout or disengagement. Tailoring the intensity and focus of each session is essential. Athletes often come from diverse fitness backgrounds, including endurance sports, strength training, martial arts, or recreational fitness. This diversity means that a one-size-fits-all approach to Yoga training can quickly lead to burnout, injury, or lack of engagement. For instance, a long-distance runner might benefit from Yoga sessions focusing on flexibility and hip mobility, while a weightlifter would gain more from poses that enhance joint stability and muscle recovery. Similarly, a martial artist may require dynamic flows to improve balance and coordination, whereas a recreational athlete may seek stress relief and core strengthening.

By tailoring the intensity, duration, and focus of each session to match the athlete's background, trainers can keep participants motivated, reduce the risk of overexertion, and enhance performance outcomes. For example, incorporating restorative poses for high-intensity sportspersons on rest days, or power Yoga sequences for those focusing on explosive strength, ensures that Yoga practice complements their primary training and promotes holistic well-being.

Planning Yoga sessions based on the athlete's fitness level helps deliver targeted benefits while preventing overexertion. The trainer should assess each participant's physical condition and adapt practices accordingly.

Beginner

For those new to Yoga or with low physical activity, the focus should be on building a strong foundation. Sessions should be calm and slow-paced to introduce body awareness and breath control.

Would you like a visual infographic version of this next?

MODULE-2

Create Yoga Sessions Plan
for Athletes/Clients



Notes

MODULE-2

Create Yoga Sessions Plan for Athletes/Clients



Notes

Significance of Planning Yoga Sessions

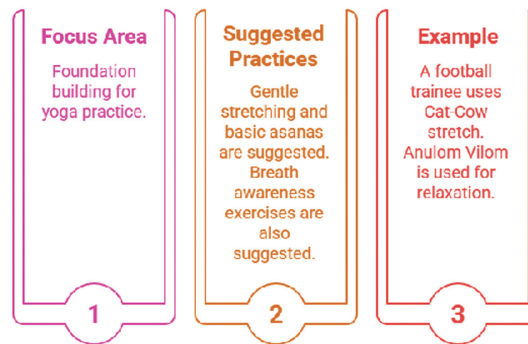


Fig. 4.3. Yoga for Beginner

Intermediate

Athletes with some experience can handle moderately intense sessions that improve stamina and balance. The trainer should include more dynamic movement and postural control.

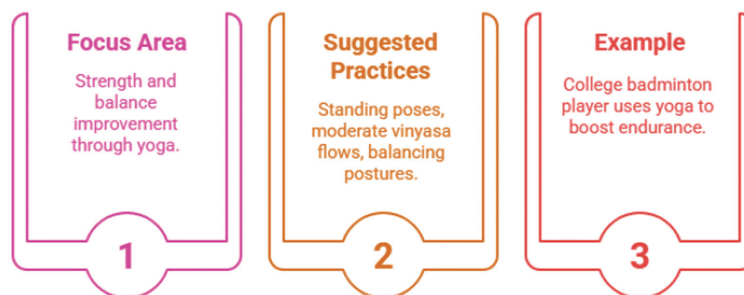


Fig. 4.4: Yoga for Intermediate

Advanced Athlete

For high-level athletes, sessions should be designed to enhance flexibility, agility, and mental clarity. Advanced postures and breathing techniques can be used to optimize performance.

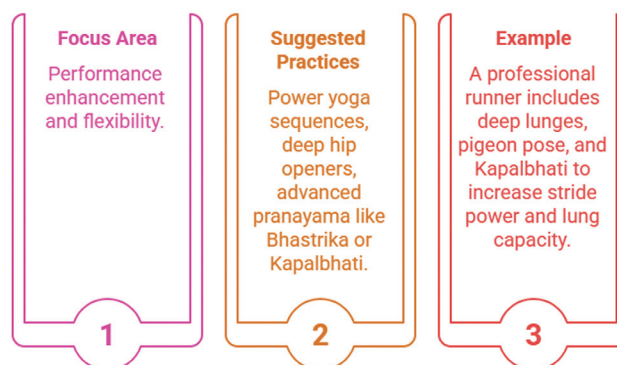


Fig. 4.5: Yoga for Advanced

4.6 COMMON CHALLENGES IN SESSION PLANNING AND SOLUTIONS

Even the best Yoga Trainers – Sports may face difficulties while planning sessions. Understanding these challenges and knowing how to handle them can help you stay prepared and confident.

1. Diverse skill levels in one group

In many sports settings, you may have beginners and advanced athletes in the same class. Planning for both can be tricky.

Solution: Always include pose variations and use props to adjust the difficulty. For example, offer a block in Trikonasana for beginners and deeper variation for advanced athletes.

2. Time constraints

Sometimes you'll have only 15–20 minutes for a session due to tight sports schedules.

Solution: Prioritize the goal – focus only on 1–2 key outcomes (like hip mobility or breath recovery) and structure a short yet effective routine with a warm-up and cool-down.

3. Lack of equipments or space

Limited mats, props, or small spaces can disrupt your plan.

Solution: Plan bodyweight-based sequences and partner-based Yoga drills. Choose standing or seated poses that don't need much space.

4. Athlete fatigue or low energy

Athletes may arrive tired from other training. A tough Yoga session may not be suitable.

Solution: Be flexible. Observe the group's energy and switch to a restorative or breath-focused session when needed.

5. Unexpected dropouts or additions

Your plan may fail when new athletes join suddenly or some don't show up.

Solution: Always prepare a core sequence and keep 1–2 flexible activities ready that can be adjusted based on attendance.



Notes

MODULE-2

Create Yoga Sessions Plan for Athletes/Clients



Notes

Significance of Planning Yoga Sessions

6. Distractions or lack of focus

Sports teams may be chatty or distracted, especially in group settings.

Solution: Begin with 2 minutes of breath focus or grounding, maintain eye contact, and use firm but calm instructions to build presence.

7. Difficulty tracking progress

Without proper logs or feedback, you may not know what's working.

Solution: Use simple checklists or quick feedback questions after class. Keep a trainer's notebook or digital record for future planning.

Challenge	Solution
Mixed Skill Levels	Offer variations, use props
Short Time Slots	Focus on 1–2 goals
Limited Resources	Bodyweight poses, partner work
Athlete Fatigue	Restorative or breathwork session
Attendance Issues	Keep flexible routines ready
Distractions	Grounding, stay calm, clear
No Progress Log	Checklists or quick feedback

Fig. 4.6: Challenges and Solution in Session Planning

4.7 SKILLS REQUIRED FOR EFFECTIVE PLANNING

Effective session planning as a Yoga Trainer – Sports requires a well-rounded skill set, including analytical, organizational, and interpersonal abilities. These skills help trainers create structured, engaging, and adaptive sessions that cater to diverse athlete needs while ensuring safety and progress.

1. Analytical Skills

Analytical skills are crucial for Yoga Trainer – Sports to assess athlete needs, set measurable goals, and evaluate session effectiveness. These skills enable trainers to make data-driven decisions, track progress, and adapt plans based on performance insights.



Fig. 4.7: Analytical Skills Required for Effective Planning

Scenario: A Yoga Trainer – Sports notices that a group of athletes often struggles with flexibility during hamstring stretches. After analyzing their performance data, the trainer decides to include more dynamic stretches and gradual progressions in future sessions.

2. Organizational Skills

Organizational skills are essential for Yoga Trainer – Sports to structure sessions efficiently, manage time effectively, and ensure that all resources are prepared. These skills help maintain a consistent training flow, optimize space, and keep accurate records for progress tracking.

Scenario: A Yoga Trainer – Sports plans a weekly session schedule for a sports academy. They structure each class to include warm-up, focused practice, and cool-down, while also considering the athletes' competition calendar to avoid overtraining.



Notes

MODULE-2

Create Yoga Sessions Plan for Athletes/Clients



Notes

Significance of Planning Yoga Sessions

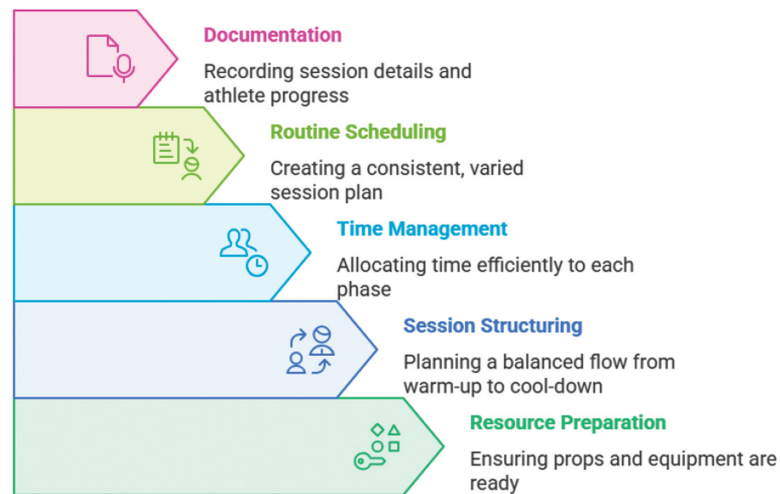


Fig. 4.8: Organizational Skill Required for Effective Training

3. Interpersonal Skills

Interpersonal skills are vital for Yoga Trainer–Sports to build rapport, communicate effectively, and motivate athletes during sessions. These skills foster a positive training environment, encourage participation, and help address individual needs with empathy and support.

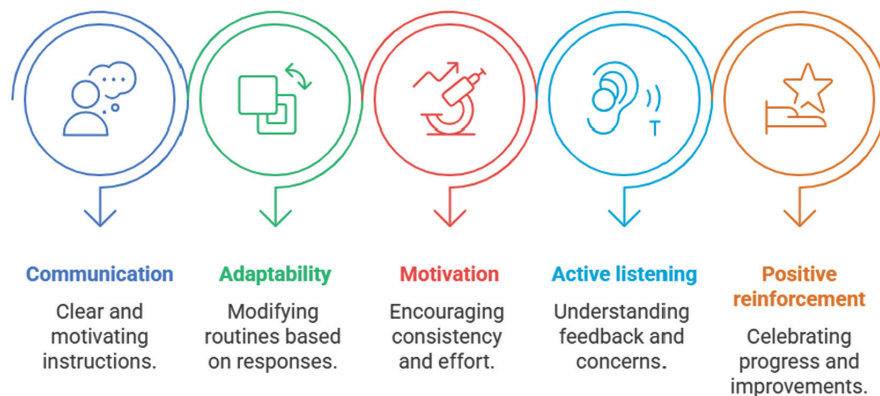
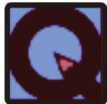


Fig. 4.9: Interpersonal Skill Required for Effective Training

Scenario: During a group Yoga session, an athlete feels uncomfortable performing a balancing pose. The trainer calmly offers an easier variation while using encouraging language, helping the athlete feel more confident.

By using analytical, organizational, and interpersonal skills effectively, Yoga Trainer – Sports can create structured, supportive, and adaptive training sessions that meet the diverse needs of athletes.

A well-planned Yoga session not only enhances physical benefits but also fosters a sense of trust and professionalism. Athletes, in particular, benefit from sessions that are customized to their specific training goals and physical capabilities. Structured planning is not about being rigid but about being prepared, thoughtful, and client-centric. By incorporating structured planning into their routine, Yoga Trainer – Sports can ensure that their sessions are purposeful, safe, and enjoyable, ultimately leading to better client satisfaction and long-term progress.



INTEXT QUESTIONS 4.2

1. Why organizational skill is essential for Yoga Trainer – Sports?

.....

.....

2. Mention any 3 common challenges in Yoga session planning.

.....

.....



WHAT HAVE YOU LEARNT

Dear learners, in this unit, you have learnt:

- The role of planning in a Yoga session acts as blueprint that guides the session from start to finish.
- Planning is an essential part of Yoga training as it ensures that Yoga session is well structured, safe and effective in meeting the specific needs of athletes and clients.
- Planning also minimizes the risk of injury by incorporating proper alignment instructions and modifications.
- Key elements of effective Yoga planning includes goal setting, session structuring adaptation for clients, safety protocols, program tracking, resource preparation, communication techniques, and feedback integration.
- Yoga sessions are designed for different fitness levels as well as stages. The stages includes: beginner; intermediate; and advance stage respectively.



Notes

MODULE-2

Create Yoga Sessions Plan for Athletes/Clients



Notes

Significance of Planning Yoga Sessions

- Common challenges in session planning includes diverse skill levels in one group, time constraints, lack of equipment or space, athlete fatigue or low energy, unexpected dropouts or additions, and distractions or lack of focus.
- There are three basic skills required for effective planning: analytical skills, organizational skills and interpersonal skills.



TERMINAL QUESTIONS

1. Describe the key elements of effective Yoga session planning.
2. Explain the considerations to be kept in mind while designing Yoga sessions for intermediate and advance levels respectively.



ANSWER TO INTEXT QUESTIONS

4.1

- (a) True (b) False (c) True

4.2

1. To structure sessions efficiently, manage time effectively, and ensure that all resources are prepared.
2. (a) Diverse skill levels in a group
(b) Time constraints
(c) Lack of equipments or space



Notes

5

IMPORTANCE OF MAINTAINING ATHLETE/CLIENT INFORMATION CONFIDENTIAL

In the previous unit, you have learnt about the role of structured planning in enhancing Yoga session. In addition to planning and tailoring Yoga programs confidentiality is crucial in Yoga training. Maintaining the confidentiality of athlete and client information is vital for fostering trust, protecting sensitive personal and performance data. So, implementing strong policies and procedures for data privacy is essential for sports organization, coaches and clients.

In this unit, you will study about the professional protocols to ensure privacy and build trust with the clients.



OBJECTIVES

After studying this unit, you will be able to:

- understand why maintaining the confidentiality of athlete/client information is essential in professional Yoga practice;
- identify the types of sensitive information collected during client interaction;
- learn professional protocols to ensure privacy and build trust with clients.

5.1 MEANING OF CONFIDENTIALITY

Confidentiality means keeping personal information private and protected. As a Yoga Trainer – Sports, you will often learn details about an athlete's health, injuries, mental state, or personal challenges. Respecting their privacy is not just

MODULE-2

Create Yoga Sessions Plan for Athletes/Clients



Notes

Importance of Maintaining Athlete/Client Information Confidential

a professional responsibility – it builds trust, ensures ethical behavior, and protects the athlete from unnecessary stress or judgment. Protecting athlete's information is not just a matter of professionalism but also a legal and ethical responsibility.

5.2 RELEVANCE OF CONFIDENTIALITY IN YOGA TRAINING

Confidentiality builds trust between the trainer and the client. It reassures clients that their personal details are handled with care and respect. Breaching confidentiality can damage relationships, harm the trainer's reputation, and may even result in legal consequences. The Fig. 5.1 shows how confidentiality directly contributes to building a respectful and professional environment.

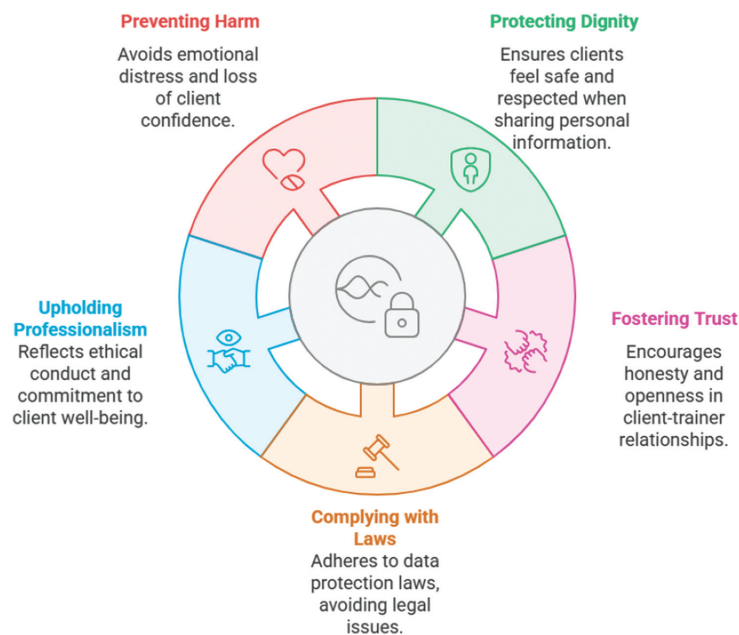


Fig. 5.1: Benefits of Maintaining Confidentiality

Golden Rule:

“Share only when necessary, and only with permission.”

5.3 TYPES OF SENSITIVE INFORMATION COLLECTED DURING YOGA SESSIONS

During Yoga sessions, especially in sports settings, athletes often share personal information that helps the trainer customize the session for their safety and progress. This information may include health history, injuries, emotional state, or performance struggles. While this sharing is helpful for planning effective sessions, it also comes with a big responsibility – the Yoga Trainer – Sports must treat this

information with care and confidentiality. Understanding what counts as sensitive helps trainers know what to protect and how to handle it responsibly.

Table 5.1: Collection of Sensitive Information

Category	Examples
Personal identification information	• Name • Age • Contact details • Address • Workplace
Health and medical data	• Injuries • Chronic conditions • Mental health history • Medications
Performance and training details	• Fitness level • Session progress • Performance goals • Trainer feedback
Personal insights shared	• Stress triggers • Emotional state • Reflections during practice

5.4 PROFESSIONAL PRACTICES TO MAINTAIN CONFIDENTIALITY

Maintaining confidentiality is not just a moral responsibility – it is a professional practice that every Yoga Trainer – Sports must follow. When athletes share sensitive information about their health, performance, or emotions, they trust that it will be handled with care. To protect this trust, trainers must use specific methods and habits that ensure privacy. From how you store records to the way you speak in public spaces, confidentiality must be respected at all times. Learning these professional practices helps create a safe, respectful, and ethical environment for everyone involved.

1. Collecting information responsibly:

- Obtain consent: Always explain why you are gathering information and how it will be used.



Notes

MODULE-2

Create Yoga Sessions Plan for Athletes/Clients



Notes

Importance of Maintaining Athlete/Client Information Confidential

- Use secure methods: Write down or record data only when necessary.
- Document carefully: Use initials or codes rather than full names when keeping notes.

2. Storing client information safely:

- Digital data protection: Use encrypted files and secure storage systems.
- Physical file safety: Keep hard copies in locked cabinets.
- Access control: Limit who can view the information, even within a training team.

3. Sharing information ethically:

- Avoid casual conversations: Never discuss client details with other trainees or clients.
- Get permission: Always seek approval before sharing client stories or progress as case studies.
- Respect boundaries: If unsure, choose to remain silent rather than risk a breach.

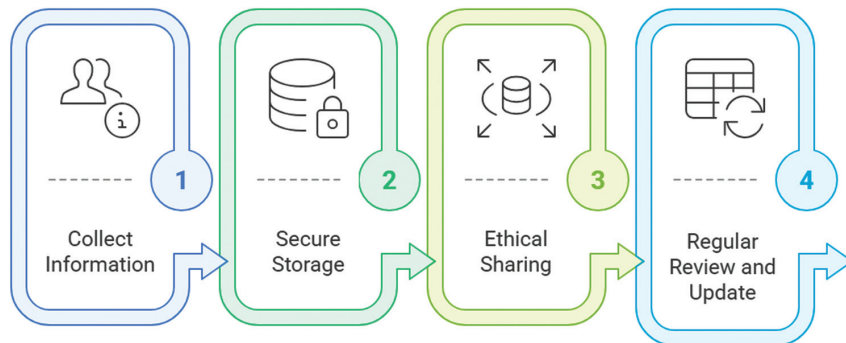


Fig. 5.2: Professional Practice to Maintain Confidentiality

5.5 CONSEQUENCES OF BREACHING CONFIDENTIALITY

Breaching confidentiality can have far-reaching and serious consequences, impacting individuals, organizations, and even entire industries. Whether intentional or accidental, the disclosure of sensitive information can result in legal repercussions, professional setbacks, ethical dilemmas, and personal distress.

In professions where trust is paramount, such as healthcare, law, or counseling, maintaining confidentiality is not just a moral obligation but a legal requirement. Understanding the potential consequences of breaching confidentiality is crucial for safeguarding personal and professional integrity.



Notes

Let us take a look at the following scenario:

Imagine a Yoga Trainer – Sports conducting a private session with an athlete who is recovering from a recent injury. During a group class later that day, the trainer casually mentions the athlete’s injury and progress to other participants, intending to motivate them. However, one of the group members happens to be a close friend of the athlete and informs them about the discussion.

The athlete, feeling their privacy was violated, confronts the trainer and files a formal complaint with the sports academy. The breach of confidentiality not only damages the trust between the trainer and the athlete but also leads to the trainer facing disciplinary actions from the management. Furthermore, the incident affects the trainer’s professional reputation, as other athletes start feeling hesitant to share personal information during sessions.

This scenario highlights how even a seemingly harmless comment can lead to serious consequences when confidentiality is breached. It emphasizes the importance of maintaining privacy and respecting the boundaries of personal information shared during Yoga training sessions.

Fig. 5.3 shows practical strategies to prevent breaches of confidentiality as a Yoga Trainer – Sports



Fig. 5.3: Practical Strategies to Prevent Breaches of Confidentiality

MODULE-2

Create Yoga Sessions Plan for Athletes/Clients



Notes

Importance of Maintaining Athlete/Client Information Confidential



INTEXT QUESTIONS 5.1

Fill in the blanks:

- (a) confidentiality has serious consequences.
- (b) builds trust between the trainer and the client.

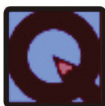
5.6 BUILDING A CULTURE OF CONFIDENTIALITY

Confidentiality is not just about following rules; it's about creating a respectful and professional environment. Trainers should actively:

- **Educate clients:** Brief them on how their data will be handled.
- **Model ethical behavior:** Demonstrate professionalism in group settings.
- **Encourage peer accountability:** Create a culture where confidentiality is respected by all.

Maintaining confidentiality is an ongoing responsibility. By respecting clients' privacy, Yoga Trainer – Sports foster an environment of trust, safety, and mutual respect. Upholding these standards not only protects clients but also strengthens the professional image of the trainer. Whether dealing with physical records or digital data, adopting a mindful and ethical approach is essential.

By being proactive and conscientious, trainers can safeguard client information, build strong relationships, and maintain a professional reputation.



INTEXT QUESTIONS 5.2

1. Why is it important for a Yoga Trainer – Sports to maintain confidentiality before or during a session?
.....
.....
2. What are two key factors a Yoga Trainer – Sports should assess before designing a personalized session?
.....
.....



WHAT HAVE YOU LEARNT

Dear learners, in this unit, you have learnt:

- Confidentiality is an essential part of Yoga training as it builds trust between the trainer and the client.
- There are several types of sensitive information collected during Yoga sessions such as personal identification information, health and medical data; performance and training details and personal insight details.
- The professional practices to maintain confidentiality includes collecting information responsibly, storing client information safely and sharing information ethically.
- Breaching confidentiality can have serious consequences as well. This can even impact individuals, organizations and even entire set of industries.
- Yoga Trainer – Sports should build a atmosphere and culture of confidentiality. The trainer should educate clients, set up a model ethical behaviour, and encourage peer accountability.



TERMINAL QUESTIONS

1. Explain the different types of sensitive information collected during Yoga sessions.
2. Describe the professional practices to maintain confidentiality.



ANSWER TO INTEXT QUESTIONS

5.1

- (a) breaching (b) confidentiality

5.2

1. It builds trust between the trainer and the client. It also reassures client that their personal details are handled with care and respect.
2. (a) Personal identification information
(b) Health and medical data



Notes

MODULE-2

Create Yoga Sessions Plan for Athletes/Clients



Notes

6

FACTORS TO BE CONSIDERED WHILE DESIGNING YOGA SESSION FOR ATHLETES/CLIENTS

In the previous unit you have learnt about the importance of maintaining the confidentiality of the athlete/client. To create an effective Yoga session it is important to understanding the clients and their goals, also focus on physical, mental and contextual factors to provide a deeper and more meaningful experience. So designing a Yoga session requires careful consideration of target audience, class goals and the physical and mental environment.

In this unit, you will study about the factors for choosing an appropriate design for Yoga session to deepen the experience, and ensure a safe quiet space conducive to focus and comfort.



OBJECTIVES

After studying this unit, you will be able to:

- identify key physical, mental, and contextual factors to consider when designing Yoga sessions for athletes/clients;
- understand how client-specific goals, fitness levels, and limitations influence session planning;
- develop the ability to create balanced, safe, and effective Yoga sessions for diverse athletic needs.

6.1 UNDERSTANDING THE NEED FOR TAILORED YOGA SESSION DESIGN

Designing Yoga sessions for athletes and clients is not a one-size-fits-all process. It requires careful consideration of the individual's physical condition, goals, and unique challenges. A well-planned session takes into account not just physical aspects but also mental readiness and environmental factors.

To create an effective Yoga session, trainers need to assess the client's fitness level, specific requirements, and any pre-existing conditions. This approach not only enhances performance but also minimizes the risk of injury.

6.2 KEY FACTORS TO CONSIDER WHEN DESIGNING YOGA SESSIONS

Yoga training for athletes requires a holistic approach that considers physical, mental, and contextual factors. Each athlete brings a different body type, energy level, recovery state, and focus area to the session. Recognizing these differences is essential to designing a routine that supports their performance, prevents injuries, and complements their primary sport.

These elements influence the effectiveness of a session and ensure that the practice is safe, purposeful, and adaptable to the athlete's needs. From understanding the demands of their sport to adjusting the pace and intensity of the practice, the trainer's role is to create sessions that are both personalized and practical. This chapter will explore the critical factors to consider when planning and conducting Yoga sessions for sports enthusiasts.

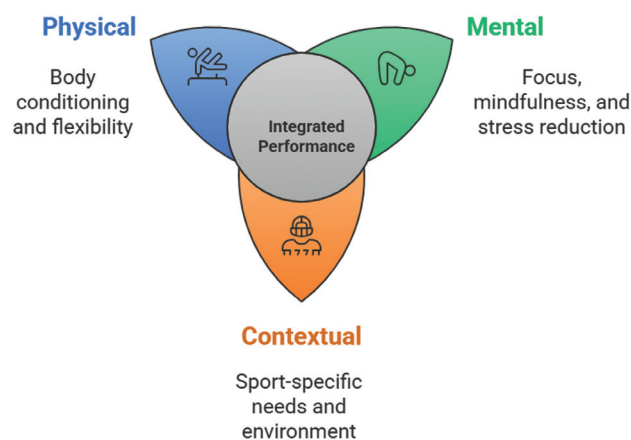


Fig. 6.1: Holistic Yoga Training for Athletes



Notes

MODULE-2

Create Yoga Sessions Plan for Athletes/Clients



Notes

Factors to be Considered While Designing Yoga Session for Athletes/Clients

A. Physical factors

Understanding the athlete's physical condition is fundamental to designing a Yoga session that promotes progress without risking injury. Below are key physical factors to consider:

Fitness level

Identifying whether the athlete is a beginner, intermediate, or advanced helps tailor the intensity and complexity of movements. A beginner may require simpler postures with support, while advanced practitioners can handle more dynamic sequences.

Strength and flexibility

Assessing muscular endurance and joint mobility is crucial. Yoga poses should aim to enhance both aspects progressively without straining muscles or ligaments. Including a mix of strength-building and stretching exercises helps create a balanced routine.

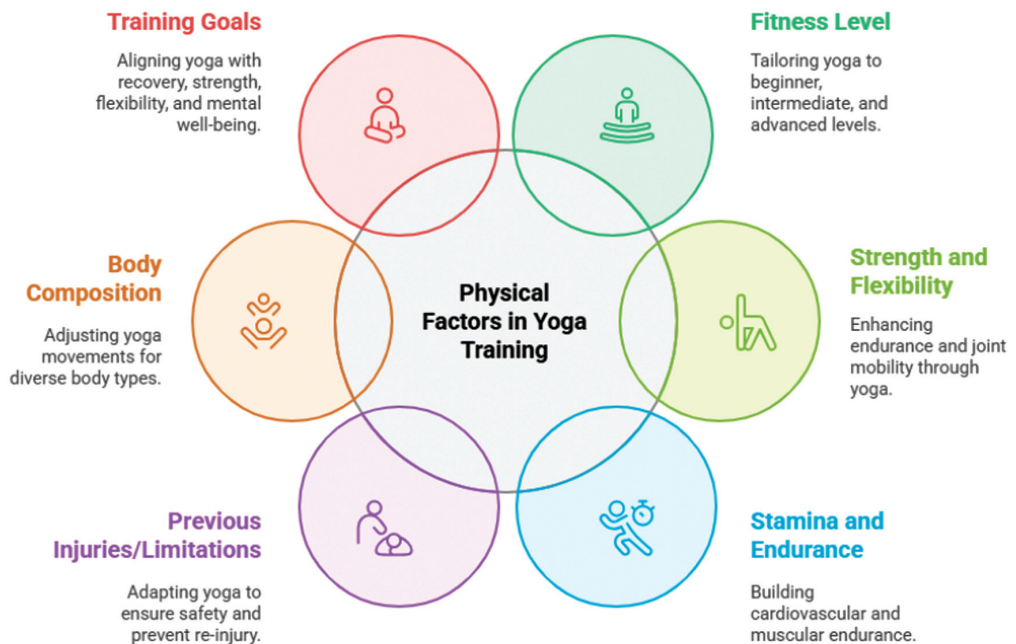


Fig. 6.2: Physical Factors to Consider While Designing Yoga Session

Stamina and endurance

Evaluating cardiovascular and muscular endurance ensures the session is neither too strenuous nor too lenient. Pacing the flow based on the athlete's stamina level prevents fatigue and maintains engagement.



Previous injuries or physical limitations

Addressing past injuries or chronic conditions requires customized movements and careful monitoring. Incorporating supportive props like Yoga blocks or straps can help maintain safety.

Body composition

Understanding the body type – whether ectomorph, mesomorph, or endomorph – guides the choice of movements. Endurance-based poses may suit mesomorphs, while flexibility exercises benefit ectomorphs.

Training goals

Defining whether the session aims for recovery, flexibility, strength enhancement, or mental well-being shapes the practice's structure and focus.

B. Mental factors

Yoga is as much a mental practice as a physical one. Understanding the mental state of athletes helps create a balanced and mindful session.

Stress levels

Identifying stress levels helps determine whether the practice should be calming (e.g., restorative Yoga) or energizing (e.g., power Yoga). Techniques like pranayama and meditation can be integrated for stress relief.

Motivation and mental clarity

When athletes feel motivated and clear-minded, sessions can include challenging asanas. However, on days of low motivation, simpler, flowing movements might be more beneficial.

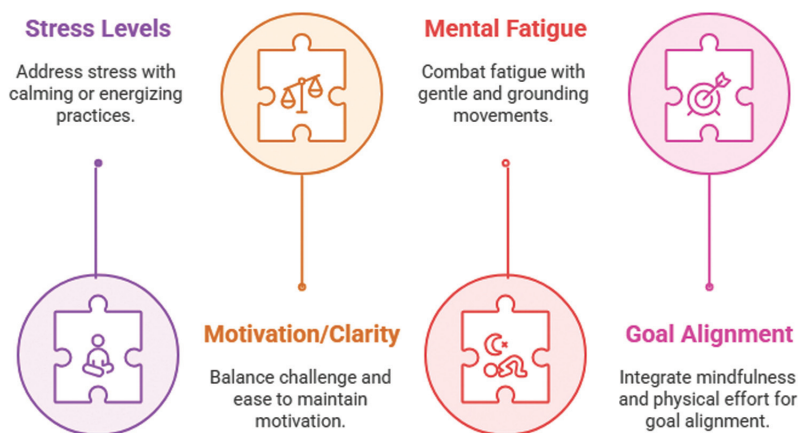


Fig. 6.3: Mental Factors to Consider While Designing Yoga Session

MODULE-2

Create Yoga Sessions Plan for Athletes/Clients



Notes

Factors to be Considered While Designing Yoga Session for Athletes/Clients

Mental fatigue

After intense training or competition, mental fatigue can impair concentration. In such cases, focus on grounding postures and slow-paced breathing exercises.

Goal alignment

Ensuring the session's focus aligns with both physical and mental growth promotes holistic well-being. This could include blending mindfulness techniques with physical postures.

C. Contextual factors

The environment and logistical aspects also play a significant role in the effectiveness of a Yoga session.

Training environment

Factors like space, temperature, and the availability of props can influence the quality of practice. Yoga outdoors, for instance, may require adaptations compared to a studio setting.

Time availability

When time is limited, focus on compact, high-impact sequences that cover both strength and flexibility without overwhelming the athlete.

Group size

Individual sessions allow for personalized guidance, while group settings may need broader cues and simpler poses to accommodate different levels.

Client schedule

Integrating Yoga into the athlete's training schedule requires balance. Post-workout sessions may focus on recovery, while pre-workout practices might aim at mobility and activation.

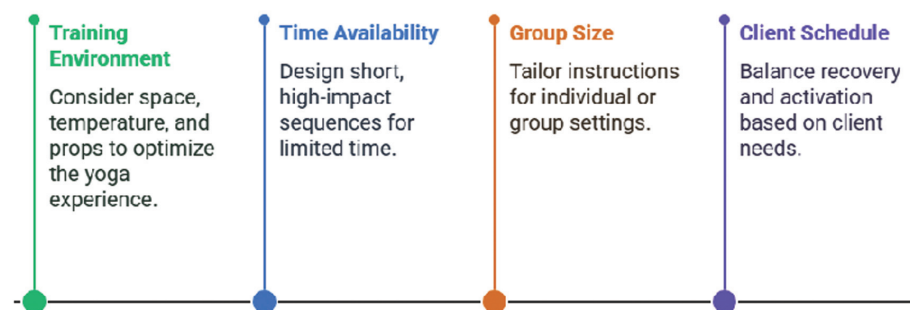


Fig. 6.4: Contextual Factors to Consider While Designing Yoga Session



Notes

Understanding the intersection of physical, mental, and contextual factors in Yoga training ensures that the practice remains athlete-centric, safe, and effective. Yoga Trainer – Sports should continually assess these elements to enhance the quality and relevance of each session. Designing Yoga practices specific to an athlete's discipline helps address their physical demands, restore balance, and enhance long-term performance.

Athlete-Client Specific Yoga Sessions

Different sports and professions place unique stress on the body and mind, so tailoring key Yoga components – such as asanas, breathing techniques, and recovery practices – makes each session more effective. Below are athlete-specific Yoga suggestions outlined in para points, with elaboration where helpful:

Endurance athletes

Endurance athletes like runners, cyclists, and swimmers often experience tight hips, stiff hamstrings, and shallow breathing due to repetitive forward-motion training. For example, marathoners often report hip locking after long races, while cyclists deal with low back tension. Yoga helps improve their flexibility, lower body release, and breath rhythm.

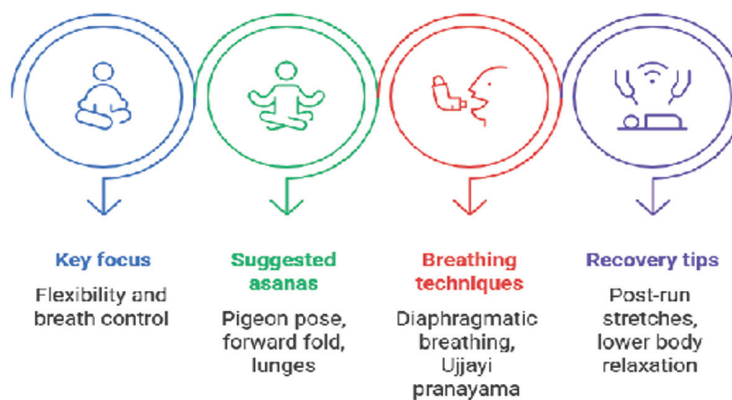


Fig. 6.5: Yoga for Endurance Athletes

Strength athletes

Strength athletes such as weightlifters, body builders, and Cross Fit practitioners often suffer from limited range in hips and shoulders due to muscle bulk and intense joint loading. For example, bench pressers may have tight chest and anterior shoulder muscles. Yoga enhances joint mobility and postural balance.

MODULE-2

Create Yoga Sessions Plan for Athletes/Clients



Notes

Factors to be Considered While Designing Yoga Session for Athletes/Clients

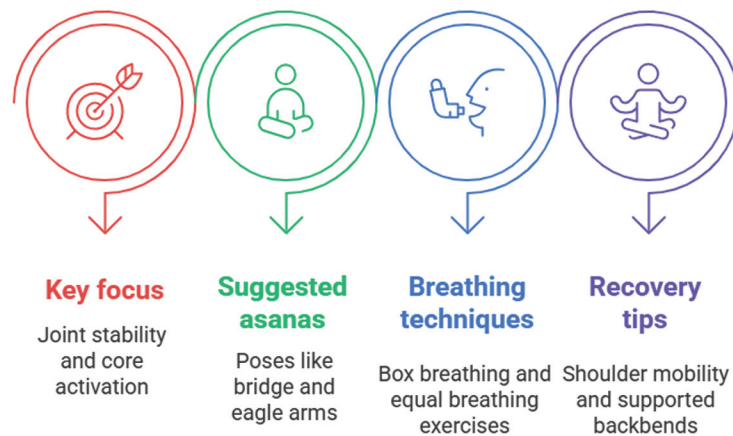


Fig. 6.6: Yoga for Strength Athletes

Corporate professionals

Office-based professionals, like IT employees, executives, and managers, usually spend long hours seated. This leads to stiffness in the spine and hips, and also chronic stress. For instance, many desk workers report neck pain and shallow chest breathing. Yoga helps counteract these effects with gentle movements and calming techniques.

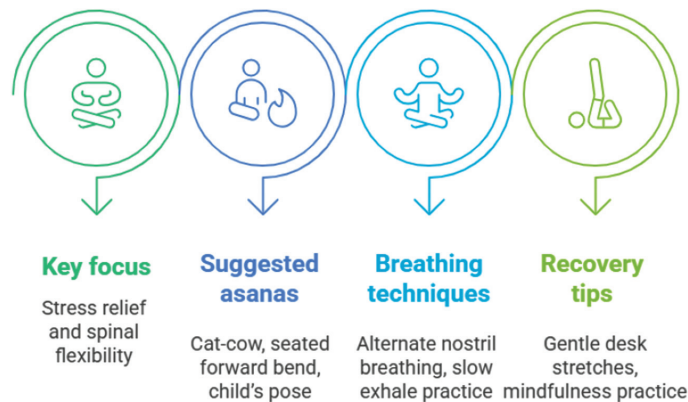


Fig. 6.7: Yoga for Corporates

Marathon runners

Long-distance runners often push through fatigue, tight legs, and compromised joint alignment over time. Common examples include tight hamstrings, sore calves, and hip overuse. Yoga enhances muscle recovery, breathing rhythm, and joint resilience, especially during training season.

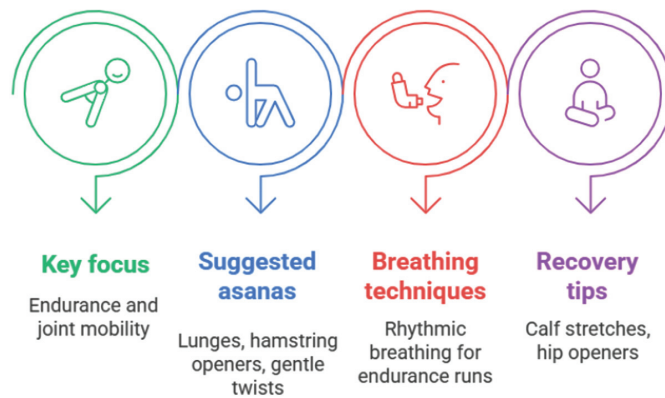


Fig. 6.8: Yoga for Marathon Runners

Weightlifters

Olympic lifters and gym-based weight trainers often struggle with shoulder stiffness, thoracic tightness, and breath-holding under tension. For example, lifters who perform heavy overhead presses need greater spine extension and coordinated breath. Yoga provides shoulder release, breath awareness, and overall structural balance.

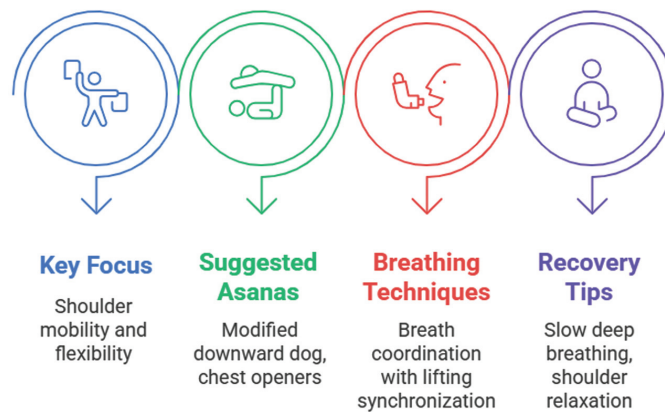


Fig. 6.9: Yoga for Weightlifters

Scenario: teenage football player recovering from a minor ankle injury

A 15-year-old football player from a school team is recovering from a mild ankle sprain. He is currently attending physiotherapy sessions and has been advised to rest from impact activities for two weeks. However, he wants to stay active, avoid stiffness, and maintain focus without straining the injured area. His coach has recommended Yoga to support his recovery and mental clarity during this downtime.



MODULE-2

Create Yoga Sessions Plan for Athletes/Clients



Notes

Factors to be Considered While Designing Yoga Session for Athletes/Clients

- **Key focus:** Non-weight bearing strength, breath control, mental focus
- **Suggested Asanas:** Viparita Karani (legs-up-the-wall), Supta Padangusthasana with belt (hamstring stretch), Ardha Matsyendrasana (spinal twist seated)
- **Breathing techniques:** Ujjayi Pranayama (for breath control), Chandrabhedhi Pranayama (cooling breath to relax nervous system)
- **Recovery tips:** Daily 15-minute evening practice with props, ankle mobility exercises paired with breath, and mental visualization of gameplay to stay connected with training goals



INTEXT QUESTIONS 6.1

Fill in the blanks:

- (a) Yoga is as much practice as a physical one.
- (b) Factors like space, and the availability of can influence the training environment.
- (c) Many desk workers report pain and chest breathing.

6.3 PRACTICAL STEPS FOR DESIGNING YOGA SESSIONS

Unlike generic classes, personalized Yoga sessions are outcome-oriented, meaning every choice—from the warm-up to the final relaxation—serves a specific purpose. Whether you're working with a runner aiming for flexibility, a recovering athlete rebuilding confidence, or a group of teenagers needing focus, a well-designed session can make a transformative difference. To ensure the Yoga session is effective and safe, follow these practical steps:

Yoga Session Planning

Step 1: Assess the client

- Understand fitness level, personal goals, and health conditions
- Conduct a pre-session consultation to discuss preferences and physical limitations

Step 2: Plan the session

- **Warm-up:** Include dynamic stretches to prepare the body
- **Main practice:** Select goal-specific asanas based on strength, flexibility, or balance needs

- **Breathing practice:** Incorporate an appropriate pranayama technique
- **Cool-down:** End with relaxing poses to calm the nervous system and promote recovery

Step 3: Adapt and modify

- Adjust the intensity based on the client's energy, recovery level, and progress
- Offer pose variations or use props to accommodate limitations and enhance comfort

MODULE-2

Create Yoga Sessions Plan for Athletes/Clients



Notes

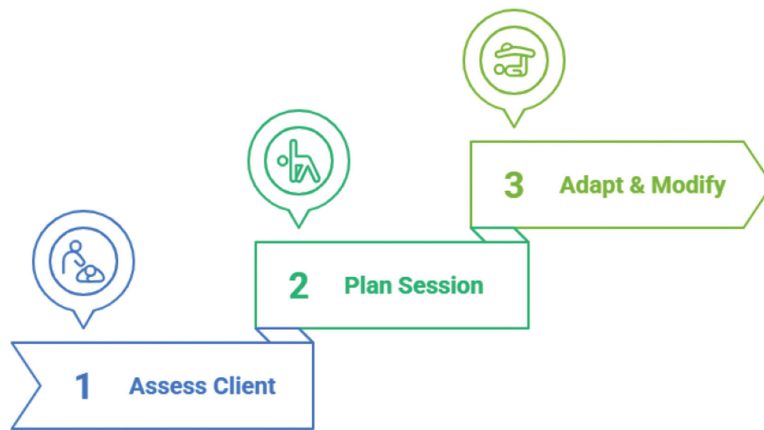


Fig. 6.10: Steps for Yoga Session Planning

6.4 CHALLENGES AND SOLUTIONS IN SESSION PLANNING

Effective session planning is fundamental for Yoga Trainer – Sports who work with diverse athletic populations. The process involves addressing various challenges that arise due to the unique needs of athletes, time constraints, and environmental factors. A well-structured session not only enhances physical performance but also supports mental well-being. Understanding and overcoming these challenges ensures that Yoga practices are safe, effective, and engaging for athletes from different sports backgrounds.

1. Diverse athletic needs

- **Problem:** Athletes come from various sports backgrounds, each requiring a different focus, such as flexibility, strength, or recovery.
- **Solution:** Conduct a pre-session assessment to understand the athlete's current fitness level, training goals, and any existing injuries. Customize the session by combining general warm-ups with sport-specific movements.

MODULE-2

Create Yoga Sessions Plan for Athletes/Clients



Notes

Factors to be Considered While Designing Yoga Session for Athletes/Clients

2. Limited time availability

- **Problem:** Athletes often have tight schedules, making it hard to fit in comprehensive Yoga sessions.
- **Solution:** Develop compact, high-impact routines that address the athlete's primary needs. Prioritize multi-functional poses that build flexibility and strength simultaneously.

3. Varied group sizes

- **Problem:** Managing large groups while ensuring individual attention can be challenging.
- **Solution:** Use a tiered instruction approach: demonstrate a foundational version of a pose and then offer variations for different skill levels. Implement peer pairing to enhance engagement and support.

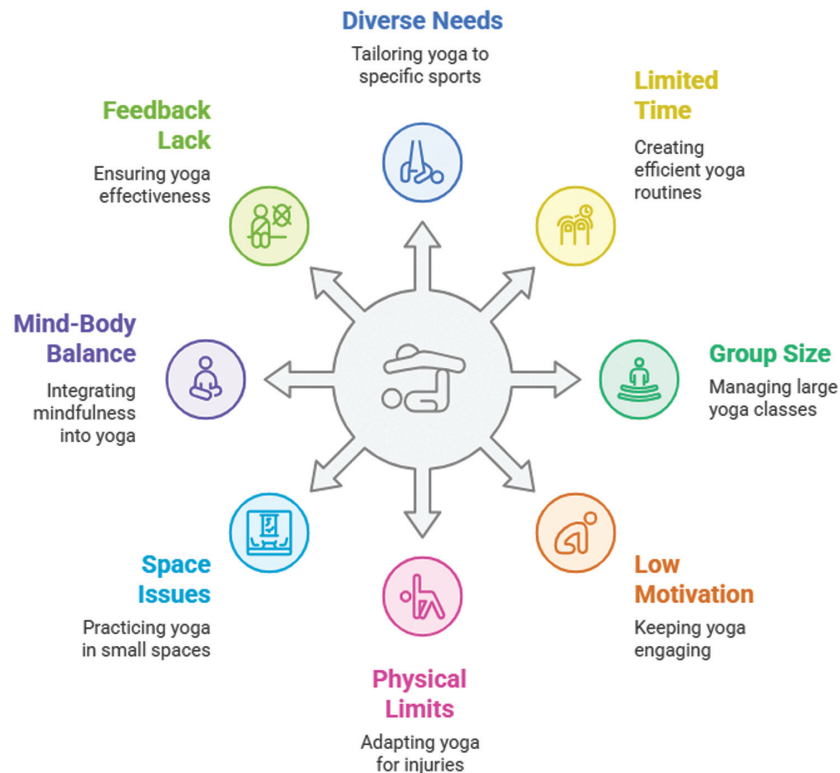


Fig. 6.11: Practical Solutions to Challenge in Yoga Training

4. Physical limitations and injuries

- **Problem:** Athletes may have pre-existing injuries or conditions that limit movement.
- **Solution:** Prepare alternative poses that reduce stress on vulnerable areas. Introduce supportive props like Yoga blocks or straps to make poses accessible.



5. Space and equipment constraints

- **Problem:** Limited space or lack of props can hinder session effectiveness.
- **Solution:** Design bodyweight-only sequences that do not require props or extensive room. Use compact formations like circle layouts to maximize space.

6. Balancing physical and mental focus

- **Problem:** Athletes may find it challenging to shift from physical training to a mindful Yoga practice.
- **Solution:** Start sessions with grounding exercises such as breath awareness or gentle stretching. Gradually transition to more intense movements.

7. Lack of athlete feedback

- **Problem:** Without feedback, it is difficult to understand the effectiveness of the session.
- **Solution:** Conduct quick check-ins before and after the session. Use short feedback forms to gather insights and make necessary adjustments.



INTEXT QUESTIONS 6.2

1. Mention any two points to ensure effective and safe Yoga session.
.....
.....
2. What solution would you suggest if the athlete have limited time availability?
.....
.....



WHAT HAVE YOU LEARNT

Dear learners, in this unit, you have learnt:

- Designing a Yoga session is as systematic, considerate process which includes individual's physical condition, goal and respective individual challenges.

MODULE-2

Create Yoga Sessions Plan for Athletes/Clients



Notes

Factors to be Considered While Designing Yoga Session for Athletes/Clients

- In order to create an effective Yoga session, trainers should assess the fitness level of the client, specific requirements, medical history or any pre-existing conditions.
- There are certain key factors to be kept in mind for designing Yoga sessions such as physical factors, mental factors and contextual factors.
- There can be specific Yoga session plans to align with athlete client type: Endurance athlete, strength athlete, corporate professionals, marathon runners and weightlifters.
- The designing the session specifically, the trainer should assess the client plan to session, and if required adapt and modify.
- There are also certain challenges while designing the session such as diverse athletic needs, limited time availability, varied group sizes, physical limitations and injuries, space and equipment constraints and balancing physical and mental focus. A trainer should find optimum solution to address any such challenge.



TERMINAL QUESTIONS

1. Describe the key factors to be considered while designing Yoga sessions.
2. What are athlete client specific Yoga sessions.



ANSWER TO INTEXT QUESTIONS

6.1

- (a) mental (b) temperature, props (c) neck, shallow

6.2

1. Step 1: Assess the client
Step 2: Plan the session
2. Develop compact, high-impact routines that address the athlete's privacy needs. Prioritize multi-functional poses that build flexibility and strength simultaneously.

MODULE-3: CONDUCT YOGA SESSIONS TO IMPROVE ATHLETIC PERFORMANCE

7. Yoga, Asanas, and their Specific Athletic Needs
8. Breathing and Meditation Techniques for Performance
9. Structuring Effective and Injury Free Yoga Sessions
10. Motivation and Communication in Group Yoga Session
11. Professional Conduct and Workplace Safety

KEY LEARNING OUTCOMES

At the end of this module, the trainees will be able to:

- Understand different types of Yoga and their benefits for athletes/clients.
- Learn the importance of warm-up, stretching, cool-down, and breathing techniques.
- Identify Yoga practices to enhance endurance, strength, flexibility, and focus.
- Conduct effective, safe, and inclusive Yoga sessions.
- Demonstrate proper asanas, breathing, and meditation techniques.
- Practice effective communication and address workplace sensitivity issues.



Notes

7

YOGA, ASANAS, AND THEIR SPECIFIC ATHLETIC NEEDS

Dear learners, in the previous unit, you have learnt the “Factors to be considered while designing Yoga session for athletes”. Yoga is a union of body, mind and soul, while Yoga Asanas develop strength, flexibility, balance environmental calm. For athletes, Asanas are particularly beneficial for enhancing performance by improving mobility and muscle recovery. It also promotes mental focus and stress reduction. In this unit, we will learn about Yoga, Asanas, and how specific athletic needs are addressed by them.



OBJECTIVES

After studying this unit, you will be able to:

- define different types of Yoga practiced in athletic training;
- describe how specific Yoga asanas enhance athletic performance;
- demonstrate Yoga practices that meet the physical and mental needs of athletes.

7.1 YOGA

Dear learners, do you know Yoga? Yoga is a physical, mental, and spiritual practice that originated in India over 5,000 years ago. The word “Yoga” comes from the Sanskrit word “Yuj,” which means “to join or unite”. It refers to the union of body, mind, and breath. Yoga is a powerful practice that seamlessly blends physical movement with mental focus, creating a harmonious connection between the body and mind. In the world of sports, Yoga is more than just a routine of poses.

It becomes a strategic tool that enhances endurance, strength, flexibility, and concentration. Athletes who incorporate Yoga into their training routines often

MODULE-3

Conduct Yoga Sessions to Improve Athletic Performance



Notes

Yoga, Asanas, and Their Specific Athletic Needs

experience improved performance, faster recovery, and heightened mental clarity. This chapter will delve into the types of Yoga that best suit athletic needs, discuss specific asanas that boost performance, and offer insights into integrating Yoga effectively into sports training.

7.2 TYPES OF YOGA AND THEIR BENEFITS

1. Hatha Yoga

Hatha Yoga, rooted in ancient texts like the Hatha Yoga Pradipika, balances ‘ha’ (sun/effort) and ‘tha’ (moon/recovery). Traditionally used to prepare the body for meditation, it now serves as a powerful tool for athletes to improve body control, breath efficiency, and mental focus.

A steady-paced practice focused on posture alignment, breath control, and static holds. Hatha is ideal for developing body awareness, neuromuscular coordination, and recovery readiness. Hatha Yoga helps athletes master their body, breath, and mind – making it the foundation for sustainable performance.

Ideal for:

Recovery days, injury rehab, post-training cooldowns, and

Sports like swimming, running, martial arts, and cycling

Ideal session duration: 30–45 minutes

Athletic benefits:

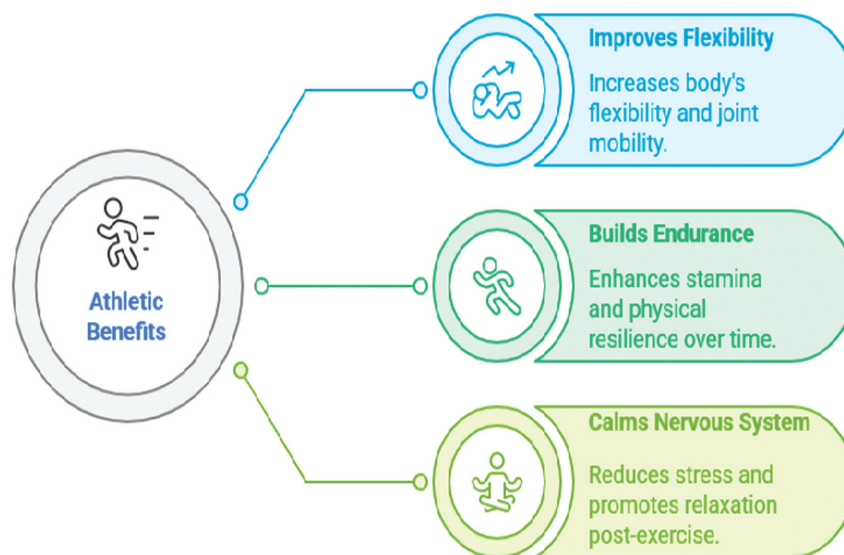


Fig. 7.1: Athletic Benefits of Hatha Yoga



Notes

Caution:

- May feel slow or unchallenging for athletes expecting intensity
- Requires mindfulness to avoid overstretching during long holds

Session design:

- Begin with breath-focused grounding (5 mins)
- Include 6–8 static postures (holding for 30–60 sec)
- Integrate slow transitions with breath
- End with pranayama and relaxation

Ardha Chakrasana (Standing Backbend)

- **Meaning:** “Ardha” = Half, “Chakra” = Wheel
- **How to Do:**
Stand tall, inhale and raise arms overhead. Bend backward slightly from the upper back, keeping arms close to ears.
- **Benefits:**
 - o Improves spine flexibility
 - o Strengthens back muscles
 - o Opens chest and lungs
 - o Enhances posture
- **Avoid if:** You have back injuries, hernia, or vertigo.



Fig. 7.2: Ardha Chakrasana (Standing Backbend)

MODULE-3

Conduct Yoga Sessions
to Improve Athletic
Performance



Notes

Yoga, Asanas, and Their Specific Athletic Needs

Utkat Konasana (Goddess Pose)

- **Meaning:** "Utkat" = powerful, "Kona" = angle, "Asana" = pose
- **How to Do:**
Stand with feet wide apart, turn toes out. Bend knees deeply (like a squat), raise arms to shoulder height with elbows bent and palms facing forward.
- **Benefits:**
 - Strengthens thighs, hips, and core
 - Opens hips and chest
 - Improves balance and focus
 - Energizes the lower body
- **Avoid if:** You have knee pain or severe hip issues.



Fig. 7.3: Utkata Konasana (Goddess Pose)

2. Vinyasa Yoga

Vinyasa Yoga is a dynamic, breath-synchronized practice where postures flow smoothly from one to another. Unlike the stillness of Hatha, Vinyasa emphasizes

rhythm, movement, and breath coordination. For athletes, it serves as a powerful method to build stamina, mobility, and body awareness under motion. This style is ideal for enhancing cardiovascular endurance, functional movement patterns, and coordination. Vinyasa Yoga supports mental flow states – essential during high-performance activities – while simultaneously training the body to move efficiently with the breath.

Ideal for:

Off-season conditioning, active recovery, cross-training
Sports like football, basketball, hockey, and dance

Ideal session duration: 30–60 minutes

Athletic benefits:

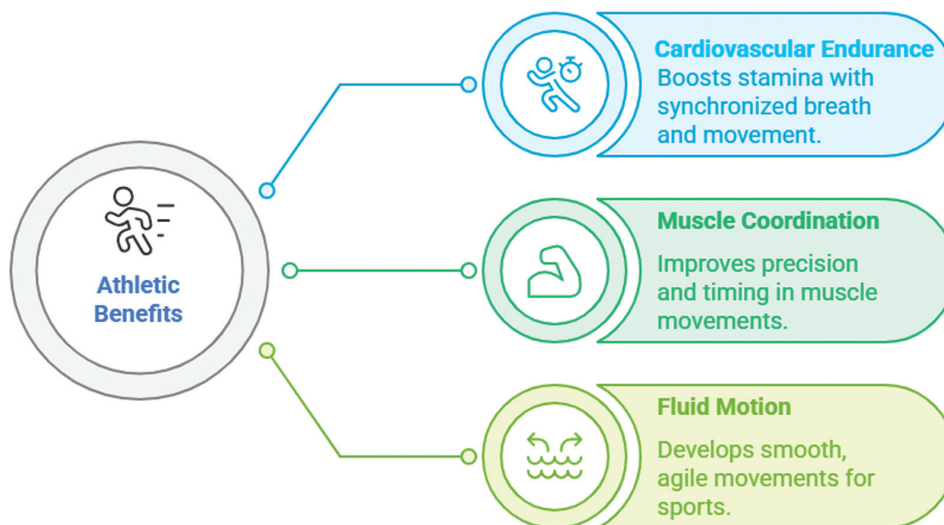


Fig. 7.4: Athletic Benefits of Vinyasa Yoga

Caution:

- May cause fatigue if done without pacing
- Requires awareness to maintain correct form in fast transitions
- Not suitable during injury or post-surgery phase

Session design:

- Begin with gentle warm-up and 2–4 rounds of Surya Namaskar
- Flow through 2–3 creative sequences focused on hips, spine, and shoulders

MODULE-3

Conduct Yoga Sessions to Improve Athletic Performance



Notes

MODULE-3

Conduct Yoga Sessions to Improve Athletic Performance



Notes

Yoga, Asanas, and Their Specific Athletic Needs

- Include movement-based core strengthening (e.g., plank flows)
- End with grounding postures and breathwork (5–7 mins)

Example: Surya Namasakar - The Sun Salutation

The sun symbolizes life, energy, and vitality in yogic tradition. Surya Namaskar is a form of gratitude and reverence to the sun. Practiced at sunrise to absorb prana (life force) and align with natural rhythms. It is believed to enhance connection with nature and inner light.

- A classical sequence of 12 Powerful Poses for Strength, Flexibility & Inner Calm
- Traditionally done at sunrise, facing the sun.
- Regular practice of Surya Namasakar, Balances body, breath, and energy
- It acts as a full-body workout + moving meditation

Breathing in Surya Namaskar

- Breath syncs with each posture – inhale on expansion, exhale on contraction
- Promotes better oxygen flow and lung capacity
- Deepens focus and mindfulness during movement
- Helps release tension and stabilize the nervous system

Benefits of Surya Namaskar

- Improves flexibility, strength, and posture
- Enhances cardiovascular and respiratory health
- Stimulates digestion and metabolism
- Balances hormones and energy flow
- Calms the mind and reduces stress

Surya Namasakar - The Sun Salutation

Step 1: Pranamasana (Prayer Pose)

- **Meaning:** “Pranam” means bowing or prayer.
- **How to Do:** Stand straight, bring palms together at the chest.

- **Benefits:**

- Calms the mind.
- Improves posture and balance.
- Promotes a sense of grounding.

Step 2: Hastauttanasana (Raised Arms Pose)

- **Meaning:** Hands stretched upward.
- **How to Do:** Inhale, raise arms up and slightly back, biceps close to ears.
- **Benefits:**
 - Stretches chest and abdomen.
 - Improves digestion.
 - Opens lungs.



Fig. 7.5: Pranamasana



Fig. 7.6: Hastauttanasana

Step 3: Hasta Padasana (Hand to Foot Pose)

- **Meaning:** Touching feet with hands.
- **How to Do:** Exhale, bend forward from the hips, hands touching feet or floor.

MODULE-3

Conduct Yoga Sessions
to Improve Athletic
Performance



Notes

MODULE-3

Conduct Yoga Sessions to Improve Athletic Performance



Notes

Yoga, Asanas, and Their Specific Athletic Needs

- **Benefits:**

- Stretches spine and hamstrings.
- Stimulates abdominal organs.
- Helps relieve constipation.

Step 4: Ashwa Sanchalanasana (Equestrian Pose)

- **Meaning:** Horse-riding stance.
- **How to Do:** Inhale, stretch the right leg back, left foot between hands, look forward.

- **Benefits:**

- Opens hips.
- Improves balance.
- Strengthens legs.



Fig. 7.7: Hasta Padasana



Fig. 7.8: Ashwa Sanchalanasana

Step 5: Dandasana (Stick Pose)

- **Meaning:** Body straight like a stick.
- **How to Do:** Exhale, move the left leg back, keep the body in a straight plank position.



Notes

- **Benefits:**
 - Strengthens arms, shoulders, and core.
 - Improves posture.
 - Builds stamina.



Fig. 7.9: Dandasana

Step 6: Ashtanga Namaskara (Salute with Eight Parts)

- **Meaning:** Touching eight points to the floor.
- **How to Do:** Lower knees, chest, chin to the ground (toes, knees, chest, chin, hands).
- **Benefits:**
 - Builds upper body strength.
 - Enhances coordination.
 - Prepares the body for backbends.



Fig. 7.10: Ashtanga Namaskara

MODULE-3

Conduct Yoga Sessions to Improve Athletic Performance



Notes

Yoga, Asanas, and Their Specific Athletic Needs

Step 7: Bhujangasana (Cobra Pose)

- **Meaning:** Cobra-like posture.
- **How to Do:** Inhale, slide forward, lift chest with elbows bent, shoulders away from ears.
- **Benefits:**
 - Strengthens the spine.
 - Opens the chest and lungs.
 - Reduces fatigue and stress.



Fig. 7.11: Bhujangasana

Step 8: Adho Mukha Svanasana (Downward Facing Dog)

- **Meaning:** Dog stretch facing downward.
- **How to Do:** Exhale, lift hips up and back, heels toward the ground, head between arms.
- **Benefits:**
 - Strengthens the entire body.
 - Improves circulation.
 - Relieves tension and stiffness.



Fig. 7.12: Adho Mukha Svanasana

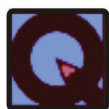
Step 9 is same as step 4, but this time bring the opposite leg forward, Step 10,11,12 are same as 3,2,1 respectively.



Notes



Fig. 7.13: Surya Namaskar



INTEXT QUESTIONS 7.1

Fill in the blanks:

1. The word “Yoga” comes from the Sanskrit word
2. Hatha Yoga is traditionally used to prepare the body for
3. Vinyasa Yoga emphasizes, and coordination.
4. Surya Namaskar is a classical sequence of powerful poses.

3. Ashtanga Yoga

Dear learners, ‘Ashtanga Yoga’ is a structured, discipline-driven practice that follows a fixed sequence of postures linked by breath and movement. Rooted in the teachings of T. Krishnamacharya and codified by Pattabhi Jois, it combines

MODULE-3

Conduct Yoga Sessions to Improve Athletic Performance



Notes

Yoga, Asanas, and Their Specific Athletic Needs

physical intensity with breath regulation (ujjayi), gaze control (drishti), and internal locks (bandhas). For athletes, Ashtanga Yoga builds muscular stamina, consistency, and mental discipline. The repeated sequence helps track progress over time, making it ideal for those who thrive on routine and challenge.

Ideal for:

Advanced athletes, high-discipline sports, off-season strength building
Sports like gymnastics, wrestling, martial arts, track and field

Ideal session duration: 60–75 minutes

Athletic benefits:

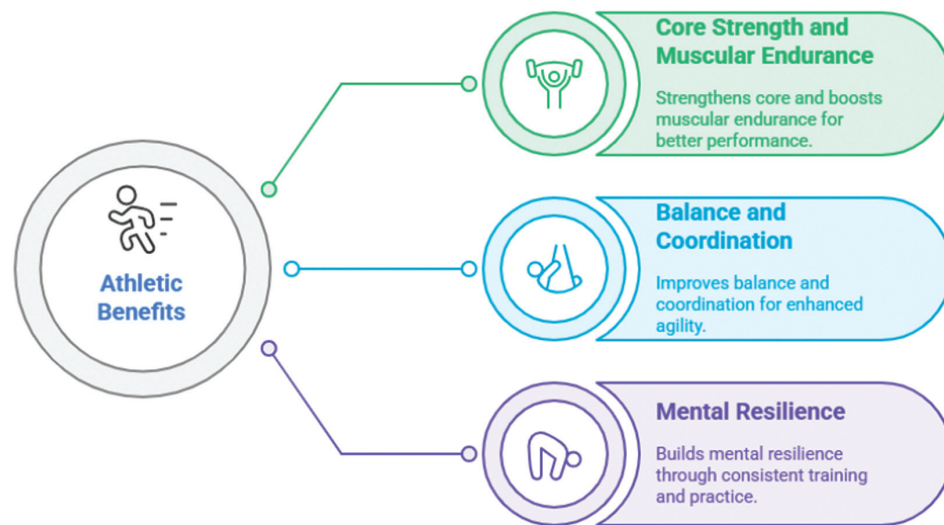


Fig. 7.14: Athletic Benefits of Ashtanga Yoga

Caution:

- Highly intense; not suitable for beginners or those with injuries
- Repetition may cause overuse strain if not balanced with recovery
- Requires strong breath control to prevent fatigue

Session design:

- Begin with opening chant and 5–10 rounds of Surya Namaskar A and B
- Move through the standing and primary series sequence
- Use ujjayi breath, bandhas, and drishti throughout
- End with finishing postures, breath observation, and relaxation

Example



Fig. 7.15: Purvottanasana

Purvottanasana (Upward Plank Pose)

- **Meaning:** “Purva” = east/front, “Uttana” = stretch, “Asana” = pose

- **How to Do:**

Sit with legs stretched forward, place hands behind hips with fingers pointing backward. Inhale, lift hips and chest upward, forming a straight line from head to heels.

- **Benefits:**

- Strengthens arms, wrists, back, and legs
- Opens chest and shoulders
- Improves posture and balance
- Boosts energy and tones core muscles

- **Avoid, if:** You have wrist, shoulder, or neck injuries.

4. Power Yoga

Power Yoga is a modern, high-intensity adaptation of Vinyasa Yoga that focuses on building physical strength, stamina, and endurance. Developed in the West with athletic bodies in mind, it removes traditional chanting or static meditation and emphasizes continuous movement, core control, and muscle engagement.



Notes

MODULE-3

Conduct Yoga Sessions to Improve Athletic Performance



Notes

Yoga, Asanas, and Their Specific Athletic Needs

For athletes, it mimics the demand of high-effort training while improving mobility, joint control, and breath awareness under fatigue. It is ideal for developing explosive energy, mental focus, and full-body activation.

Ideal for:

Cross-training, strength development, team conditioning days
Sports like football, athletics, CrossFit, MMA, and basketball

Ideal session duration: 30–60 minutes

Athletic benefits:

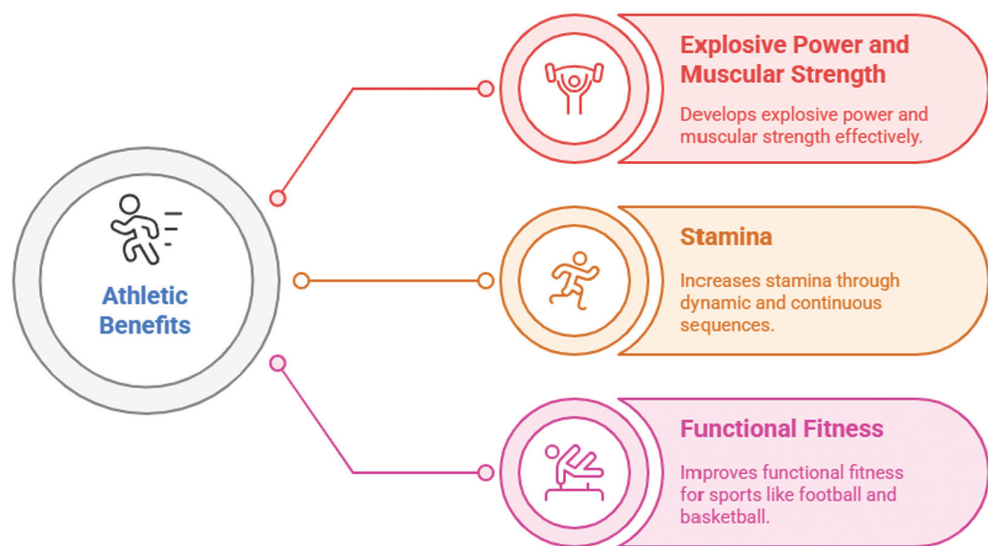


Fig. 7.16: Athletic benefits of Power Yoga

Caution:

- Not suitable for early-stage recovery or athletes with injuries
- Risk of poor alignment or breath-holding if rushed
- Needs proper warm-up and cool-down to prevent fatigue-based injuries

Session design:

- Begin with 2–3 rounds of Surya Namaskar for warm-up
- Follow with fast-paced sequences targeting major muscle groups (e.g., legs, glutes, core)
- Include isometric holds in poses like Virabhadrasana or Navasana
- End with breath regulation and short passive recovery poses

Example



Fig. 7.17: Bakasana

Bakasana

Meaning:

Named after the crow, representing balance and agility.

How to Do:

Squat down, place palms flat on the floor shoulder-width apart. Bend elbows, place knees on upper arms. Lean forward and lift feet off the ground, balancing on your hands.

Benefits:

- Strengthens arms, wrists, and core
- Improves balance and focus
- Builds confidence and body control

Avoid, if: You have wrist, elbow, or shoulder injuries, high blood pressure, or pregnancy

5. Iyengar Yoga

Dear learners, 'Iyengar Yoga' is a precision-based style emphasizing alignment, structure, and controlled movement, developed by B.K.S. Iyengar. It uses props (belts, blocks, chairs, walls) to help practitioners safely hold poses and correct asymmetries. For athletes, it is ideal for refining form, correcting imbalances, and enhancing joint alignment with minimal strain.



Notes

MODULE-3

Conduct Yoga Sessions to Improve Athletic Performance



Notes

Yoga, Asanas, and Their Specific Athletic Needs

Ideal for:

Injury prevention, posture correction, technical body education
Sports like archery, shooting, dance, cycling, and racquet sports

Ideal session duration: 45–75 minutes

Athletic benefits:

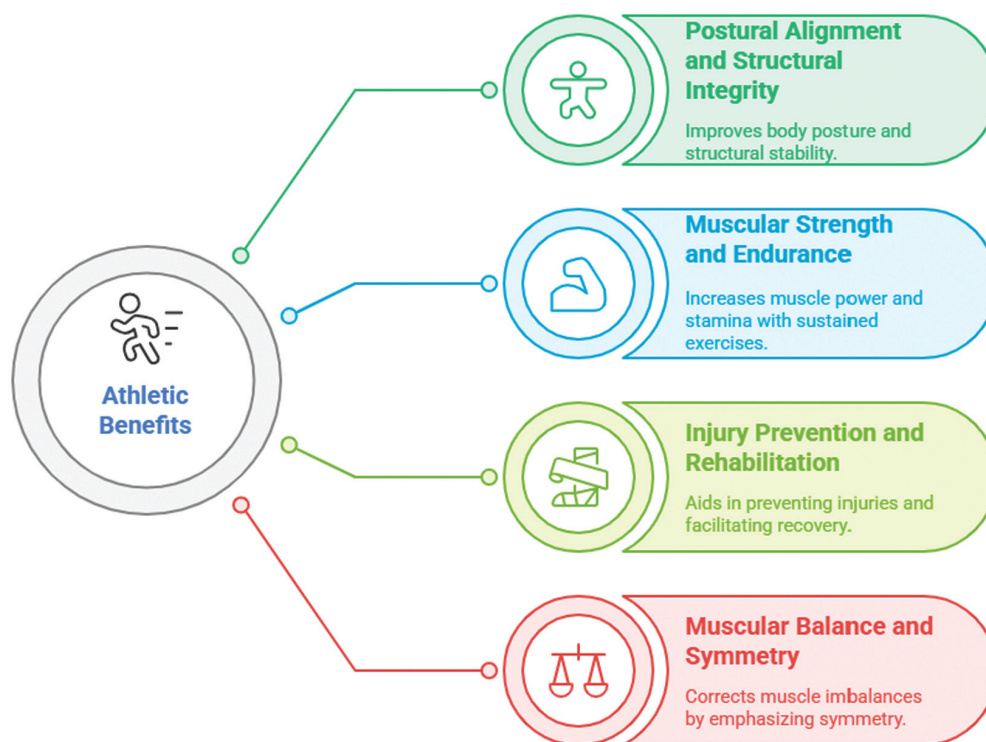


Fig. 7.18: Athletic Benefits of Iyengar Yoga

Caution:

- Requires patience and focus – may feel slow for athletes seeking intensity
- Demands skilled instruction to adjust props effectively

Session design:

- Begin with breath-led centering and basic alignment drills
- Select 5–7 postures targeting a specific region (e.g., hips, shoulders)
- Use props to maintain perfect form and hold 30–90 seconds
- End with supported cooling poses and breath observation

Example



Fig. 7.19: Supported Setu Bandh Asana

Supported Setu Bandha Sarvangasana

(Supported Bridge Pose – Iyengar Yoga)

- **How to Do:**

Lie on a bolster under the lower back, legs extended or in bound angle. Arms relaxed at sides, palms up. Hold for 5–15 minutes.

- **Props:** Bolster or blankets, optional strap and block.

- **Benefits:**

- o Opens chest and lungs
- o Calms mind and nerves
- o Eases menstrual and back discomfort
- o Improves circulation and digestion

- **Avoid, if:**

- o You have a recent back or neck injury
- o You experience discomfort while lying flat

6. Restorative Yoga

Restorative Yoga is a deeply calming, passive practice that uses props like bolsters, blankets, and blocks to support the body in long-held poses without effort. It activates the parasympathetic nervous system, allowing deep tissue rest and mental stillness.



Notes

MODULE-3

Conduct Yoga Sessions to Improve Athletic Performance



Notes

Yoga, Asanas, and Their Specific Athletic Needs

For athletes, it supports hormonal balance, reduces cortisol, and accelerates recovery during high training load phases or emotional burnout.

Ideal for:

Deep recovery, nervous system reset, mental health and sleep support
Sports like endurance running, swimming, combat sports, and cricket

Ideal session duration: 30–60 minutes

Athletic benefits:

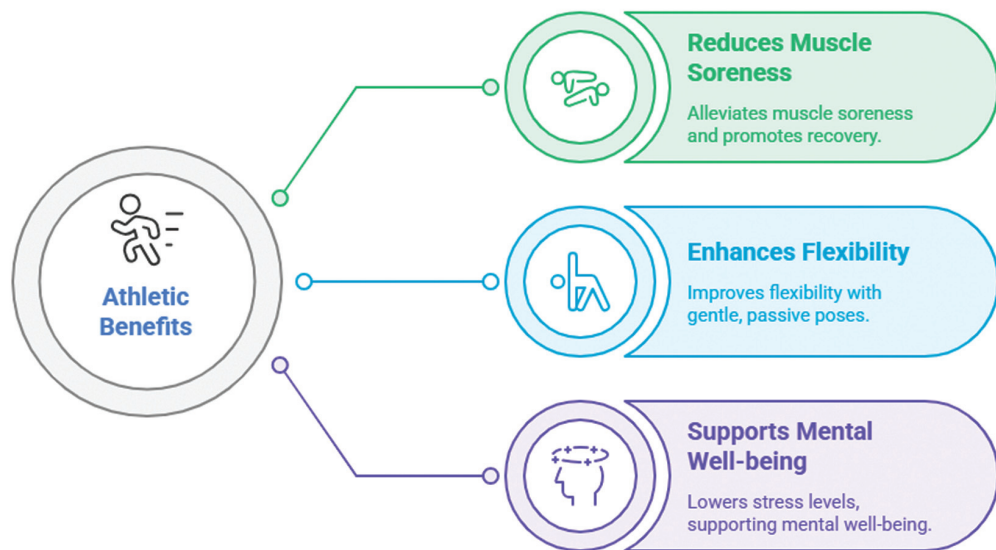


Fig. 7.20: Athletic Benefits of Power Yoga

Caution:

- Should not replace active flexibility or strength work
- Not ideal for energizing or pre-performance sessions

Session design:

- Begin with guided breath or body scan (5–7 mins)
- Use 4–5 supported poses held for 5–10 minutes each (e.g., supported supta baddha konasana)
- Maintain silence or use calming cues
- End with guided visualization or mindful breathing

Example**Fig. 7.21: Balasana****Balasana (Child's Pose)****Meaning:**

Bala means child, symbolizing rest and surrender.

How to Do:

Kneel on the floor, sit back on your heels. Bend forward, lowering your torso between your thighs. Extend arms forward or rest them alongside the body. Rest forehead on the mat.

Benefits:

- Gently stretches the hips, thighs, and ankles
- Calms the mind and relieves stress
- Relieves back and neck pain when done with head supported

Avoid, if:

You have knee injuries or severe ankle issues.

**INTEXT QUESTIONS 7.2****State whether True or False**

1. Ashtanga Yoga builds muscular stamina, consistency and mental discipline ()
2. Power Yoga does not develop explosive energy, mental focus and full body activation. ()
3. Iyengar Yoga uses props to help practitioners. ()
4. Restorative Yoga is ideal for deep recovery, nervous system reset and mental health. ()

**Notes**

MODULE-3

Conduct Yoga Sessions to Improve Athletic Performance



Notes

Yoga, Asanas, and Their Specific Athletic Needs

7.3 INTEGRATING YOGA PRACTICES FOR ATHLETIC NEEDS

Integrating Yoga into athletic training requires a strategic approach to ensure that the physical and mental benefits of Yoga complement the athlete's primary training routine. Unlike conventional workouts that focus solely on building strength or endurance, Yoga offers a holistic approach that simultaneously enhances physical conditioning and mental clarity. To maximize its benefits, it is essential to choose the right types of Yoga and incorporate them thoughtfully into the athletic schedule.

Strategic integration of Yoga Types

Athletes should integrate Yoga practices based on their training phase, competition schedule, and specific physical needs. The key is to balance intensity, relaxation, and functional benefits. Here are some strategic ways to include Yoga in athletic routines:

1. Pre-training activation:

Incorporate dynamic Yoga practices like Vinyasa to warm up muscles, increase blood flow, and activate the cardiovascular system. Poses like Sun Salutations and Warrior sequences are ideal for preparing the body for intense physical activity.

- **Why:** Enhances mobility and reduces the risk of injuries during high-intensity training.
- **Example poses:** Surya Namaskar, Adho Mukha Svanasana, Phalakasana

2. Strength and power development:

During strength training phases, integrate Power Yoga and Ashtanga to build core stability and muscular endurance. These styles involve challenging postures that strengthen the legs, arms, and core.

- **Why:** Increases muscle power and supports functional strength.
- **Example Poses:** Utkatasana, Virabhadrasana III, Bakasana.

3. Recovery and flexibility sessions:

After intense training or competition, practice Restorative Yoga or Hatha Yoga to release muscle tension and improve flexibility. This phase is crucial for reducing soreness and promoting joint health.

- **Why:** Supports muscle recovery and decreases the risk of overtraining.
- **Example Poses:** Supta Baddha Konasana, Setu Bandhasana (with support)



Notes

4. Mental focus and relaxation:

To maintain mental clarity and reduce stress, practice meditation-oriented Yoga such as Hatha or gentle Vinyasa. These practices help calm the nervous system and improve focus, which is essential for mental preparedness before competitions.

- **Why:** Enhances concentration and lowers anxiety levels.
- **Example poses:** Vrikshasana, Garudasana, Sukhasana (or Padmasana for advanced)

Table 7.1: Yoga integration with athletic needs

Training	Style	Benefit	Asanas
Pre-training activation	Vinyasa	Warms up muscles, boosts mobility	● <i>Surya Namaskar</i> ● <i>Adho Mukha Svanasana</i> ● <i>Phalakasana</i>
Strength & power	Power Ashtanga	Builds strength, core, and control	● <i>Utkatasana</i> ● <i>Virabhadrasana III, Bakasana</i>
Recovery & flexibility	Hatha Restorative	Releases tension, aids recovery	● <i>Supta Baddha Konasana</i> ● <i>Setu Bandhasana (support)</i>
Mental focus & calm	Gentle Hatha Meditative Vinyasa	Sharpens focus, reduces stress	● <i>Vrikshasana</i> ● <i>Sukhasana</i>

7.4 CREATING A BALANCED ROUTINE

Athletes should create a balanced Yoga routine that aligns with their specific training needs. Here's a sample weekly schedule integrating different Yoga practices:

Table 7.2: Weekly schedule for integrated Yoga practice

Day	Yoga Type	Focus	Example Asanas
Monday	Vinyasa Yoga	Cardiovascular Fitness	Sun Salutation, Warrior II
Tuesday	Power Yoga	Strength Building	Chair Pose, Crow Pose
Wednesday	Hatha Yoga	Flexibility and Recovery	Forward Fold, Triangle Pose
Thursday	Ashtanga Yoga	Strength and Endurance	Plank, Warrior I
Friday	Restorative Yoga	Relaxation and Recovery	Supported Bridge, Reclined Bound Angle
Saturday	Vinyasa Yoga	Mobility and Flow	Chaturanga, Downward Dog
Sunday	Meditation and Breathing	Mental Clarity and Relaxation	Seated Meditation, Pranayama

MODULE-3

Conduct Yoga Sessions to Improve Athletic Performance



Notes

Yoga, Asanas, and Their Specific Athletic Needs

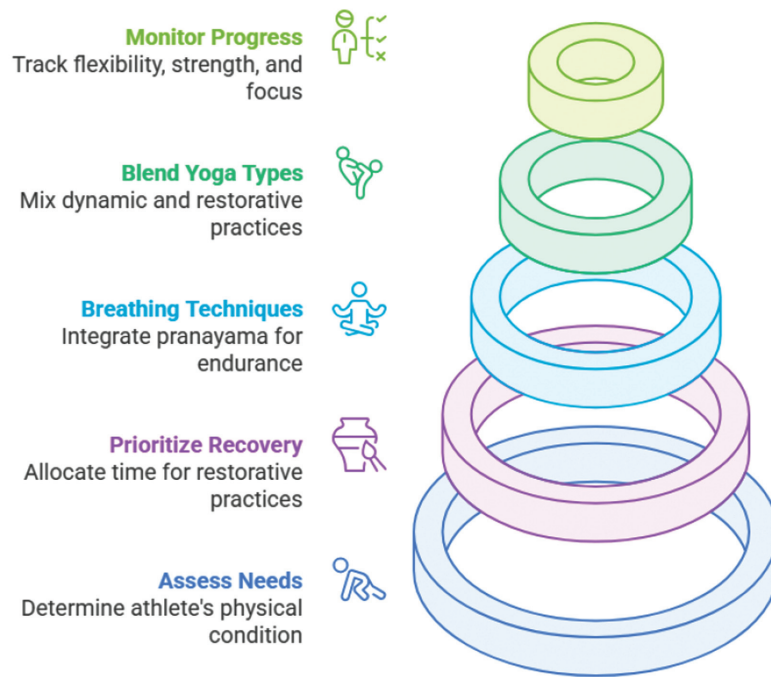


Fig. 7.22: Practical Tips for Trainers

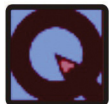
7.5 REAL-WORLD EXAMPLE

A professional football player, focusing on explosive strength and quick recovery, integrates Yoga as follows:

- **Pre-Game:** Vinyasa for dynamic stretching and muscle activation.
- **Strength Day:** Power Yoga for building leg and core stability.
- **Post-Game Recovery:** Restorative Yoga to alleviate muscle tension.
- **Mental Focus:** Hatha Yoga with meditation to manage pre-game stress.

By strategically integrating Yoga, the athlete maintains peak physical conditioning while minimizing injury risks. This balanced approach ensures consistent performance and mental clarity throughout the sports season.

Yoga is not a one-size-fits-all practice, especially when it comes to athletic training. By choosing Yoga types that align with specific physical and mental requirements, athletes can build strength, endurance, flexibility, and mental clarity. Understanding the unique benefits of each Yoga style enables trainers to create tailored programs that optimize athletic performance while minimizing the risk of injuries. Incorporating Yoga thoughtfully not only enhances physical capabilities but also nurtures a focused, resilient mindset essential for success in sports.



INTEXT QUESTIONS 7.3

Fill in the blanks:

1. Pretraining activation asanas are, and
2. and asana develop strength and power.
3. Vrikshasana and Sukhasana help the nervous system and focus.



WHAT HAVE YOU LEARNT

Dear learners, in this unit, you have learnt:

- The word “Yoga” comes from the Sanskrit word ‘Yug’ which means “to join or unite”. It refers to the union of body, mind and breath.
- There are different types of Yoga such as Hatha Yoga, Vinyasa Yoga; Ashtanga Yoga, Power Yoga, Iyengar Yoga and Restoration Yoga.
- Integration of Yoga practices for athletic needs can take place through pre-training activation; strength and power development, recovery and flexibility sessions; and mental focus and restoration.
- An athlete should strive to create a balanced Yoga routine that aligns with their specific training needs.



TERMINAL QUESTIONS

1. State different types of Yoga. Describe main Asanas under:
 - (a) Hatha Yoga
 - (b) Ashtanga Yoga
 - (c) Iyengar Yoga
2. How can Yoga practices be integrated with athletic needs? Give examples.



Notes

MODULE-3

Conduct Yoga Sessions
to Improve Athletic
Performance



Notes



ANSWER TO INTEXT QUESTIONS

7.1

1. Yuj
2. Meditation
3. Rhythm, movement and breath
4. 12

7.2

1. True
2. False
3. True
4. True

7.3

1. Surya Namaskar, Adhomukha Svanasana
2. Utkatasana and Bakasana
3. Calm and improve



Notes

8

BREATHING AND MEDITATION TECHNIQUES FOR PERFORMANCE

Dear learners, ‘Breathing and Meditation’ help athletes improve both body and mind. Proper breathing boosts oxygen flow, reduces fatigue and supports endurance while meditation enhances focus, calmness, and stress control. Together, they improve performance, speed up recovery and build mental resilience to competitive situations.

In this unit, we will explore key breathing and meditation techniques.



OBJECTIVES

After studying this unit, you will be able to:

- understand the role of breathing techniques in enhancing athletic performance;
- learn specific breathing exercises that improve endurance, focus, and mental clarity;
- recognize the benefits of meditation for reducing stress and promoting relaxation.

8.1 INTRODUCTION TO BREATHING AND MEDITATION

Breathing and meditation are fundamental components of Yoga, playing a crucial role in both physical performance and mental well-being. For athletes, mastering breath control and practicing meditation can significantly enhance endurance, maintain focus under pressure, and facilitate recovery after intense physical exertion. In competitive sports, where physical stamina and mental resilience are equally important, integrating these techniques into training routines can lead to remarkable improvements in performance.

MODULE-3

Conduct Yoga Sessions to Improve Athletic Performance



Notes

Breathing and Meditation Techniques for Performance

Breathing techniques are not merely about inhaling and exhaling; they involve precise control over the breath to optimize oxygen delivery, regulate energy, and calm the mind. Similarly, meditation practices foster mental clarity, reduce anxiety, and improve focus, allowing athletes to maintain composure during high-pressure situations. In this unit, we will explore key breathing and meditation techniques tailored to athletic needs, providing practical guidance on their application in sports settings.

8.2 THE ROLE OF BREATH CONTROL IN ATHLETIC PERFORMANCE

Breath control is a powerful tool that helps athletes improve their stamina, strength, and focus. When we exercise, our muscles need more oxygen to keep working. If we breathe too fast or too shallow, the body may not get enough oxygen, leading to early tiredness, muscle cramps, or loss of concentration. Practicing breathing techniques regularly trains the lungs and muscles to use oxygen more efficiently.

Scientifically, deep and controlled breathing activates the diaphragm, a strong muscle below the lungs. This type of breathing allows more oxygen into the blood and helps remove waste gases like carbon dioxide. It also sends signals to the brain to calm the nervous system, lowering heart rate and reducing stress. This helps athletes stay relaxed, recover faster, and perform better under pressure.



Fig. 8.1: Benefits of Controlled Breathing

Incorporating breathing practices into daily training helps athletes build a strong foundation for maintaining performance under varying physical and mental demands.

8.3 KEY BREATHING TECHNIQUES FOR ATHLETES

Various breathing techniques can be adapted to meet the specific needs of athletes. Below are three highly effective breathing practices commonly used in athletic training.

1. Diaphragmatic Breathing: Activating the Core of Breath

Diaphragmatic breathing, also known as abdominal breathing, involves engaging the diaphragm rather than the chest. This method allows for deeper and more efficient oxygen intake.

How to practice:

- Sit or lie down comfortably, placing one hand on the chest and the other on the abdomen.
- Inhale deeply through the nose, feeling the abdomen rise while keeping the chest relatively still.
- Exhale slowly through the mouth, allowing the abdomen to fall.
- Repeat for several minutes, focusing on the rise and fall of the abdomen.

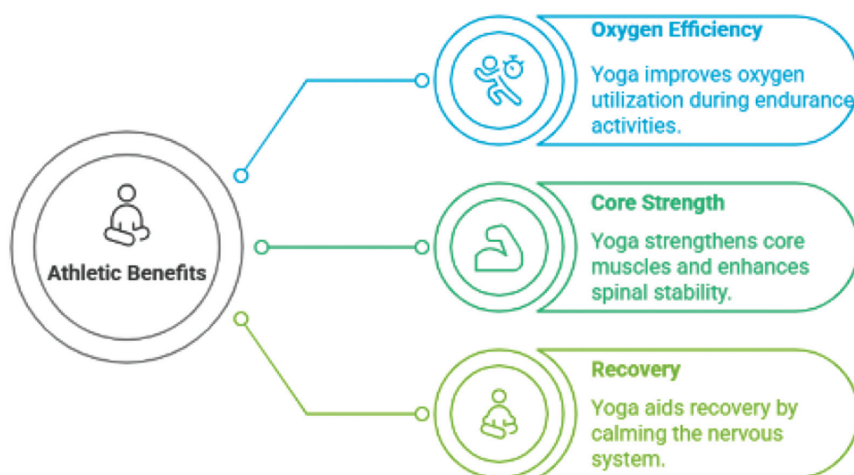


Fig. 8.2: Athletic Benefits of Diaphragmatic Breathing

2. Ujjayi Pranayama: The Victory Breath

Ujjayi Pranayama is a breathing technique that involves creating a soft sound by constricting the throat during inhalation and exhalation. Often referred to as the “ocean breath,” it is used to build stamina and maintain focus.



Notes

MODULE-3

Conduct Yoga Sessions to Improve Athletic Performance



Notes

Breathing and Meditation Techniques for Performance

How to practice:

- Sit comfortably and take a deep breath through the nose.
- Slightly constrict the throat, creating a whispering sound during both inhalation and exhalation.
- Maintain a steady, rhythmic pace, focusing on the calming sound.
- Practice for 5-10 minutes, particularly before or after training sessions.

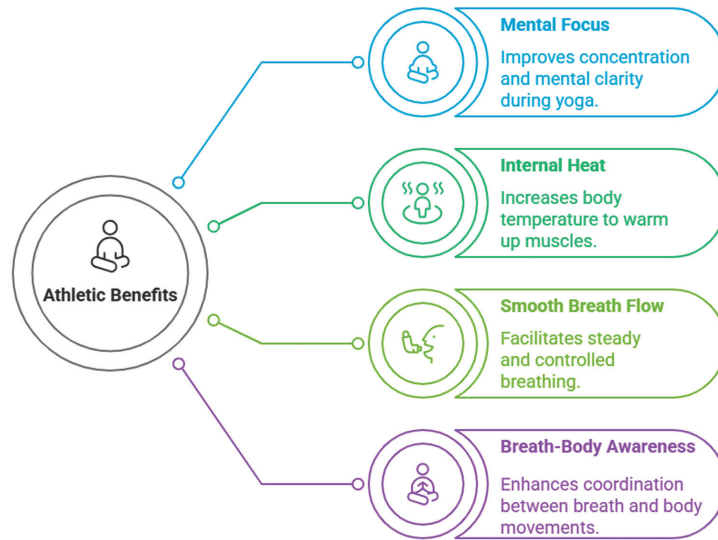


Fig. 8.3: Athletic Benefits of Ujjayi Pranayama

3. Kapalbhati: The Cleansing Breath

Kapalbhati breathing, known as “skull-shining breath,” involves rapid, forceful exhalations combined with passive inhalations. This practice stimulates the abdominal muscles and energizes the body.

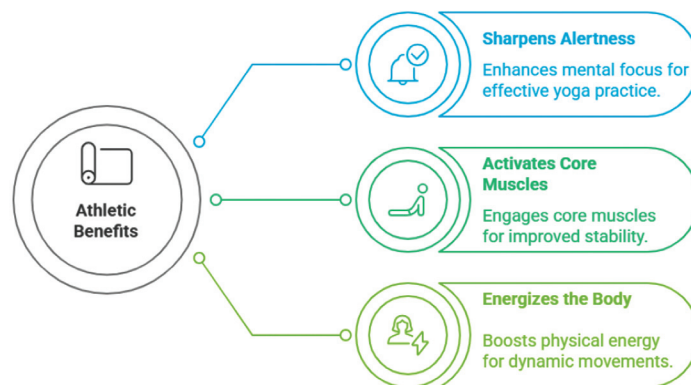


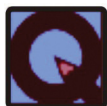
Fig. 8.4: Athletic Benefits of Kapalbhati



Notes

How To Practice:

- Sit upright and take a deep breath in.
- Exhale forcefully through the nose while contracting the abdominal muscles.
- Allow passive inhalation to follow naturally.
- Continue for 20-30 breaths, then rest and repeat for 3-5 cycles.



INTEXT QUESTIONS 8.1

Fill in the blanks:

1. Breath control helps athletes improve their, and
2. Controlled breathing helps lower rate and reduce
3. Diaphragmatic breathing is also called breathing.
4. Ujjayi Pranayama helps build and maintain
5. Kapalabhati stimulates the muscles and the body.

8.4 MEDITATION TECHNIQUES TO SUPPORT ATHLETIC PERFORMANCE

Meditation is more than just relaxation; it is an intentional practice that builds mental resilience. Athletes who regularly meditate report reduced anxiety, improved focus, and greater emotional control during competitive events. Here are three meditation techniques specifically beneficial for athletes:

1. Mindfulness Meditation: Being Present in the Moment

Mindfulness meditation trains athletes to stay grounded and focused, which is essential during high-pressure situations.

How to practice:

- Sit in a comfortable position with the spine upright.
- Close your eyes and focus on your breath.

MODULE-3

Conduct Yoga Sessions to Improve Athletic Performance



Notes

Breathing and Meditation Techniques for Performance

- Notice any sensations or thoughts without judgment.
- Gently bring your attention back to the breath if the mind wanders.
- Practice for 5-10 minutes daily.

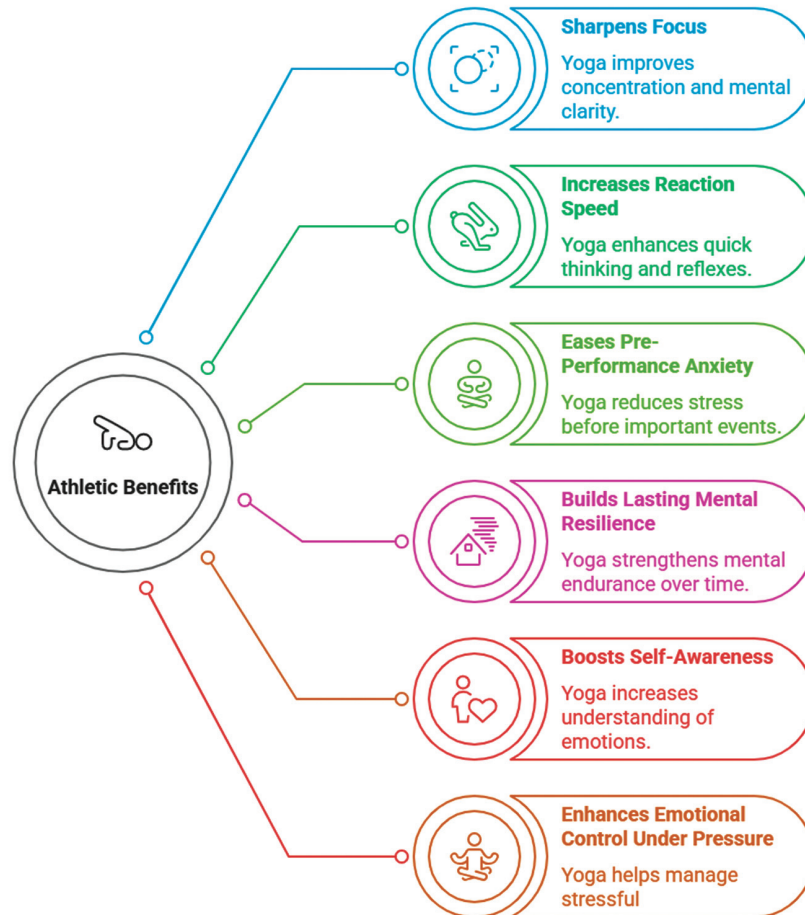


Fig. 8.5: Athletic Benefits of Mindfulness Meditation

2. Guided Relaxation: Deep Mental Unwinding

Guided relaxation uses audio instructions to help athletes unwind mentally and physically, promoting deeper recovery after intense training.

How to practice:

- Find a quiet space and sit or lie down comfortably.
- Listen to a guided audio session that leads through relaxation techniques.
- Follow the prompts, focusing on releasing tension from each muscle group.
- Practice for 15-20 minutes post-training or before sleep.



Notes

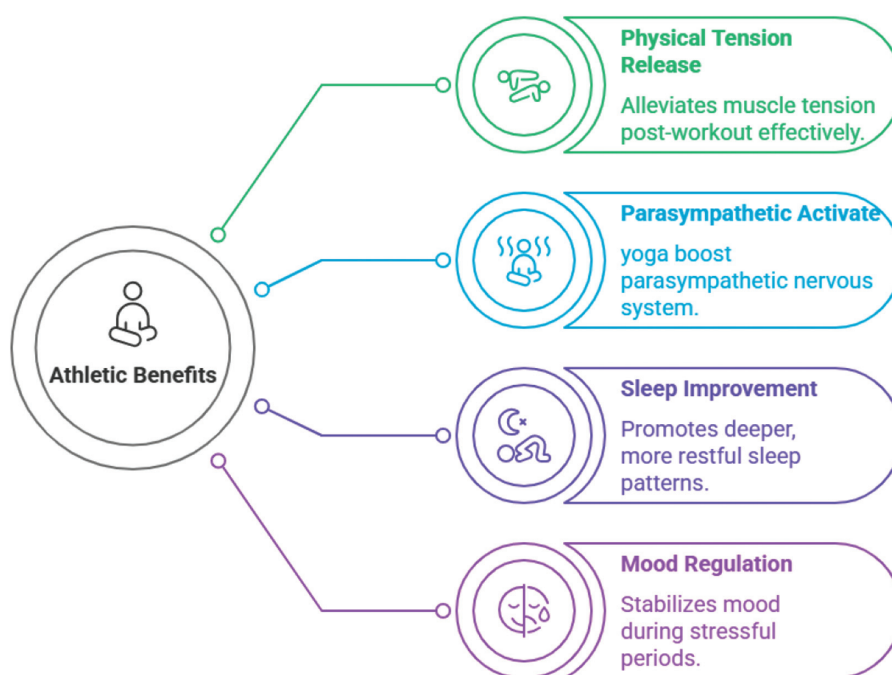


Fig. 8.6: Athletic Benefits of Guided Relaxation

3. Yoga Nidra: Deep Yogic Sleep

Yoga nidra is a form of guided meditation that induces a state of deep relaxation and conscious rest. Often called “yogic sleep,” it is a practice where the body remains at rest while the mind stays consciously aware. Unlike traditional sleep, Yoga nidra allows practitioners to experience profound relaxation while maintaining a heightened sense of awareness. It is highly beneficial for athletes as it aids in both physical and mental recovery after intense training sessions.

How to practice:

- Find a quiet, dimly lit space and lie down comfortably on a Yoga mat or soft surface.
- Close your eyes and focus on slow, deep breaths.
- Listen to a guided Yoga nidra audio session that takes you through a series of body scans, breath awareness, and visualization techniques.
- Follow the instructions to progressively relax each muscle group, moving from the toes to the head.
- Maintain a state of effortless awareness without actively engaging the mind.
- Practice for 20-30 minutes, ideally post-training or before bedtime.

MODULE-3

Conduct Yoga Sessions to Improve Athletic Performance



Notes

Breathing and Meditation Techniques for Performance

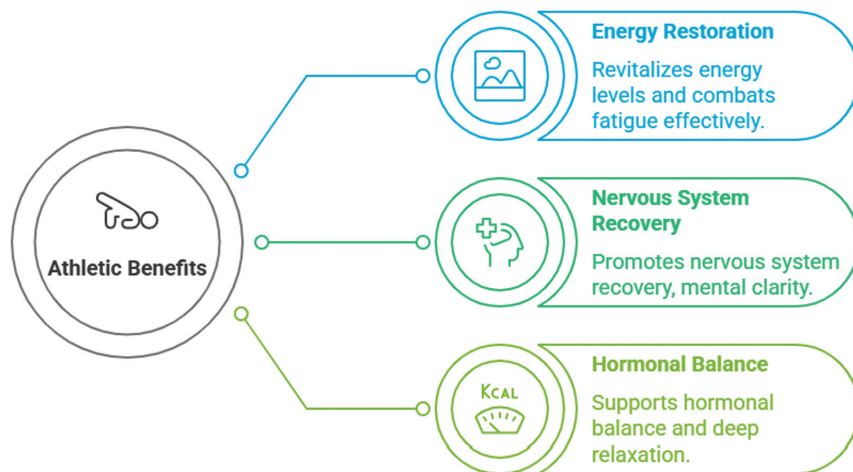


Fig. 8.7: Athletic Benefits of Yoga Nidra

8.5 INTEGRATING BREATHING AND MEDITATION INTO ATHLETIC TRAINING

Incorporating breathing and meditation techniques into athletic training requires strategic planning to maximize their benefits. The goal is to seamlessly blend these practices with physical workouts to enhance both physical and mental performance. Here are key strategies for integrating breathing and meditation into training routines:

A. Pre-training Warm-up

Before engaging in high-intensity workouts or competitions, it is crucial to prepare the body and mind. Practicing diaphragmatic breathing or Ujjayi pranayama during warm-ups helps activate the respiratory system and focus the mind.

- **Recommended techniques:**
 - **Diaphragmatic breathing:** To boost oxygen flow and calm the nervous system.
 - **Ujjayi pranayama:** To maintain rhythmic breathing and control.
- **Benefits:**
 - Reduces the risk of muscle cramps and fatigue.
 - Helps athletes stay mentally prepared and grounded.



B. Mid-training Focus

During long or intense sessions, athletes may experience mental fatigue and uneven breathing. Integrating short breathing breaks can help maintain stamina and mental clarity.

- **Recommended techniques:**
 - **Ujjayi breathing:** Maintain a steady rhythm during endurance exercises.
 - **Kapalabhati breathing:** Re-energize during breaks to maintain alertness.
- **Benefits:**
 - Sustains oxygen supply during prolonged activity.
 - Keeps focus sharp, minimizing distractions.

C. Post-training Recovery

After completing intense physical activities, the body requires recovery to restore energy and repair muscles. Meditation and restorative breathing practices facilitate this process.

- **Recommended techniques:**
 - **Guided relaxation:** Promotes muscle relaxation and stress relief.
 - **Mindfulness meditation:** Helps transition from high alertness to calmness.
- **Benefits:**
 - Reduces cortisol levels, lowering physical and mental stress.
 - Promotes a faster recovery by facilitating a parasympathetic response.

8.6 PRACTICAL APPLICATION: A WEEKLY BREATHING AND MEDITATION PLAN

Creating a structured routine that includes breathing exercises and meditation practices ensures consistency and long-term benefits. Here's a sample weekly plan for athletes.

MODULE-3

Conduct Yoga Sessions
to Improve Athletic
Performance



Notes

Breathing and Meditation Techniques for Performance

Table 8.1: Weekly Breathing and Meditation Plan

Day	Breathing Technique	Meditation Technique	Focus
Monday	Diaphragmatic Breathing	Mindfulness Meditation	Pre-training activation and mental focus
Tuesday	Ujjayi Pranayama	Guided Relaxation	Endurance training and recovery
Wednesday	Kapalabhati Breathing	Body Scan Meditation	Mid-week energy boost and tension release
Thursday	Ujjayi Pranayama	Mindfulness Meditation	Maintaining breath control during practice
Friday	Diaphragmatic Breathing	Yoga Nidra	Recovery and deep relaxation
Saturday Breathing	Kapalabhati	Visualization Meditation	Mental readiness for competition
Sunday	Restorative Breathing	Silent Sitting	General relaxation and emotional balance

8.7 REAL-WORLD EXAMPLE

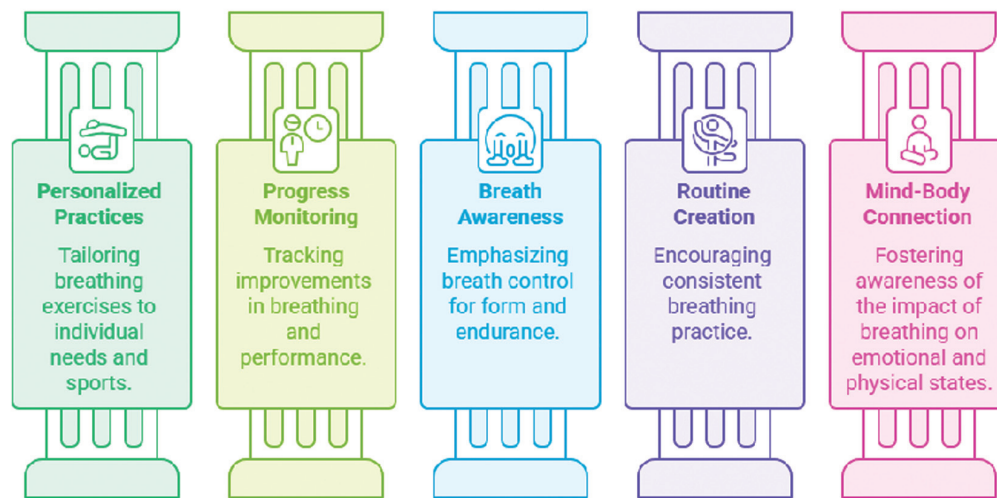
Breath Control During Endurance Events

In endurance sports like long-distance running, cycling, or swimming, athletes often experience early fatigue due to improper or shallow breathing.

Let's take the example of a 10 km runner. In the first few kilometers, their breath might be steady, but as the intensity builds, irregular breathing can lead to muscle tightness, cramping, and mental distraction. This is where breath control becomes crucial.

- By using diaphragmatic breathing and rhythmic patterns (such as inhaling for 3 steps and exhaling for 2), the runner can maintain a steady oxygen supply, stay mentally focused, and delay fatigue.
- Professional athletes also use ujjayi breath to regulate their breath and maintain internal rhythm even under pressure.

This real-world application of breath control shows how trained breathing can support endurance, conserve energy, and optimize overall performance.

**Fig. 8.8: Breath Control During Endurance Events**

Breathing and meditation are invaluable tools for athletes aiming to maximize their physical and mental potential. Incorporating breathing techniques into warm-ups, mid-training sessions, and post-workout routines enhances stamina, focus, and recovery. Similarly, practicing meditation fosters mental resilience and reduces anxiety, enabling athletes to remain composed even during high-stakes competitions. Trainers should make these practices an integral part of their athletic programs, emphasizing consistency and mindfulness to build well-rounded and high-performing athletes.

**INTEXT QUESTIONS 8.2**

State whether True or False:

- Mindfulness meditation trains athletes to stay grounded and focused. ()
- Guided relaxation uses video instructions to help athletes unwind mentally and physically. ()
- Pre-training warm-up reduces the risk of muscle cramps and fatigue. ()
- Integrating short breathing breaks cannot help maintain stamina and mental clarity. ()



Notes

MODULE-3

Conduct Yoga Sessions
to Improve Athletic
Performance



Notes

Breathing and Meditation Techniques for Performance



WHAT HAVE YOU LEARNT

Dear learners, in this unit you have learnt:

- Breathing and mediation are fundamental parts of Yoga, playing a crucial role in both physical as well as mental well being.
- Scientifically, deep and controlled breathing activates the diaphragm. Apart from other befits, it also sends signals to the brain to calm the nervous system lowering heart rate and reducing stress.
- The key breathing techniques fro athletes includes diaphragmatic breathing, Ujjai and Pranayama, Kapalbhathi.
- Meditation techniques includes mindfulness meditatio, guided relaxation and Yoga Nidra.
- Breathing and meditation can be integrated into athletic training by pre-training warm-up, mid-training focus, and post-training recovery.



TERMINAL QUESTIONS

1. Describe the key breathing technique for athletes.
2. How meditation technique can support athletic performance. Describe the two main meditation techniques beneficial for athletes.



ANSWER TO INTEXT QUESTIONS

8.1

1. stamina, strength and focus
2. heart, stress
3. abdominal breathing
4. stamina, focus
5. abdominal, energizes

8.2

1. True
2. False
3. True
4. False



Notes

9

STRUCTURING EFFECTIVE AND INJURY FREE YOGA SESSIONS

Dear learners, In the previous unit, you have learnt about breathing and meditation techniques for performance of athletes. Likewise a balanced Yoga session that alternate between strength and flexibility helps avoid overworking any muscle group and reduces the risk of injury. This is essential for enhancing performance.

In this unit, we will focus on minimizing the risk of injuries.



OBJECTIVES

After studying this unit, you will be able to:

- understand the importance of warm-up, stretching, and cool-down activities in Yoga sessions;
- learn how to structure a Yoga session to maximize effectiveness and minimize the risk of injuries;
- develop skills to organize Yoga sequences that cater to athletic needs.

9.1 INTRODUCTION TO STRUCTURING EFFECTIVE YOGA SESSION

A well-structured Yoga session is essential for maximizing athletic performance while minimizing the risk of injuries. Unlike spontaneous or unplanned sessions, a structured approach ensures that the body is gradually prepared for exertion, challenged effectively during practice, and gently brought back to a restful state. The three primary components of a structured Yoga session are warm-up, core practice, and cool-down. Each phase plays a critical role in optimizing physical output, enhancing flexibility, and promoting recovery.

MODULE-3

Conduct Yoga Sessions to Improve Athletic Performance



Notes

Structuring Effective and Injury Free Yoga Sessions

Warm-up, stretching, and cool-down are interlinked aspects that, when combined thoughtfully, help maintain muscle health, improve performance, and reduce injury risk. This unit will focus on how to effectively integrate these elements into Yoga sessions for athletes.

9.2 THE IMPORTANCE OF STRUCTURING YOGA SESSIONS

Athletes often push their physical limits during training, and Yoga can help enhance their performance and recovery. However, an improperly structured Yoga session can lead to muscle strain, fatigue, or even injuries. A well-organized session ensures:



Fig. 9.1: Well Organized Session Ensures

A well-structured Yoga session typically includes three main phases: warm-up, core practice, and cool-down. Understanding the purpose and content of each phase helps trainers design sessions that are not only effective but also safe and enjoyable.

9.3 THE ROLE OF WARM-UP, STRETCHING, AND COOL-DOWN IN YOGA SESSIONS

Athletic performance is not solely dependent on strength or endurance; it also relies on preparing the body before intense movements and aiding recovery afterward. Incorporating warm-up, stretching, and cool-down into every Yoga session ensures that athletes can train efficiently and recover safely.

Understanding the purpose and application of each component helps trainers design sessions that are balanced, safe, and effective.

Phase 1: Warm-up - activating the body

The warm-up phase is crucial for preparing both the body and the mind for physical activity. It involves gentle, dynamic movements that increase blood circulation, warm up muscles, and enhance joint mobility.

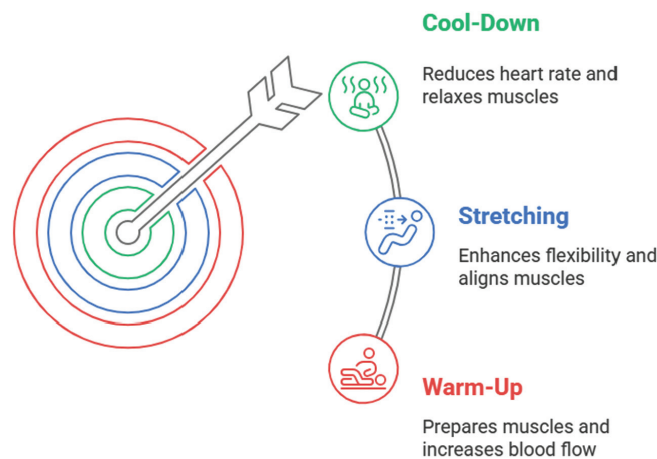


Fig. 9.2: Components of an Organized Yoga Session

Warm-Up Essentials:

- **Purpose:** Increase heart rate, loosen muscles, mobilize joints, focus the mind, reduce injury risk.
- **Characteristics:**
 - **Duration:** 5-10 minutes
 - **Techniques:** Dynamic stretches, mobility exercises
 - **Focus:** Active, full-body movement

Dynamic Stretching During Warm-Up:

Dynamic stretching is essential during the warm-up as it combines movement with stretching, gradually increasing muscle temperature and flexibility.

Examples:

- **Sun Salutations (Surya Namaskar):** A flowing series that warms up the entire body.
- **Leg Swings:** Improves hip mobility and prepares the lower body.
- **Arm Circles:** Mobilizes shoulder joints and upper body.
- **Spinal Twists:** Enhances spinal flexibility and core activation.

Tips:

- Integrate rhythmic breathing to enhance oxygen intake.



Notes

MODULE-3

Conduct Yoga Sessions to Improve Athletic Performance



Notes

Structuring Effective and Injury Free Yoga Sessions

- Avoid holding static stretches for long durations at this stage.
- Use light, repetitive motions to gently increase range of motion.



Fig. 9.3: Steps to Safely Practice Yoga

By performing dynamic stretching during the warm-up, athletes can prepare their muscles safely, reducing the risk of injuries during the core practice.

Phase 2: Core practice - building strength, endurance, and flexibility:

The core practice phase focuses on achieving specific athletic goals, whether building strength, increasing endurance, or improving flexibility. During this phase, the poses are performed in a structured sequence, starting from simple and gradually progressing to more complex asanas.

Purpose:

- Engage target muscle groups effectively.
- Enhance athletic skills like balance, coordination, and endurance.
- Build core stability and strength.

Phase 3: Cool-down - transitioning to rest:

The cool-down phase is as important as the warm-up, allowing the body to gradually transition from an active state to relaxation. This phase helps bring the heart rate back to normal, releases muscle tension, and promotes mental calmness.

Purpose:

- Gradually decrease intensity.
- Prevent muscle stiffness by releasing lactic acid build-up.
- Promote relaxation and mental recovery.



Notes

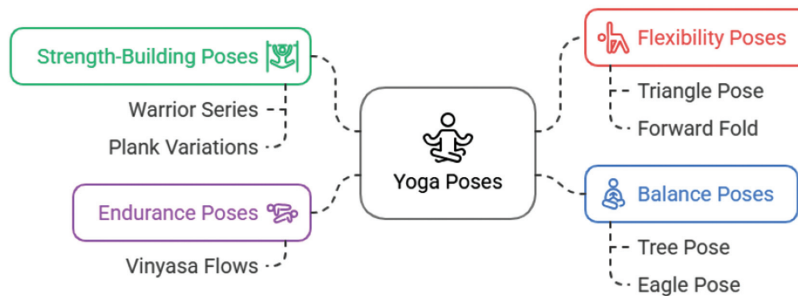


Fig. 9.4: Key Components of Core Practice

Characteristics:

- **Duration:** 5-10 minutes.
- **Techniques:** Static stretching, passive poses, and deep breathing.
- **Focus:** Gentle, restorative movements that calm the body and mind.

Stretching during cool-down:

Stretching during the cool-down phase is crucial for lengthening the muscles and enhancing flexibility. These stretches should be static, focusing on holding the position to allow muscle fibers to relax and lengthen.

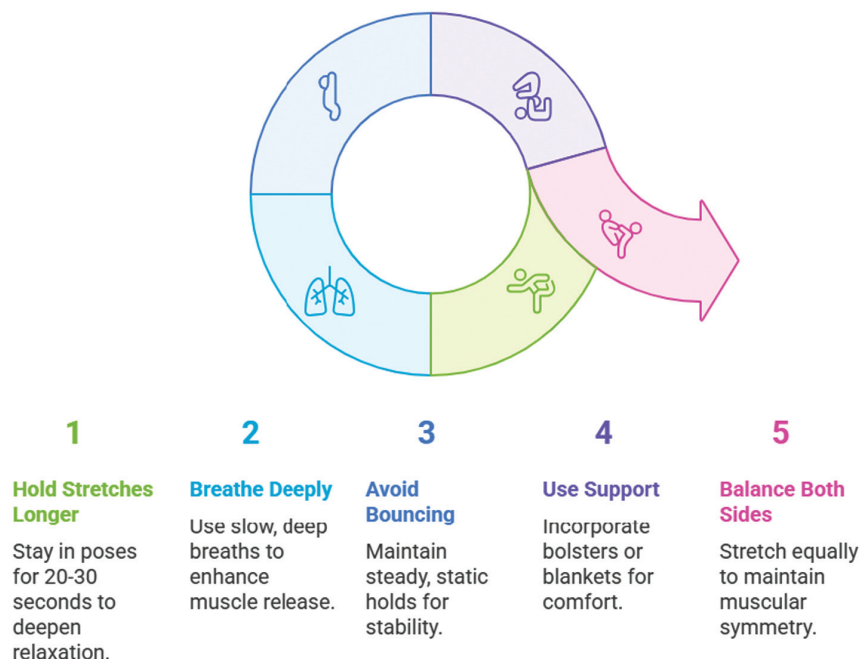


Fig. 9.5: Tips for Safe Stretches

MODULE-3

Conduct Yoga Sessions to Improve Athletic Performance

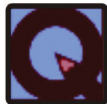


Notes

Structuring Effective and Injury Free Yoga Sessions

Examples:

- **Seated Forward Bend (Paschimottanasana):** Stretches the hamstrings and lower back.
- **Pigeon Pose (Eka Pada Rajakapotasana):** Opens the hips and relieves tension.
- **Reclined Twists:** Gently stretches the spine and aids in relaxation.
- **Child's Pose (Balasana):** Calms the nervous system.
- **Monitor Breath:** Align breathing with movements to enhance oxygenation and muscle relaxation.



INTEXT QUESTIONS 9.1

Fill in the blanks:

1. A well structured Yoga session typically includes three main phases, and
2. Warm up is crucial for preparing both theand for physical activity.
3. Core practice is for, and
4. Cool-down phase allow the body to gradually transit from an state to

9.4 INTEGRATING ATHLETIC NEEDS INTO THE SESSION

As a Yoga trainer – Sports, your role is not only to deliver a well-structured practice but to tailor each session to address these specific athletic needs. Integrating athletic requirements into the Yoga session transforms a general routine into a performance-enhancing tool.

This integration starts from the planning phase and continues throughout the session as you monitor posture, energy levels, and individual responses. Whether the goal is to enhance core strength for a boxer, increase hamstring flexibility for a sprinter, or improve breath control for a swimmer, your ability to observe and adapt makes the difference between a standard session and an athlete-focused intervention.

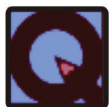
By aligning Yoga techniques with sport-specific demands, you create sessions that are safer, more effective, and directly supportive of athletic performance. This approach not only prevents injuries but also helps athletes gain a deeper connection between their Yoga practice and their sporting outcomes.

9.5 PRACTICAL EXAMPLE

Structuring a 30-minute Yoga session

- **Warm-up (5 minutes):** Sun salutations with dynamic stretches
- **Core practice (20 minutes):**
 - Strength: Warrior II, Chair pose, Plank.
 - Endurance: Vinyasa flow, Bridge pose.
 - Flexibility: Low Lunge, Triangle Pose.
- **Cool-down (5 minutes):** Reclined twist, Savasana with deep breathing.

A well-structured Yoga session not only maximizes physical benefits but also supports mental resilience and recovery. By thoughtfully combining warm-up, core practice, and cool-down phases, trainers can ensure safety, effectiveness, and athlete engagement. Customizing sessions to address specific athletic needs fosters holistic development and reduces the risk of injury, ultimately leading to sustained performance improvements.



INTEXT QUESTIONS 9.2

State whether True or False:

1. Role of Yoga trainer is only to deliver a well structured practice. ()
2. Reclined twist, Savasana with deep breathing is cool down phase. ()



WHAT HAVE YOU LEARNT

Dear learners, in this unit, you have learnt:

- A well structured Yoga session is essential for maximizing athletic performance while minimizing the risk of injuries.

MODULE-3

Conduct Yoga Sessions
to Improve Athletic
Performance



Notes

MODULE-3

Conduct Yoga Sessions to Improve Athletic Performance



Notes

Structuring Effective and Injury Free Yoga Sessions

- Warm-up, stretching and cool-down are interlinked aspects that when combined thoughtfully, help maintain muscle health, improve performance and reduce injury risk.
- A well structured Yoga session mainly includes three main phases: warm up activity the body; core practice – building strength, endurance, and flexibility; and cool down transitioning to rest start.
- The integration of the athletic needs into the session starts from the planning phase and continues throughout the session. By aligning Yoga techniques with sports specific demands, a safe, effective and supportive session can be designed.



TERMINAL QUESTIONS

1. What is the significance of structured Yoga session? How can athletic needs can be integrated with the session.
2. Explain the role of warm up; core practices and cool down phases in a Yoga session.



ANSWER TO INTEXT QUESTIONS

9.1

1. warm up core practice and cool down
2. body and mind
3. building strength, endurance and flexibility
4. active, relaxation

9.2

1. False
2. True



Notes

10

MOTIVATION AND COMMUNICATION IN GROUP YOGA SESSION

Dear learners, in the previous unit, you gained knowledge on how to conduct injury free Yoga sessions. In this unit, you will learn about motivational and communication in Group Yoga session for consistency. Motivation comes from identifying core reasons for practicing. It provides a strong internal drive. Communication involves both verbal and non-verbal cues that build trust and create a supportive, safe environment and connect within the shared practice.



OBJECTIVES

After studying this unit, you will be able to:

- understand the factors that affect athlete motivation during Yoga sessions;
- learn effective communication techniques to maintain group engagement;
- develop skills to motivate and guide groups effectively during Yoga practice.

10.1 WHAT IS MOTIVATION?

Motivation is the driving force that keeps athletes committed and consistent during Yoga practice. It fuels their determination to show up, stay focused, and challenge themselves – even on days when their energy is low or their body feels fatigued. In a group setting, motivation becomes even more crucial, as the collective mood and energy can significantly influence each athlete's personal experience. Participants often look to the trainer not only for technical guidance but also for emotional energy, reassurance, and inspiration.

In the context of Yoga for sports, motivation is not one-dimensional. It can be broadly classified into two main types:

MODULE-3

Conduct Yoga Sessions to Improve Athletic Performance



Notes

Motivation and Communication in Group Yoga Session

- **Extrinsic motivation** – driven by external rewards or consequences.
- **Intrinsic motivation** – driven by internal desire and personal satisfaction.

A skilled Yoga Trainer – Sports understands how to recognize and respond to both. While extrinsic motivation might involve praise, recognition, or performance outcomes, intrinsic motivation is rooted in an athlete's own values, goals, and love for improvement. Trainers who can balance both help create an environment that sustains effort and focus over time.

For instance, complimenting an athlete for mastering a new balance pose (extrinsic) boosts confidence, but helping them feel the joy of deep breath awareness or mind-body alignment (intrinsic) sustains long-term commitment.

By combining motivational phrases, personalized feedback, and thoughtful session design, trainers inspire athletes to push their boundaries safely and confidently, regardless of their current skill level.

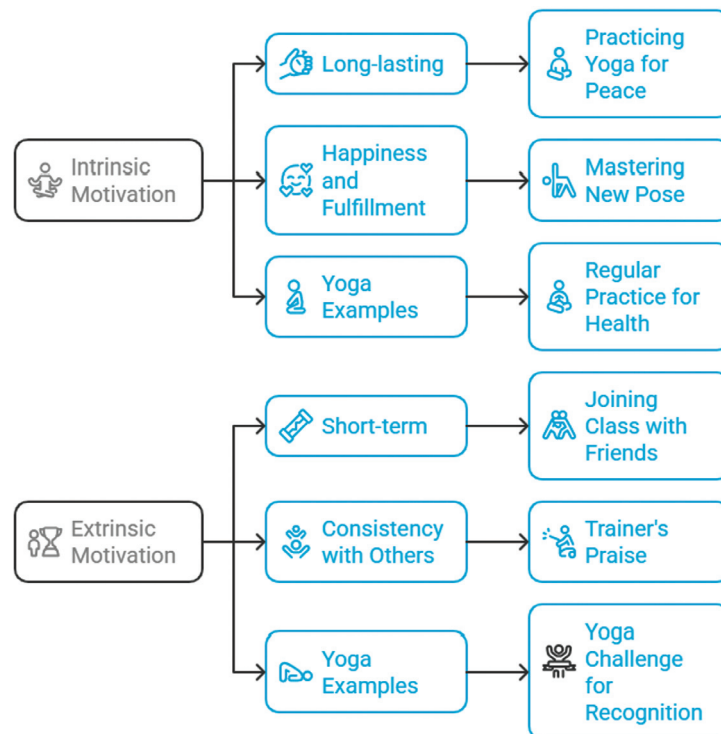


Fig. 10.1: Intrinsic and Extrinsic Motivation

By fostering both types of motivation, Yoga Trainers – Sports create a balanced atmosphere where athletes stay engaged – not just for external validation, but for the internal rewards that Yoga offers: focus, discipline, clarity, and joy. In upcoming sections, we will explore specific techniques to enhance both kinds of motivation in real group settings.

10.2 WHY MOTIVATION IS CRUCIAL IN YOGA TRAINING

Motivation plays a pivotal role in Yoga training, especially when working with athletes in a group setting. It influences not only how consistently athletes attend sessions, but also how mindfully and effectively they engage with the practice. Unlike general fitness routines, Yoga requires sustained mental focus, controlled breathing, and body awareness – elements that can only be maintained when the athlete is internally driven and externally supported.



Fig. 10.2: Benefits of Motivation

In sports, athletes face fatigue and pressure that can reduce motivation for Yoga. But with clear goals and a supportive environment, Yoga becomes a key tool for resilience, injury prevention, and performance. In group sessions, motivation boosts energy, focus, and team spirit – while low motivation can affect the whole class. Yoga trainers – Sports must act as both instructors and motivators. By tuning into the emotional and physical state of the group, using empowering language, celebrating effort, and modifying sessions to meet athletes where they are, trainers can transform Yoga from a routine activity into an inspiring and valued part of an athlete's weekly schedule. Motivation, when cultivated intentionally, becomes the bridge between consistent participation and meaningful progress.



Notes

MODULE-3

Conduct Yoga Sessions
to Improve Athletic
Performance



Notes

Motivation and Communication in Group Yoga Session

10.3 FACTORS AFFECTING MOTIVATION LEVELS IN GROUP YOGA

Athlete motivation can fluctuate due to a variety of reasons, some related to personal circumstances and others linked to the training environment. Recognizing these factors is crucial for maintaining a positive and encouraging atmosphere during group sessions.

Table 10.1: Factors Affecting Motivation and Their Solution

Factor	Impact	Solution
Physical Fatigue	Reduced energy and engagement	Incorporate breaks, restorative poses, encourage deep breathing
Repetitive Routines	Boredom and disengagement	Introduce new sequences, vary the routine
Lack of Visible Progress	Frustration and self-doubt	Set achievable goals, celebrate small wins
Emotional Stress	Difficulty in concentration and motivation	Begin with mindfulness, create a calming environment
Perceived Difficulty	Fear of failure and reluctance to participate	Offer modifications, praise effort over perfection

10.4 TECHNIQUES TO MAINTAIN MOTIVATION

Motivation can be cultivated by combining effective communication strategies with supportive group practices. Here are some proven techniques:

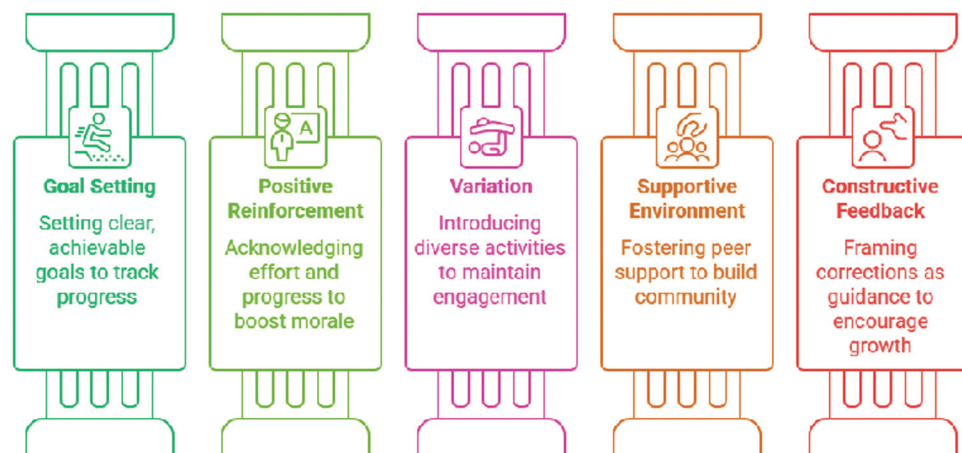
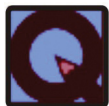


Fig. 10.3: Techniques to Maintain Motivation



INTEXT QUESTIONS 10.1

Fill in the blanks:

1. Motivation is the driving force that keeps athletes and during Yoga practice.
2. In group sessions, motivation boosts and
3. Athletes face and that can reduce motivation for Yoga.

10.5 EFFECTIVE COMMUNICATION TO ENHANCE MOTIVATION

Communication is one of the most powerful tools a Yoga trainer – Sports can use to inspire, guide, and energize athletes during Yoga sessions. While technical knowledge helps correct form, it is communication that sustains motivation, builds trust, and creates a connection between the trainer and the group. The way instructions are delivered – both in tone and content – can uplift an athlete’s spirit, reinforce their efforts, and encourage persistence even when the session feels challenging.

Motivational communication in Yoga is not limited to praise. It includes clarity, empathy, encouragement, and non-verbal cues like gestures, posture, and eye contact. Trainers who communicate effectively ensure that each athlete feels seen, supported, and capable – especially in a group where skill levels may vary.

Key Elements of Motivational Communication

1. Clarity and simplicity

- Use clear, short instructions that athletes can follow easily.
- Avoid overloading them with too many technical details at once.
- Example: “Ground your feet, lift your chest, and breathe deeply.”

2. Positive reinforcement

- Highlight effort and improvement rather than just results.
- Use affirming phrases like “Well tried,” “Nice progress,” or “You’re getting stronger.”
- Celebrate small milestones to boost morale.

MODULE-3

**Conduct Yoga Sessions
to Improve Athletic
Performance**



Notes

MODULE-3

Conduct Yoga Sessions to Improve Athletic Performance



Notes

Motivation and Communication in Group Yoga Session

3. Encouraging tone of voice

- Speak with warmth, confidence, and enthusiasm.
- Adjust your tone according to the energy of the group – calming during relaxation, uplifting during active flows.

4. Non-verbal cues

- Smile genuinely to create a welcoming environment.
- Nod when an athlete corrects their posture or stays focused.
- Use open body language to show approachability.

5. Individual acknowledgement in a group

- Call out individual efforts occasionally to make athletes feel recognized.
- Example: “Great alignment, Arjun!” or “Nice control in that transition, Priya.”
- Keep it balanced so everyone feels included over time.

6. Visual demonstration with explanation

- Sometimes, seeing is more motivating than hearing.
- Combine demonstration with verbal encouragement to build confidence in attempting new poses.

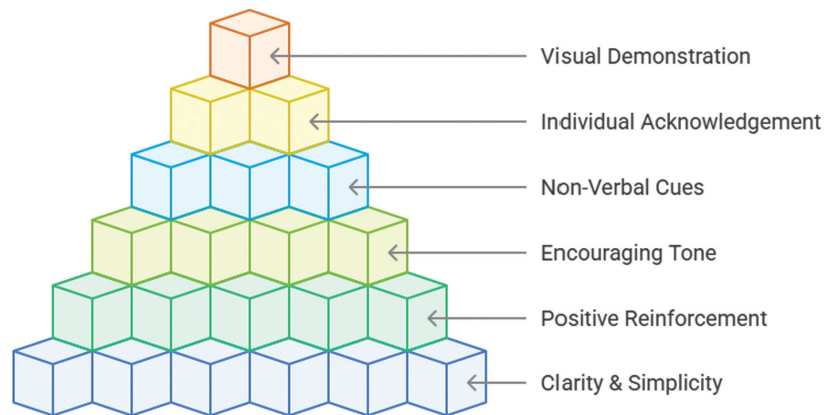


Fig. 10.4: Elements of Effective Communication to Enhance Motivation

When communication is empathetic, empowering, and purposeful, it transforms the role of the trainer from an instructor to a motivator. In high-performing or fatigued groups, the right words at the right time can re-ignite focus, calm anxiety, and renew commitment – making communication a core pillar of group Yoga success.

10.6 CREATING A POSITIVE GROUP ENVIRONMENT

Maintaining a positive group dynamic is essential for motivation. Encourage peer interactions, use group challenges, and recognize collective achievements.

Example:

1. **After a challenging sequence**, ask the group how they felt and highlight their perseverance:

Trainer: *“That was tough, but you all held your ground – well done! How did that feel?”*

2. **During a rest pose (e.g., Child’s Pose)**

Trainer: *“Take this moment to thank your body for how far it’s brought you today. You’re doing amazing – breathe into that progress.”*

3. **After a balancing sequence:**

Trainer: *“That took serious focus – balance isn’t about staying still, it’s about constant adjustment. And you all adjusted beautifully.”*

4. **When athletes struggle with a difficult pose:**

Trainer: *“It’s okay if it doesn’t look perfect today – just showing up and trying is already a win. Effort is the real progress.”*

5. **At the start of class:**

Trainer: *“Let’s remind ourselves why we’re here – not to compete, but to become stronger, calmer, and more connected – with ourselves and the team.”*

6. **After partner work or group flow:**

Trainer: *“I loved the energy in the room just now – look around, you all lifted each other up. That’s what group Yoga is about.”*

7. **At the end of a session:**

Trainer: *“Before you leave your mat today, take a moment to appreciate your effort. Whether you nailed every pose or not, you showed up – and that’s the foundation of growth.”*

A motivated group is more likely to stay consistent and committed to their Yoga practice. By using positive communication techniques and fostering a supportive environment, trainers can inspire athletes to push their limits while feeling valued



Notes

MODULE-3

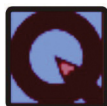
Conduct Yoga Sessions to Improve Athletic Performance



Notes

Motivation and Communication in Group Yoga Session

and encouraged. Building motivation is not just about using the right words; it's about demonstrating genuine care and recognizing each participant's efforts. By integrating motivation into every session, trainers help create a culture of perseverance and growth.



INTEXT QUESTIONS 10.2

State whether True or False:

1. Communication is one of the most powerful tools that can inspire, guide and energize athletes during Yoga session. ()
2. Combined demonstration with verbal encouragement builds confidence. ()
3. Maintaining a positive group dynamic is essential for motivation. ()



WHAT HAVE YOU LEARNT

Dear learners, in this unit you learnt:

- Motivation is the driving force that keeps athletes committed and encouraged and committed during Yoga practice.
- Motivation, broadly can be divided into two parts: Extrinsic motivation i.e. driven by external rewards or consequences; and Intrinsic motivation: driven by internal desires and personal satisfaction.
- In Yoga sessions, when cultivated intentionally, becomes the bridge between consistent participation and meaningful progress. In sports with a clear and supportive environment, Yoga becomes a key tool for resilience, injury prevention, and performance.
- The communication for motivation should be clear and simple, should have positive reinforcement, encouraging tone (of voice), non-verbal clues, individual acknowledgment in a group, and visual demonstration (with explanation).
- The Yoga Trainer – Sports should create a positive group environment during or after the session e.g. after a challenging sequence, after a balancing sequence, when athletes struggle with a difficult pose, or at the end of a session.

- Factors like physical fatigue, repetitive routines, emotional stress can affect the motivational levels in a group Yoga. A trainer should use adequate techniques for motivating the athletes.



TERMINAL QUESTIONS

1. Describe the key elements of communication to enhance motivation. Give examples.
2. Why motivation is crucial in Yoga training? Enumerate the major techniques to maintain motivation.



ANSWER TO INTEXT QUESTIONS

10.1

1. committed and consistent
2. energy, locus and team spirit
3. fatigue and pressure

10.2

1. True
2. True
3. True

MODULE-3

Conduct Yoga Sessions to Improve Athletic Performance



Notes

MODULE-3

Conduct Yoga Sessions
to Improve Athletic
Performance



Notes

11

PROFESSIONAL CONDUCT AND WORKPLACE SAFETY

In the previous unit, you learnt that motivation keeps athletes committed and consistent during practice while communication builds trust and create supportive safe environment. Along with this the Yoga Trainer – Sports should also know to conduct professionally which means ethical behaviour, maintaining boundaries and upholding Yoga’s core ethical principles and to create a secure environment for workplace safety.

In this unit, you will divulge information regarding professional conduct and workplace safety.



OBJECTIVES

After studying this unit, you will be able to:

- understand the importance of maintaining professional conduct in Yoga training environments;
- learn the implications of inappropriate behavior and sexual harassment at the workplace;
- develop skills to create a respectful and safe environment during Yoga sessions.



Notes

11.1 INTRODUCTION TO PROFESSIONAL CONDUCT

Professional conduct refers to the standards of behavior, ethics, and responsibility expected from a Yoga trainer, especially when working in sports environments. It is the foundation of a safe, respectful, and trustworthy training space. Professionalism goes beyond technical skills – it reflects how a trainer communicates, respects boundaries, handles sensitive situations, and models appropriate behavior in front of athletes.

For a Yoga Trainer – Sports, this means being reliable, respectful, fair, and ethically grounded at all times – both during and outside of sessions. When a trainer behaves professionally, athletes feel more confident, comfortable, and motivated to participate fully in the practice.

Examples of professional conduct in action:

- **Before class:** Arriving 15 minutes early, setting up the space, and greeting athletes with a warm, respectful tone.
- **During practice:** Asking an athlete for consent before making a physical adjustment: *“Would it be okay if I assist you in this pose?”*
- **In communication:** Giving constructive feedback without criticism, such as: *“Try softening your knees slightly – this will protect your back.”*
- **Handling sensitive issues:** Responding calmly and confidentially if a participant reports inappropriate behavior or discomfort.
- **Appearance and hygiene:** Wearing appropriate, clean attire that reflects professionalism and ensures ease of movement.

Professional conduct is what **sets the tone** for the session – it ensures that every athlete feels respected, safe, and empowered to grow. It’s not just about what you teach; it’s about how you lead.

11.2 SIGNIFICANCE OF PROFESSIONAL CONDUCT IN YOGA

As a Yoga assistant, maintaining professional behavior is essential to creating a safe, respectful, and positive environment. Whether working with athletes, clients, or fellow staff members, your conduct should reflect integrity, empathy, and ethical standards.

MODULE-3

Conduct Yoga Sessions to Improve Athletic Performance



Notes

Professional Conduct and Workplace Safety

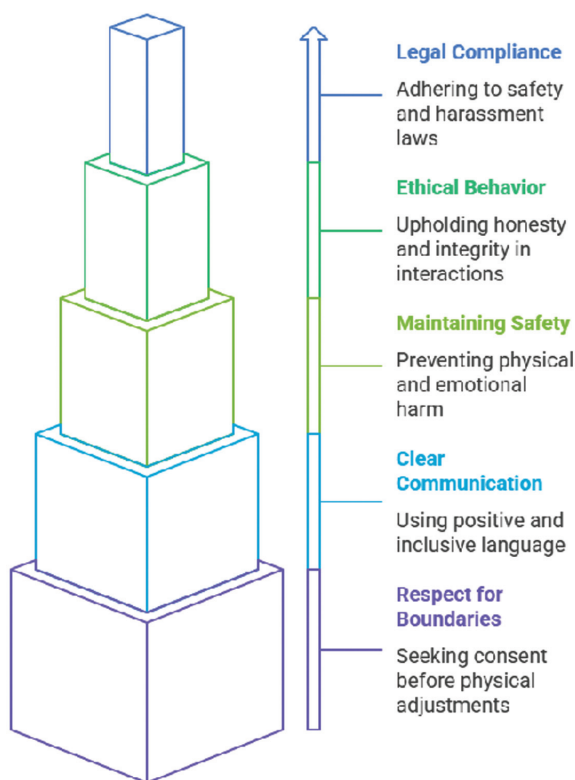


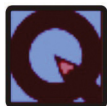
Fig. 11.1: Elements of Professional Yoga Conduct

11.3 IDENTIFYING INAPPROPRIATE BEHAVIOR

In a professional Yoga setting, certain behaviors can create a hostile environment. Being aware of inappropriate conduct helps in maintaining a respectful space.

Table 11.1: Examples of Inappropriate Behavior and How to Address Them

Behavior	Impact	Action to Take
Unwanted physical contact	Breach of personal boundaries	Politely address and maintain clear boundaries
Inappropriate comments	Creates discomfort or a hostile environment	Report to supervisor and address calmly
Discrimination or harassment	Violates dignity and respect	Document and report immediately
Ignoring consent during adjustments	Violates trust and safety	Always ask before making physical adjustments

**INTEXT QUESTIONS 11.1****Fill in the blanks:**

1. Professional conduct refers to the standards of and responsibility expected from a Yoga Trainer.
2. Maintaining professional behaviour creates a safe, and environment.
3. In appropriate comments creates or a environment.

11.4 SEXUAL HARASSMENT AT THE WORKPLACE AND ITS IMPLICATIONS

Sexual harassment in Yoga training environments is a serious issue and can have severe legal and professional consequences. It is crucial for trainers to understand what constitutes sexual harassment, recognize its impact, and know how to address it effectively.

What Constitutes Sexual Harassment Under POSH?

According to the POSH Act, sexual harassment includes:

- Unwelcome physical contact or advances
- Demands or requests for sexual favors
- Sexually colored remarks or jokes
- Showing pornography or inappropriate images
- Any unwelcome verbal, non-verbal, or physical conduct of a sexual nature

POSH Guidelines for Yoga Trainers – Sports

The POSH Guidelines refer to the rules and procedures outlined under the Prevention of Sexual Harassment (POSH) Act, 2013, a legal framework established in India to ensure safety, dignity, and equality for women at the workplace. These guidelines apply to all work environments – including fitness centers, Yoga studios, sports training facilities, and anywhere professional instruction is provided.

1. Maintain clear boundaries:

- o Always seek consent before offering physical adjustments.
- o Clearly explain the purpose of any touch or physical guidance.

MODULE-3

Conduct Yoga Sessions to Improve Athletic Performance



Notes

MODULE-3

Conduct Yoga Sessions to Improve Athletic Performance



Notes

Professional Conduct and Workplace Safety

2. Provide safe spaces:

- o Arrange Yoga mats with adequate distance to ensure personal space.
- o Use verbal cues instead of physical adjustments whenever possible.

3. Promote awareness:

- o Educate participants about the code of conduct at the start of a session.
- o Display POSH guidelines visibly in the practice area.

4. Documentation and reporting:

- o Maintain records of any reported incidents, including time, date, and detailed accounts.
- o Report complaints promptly to the designated POSH committee or supervisor.
- o Keep all reports confidential to protect the privacy of those involved.

Legal Consequences of Violating POSH

Non-compliance with the POSH Act can have serious consequences for Yoga trainers – Sports and organizations.

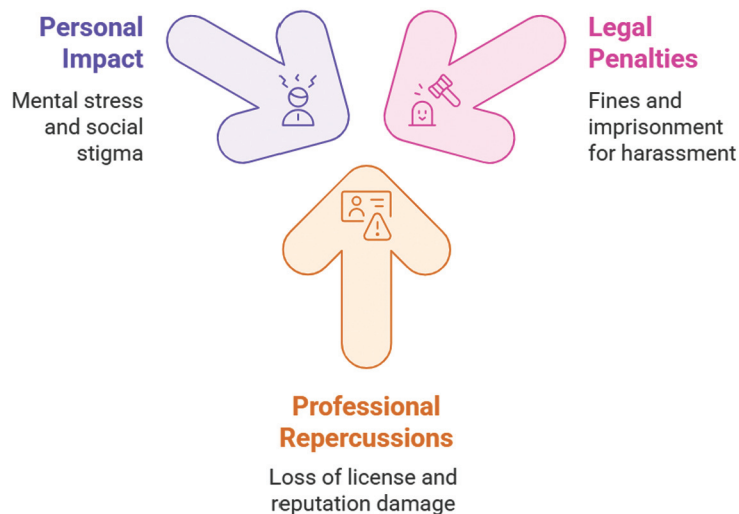


Fig. 11.2: Legal Consequences of Violating POSH

11.5 REPORTING INAPPROPRIATE BEHAVIOR

Reporting inappropriate behavior is a vital step in maintaining a safe, respectful, and professional Yoga training environment. Whether it involves verbal misconduct, physical boundary violations, or signs of harassment, timely and appropriate



Notes

reporting protects both the victim and the integrity of the session. As a Yoga Trainer – Sports, you are responsible for identifying and addressing concerns in a calm, confidential, and systematic way.

In many group or one-on-one settings, athletes may hesitate to speak up. Creating a culture where reporting is encouraged and respected helps ensure that inappropriate behavior is not ignored or normalized. It also demonstrates that the trainer prioritizes athlete well-being and legal compliance.

Steps to Report Inappropriate Behavior

Step 1: Identify the behavior clearly

Observe or listen to the complaint carefully. Determine whether the action involves boundary violations, discomfort, or potential harassment.

Step 2: Respond calmly and supportively

If someone approaches you with a concern, listen without judgment. Offer assurance that the issue will be taken seriously and handled respectfully.

Step 3: Document the incident

Write down the key details as soon as possible, including:

- Date and time
- Names of individuals involved
- Description of the behavior or incident
- Location and context

This documentation ensures there is a factual record in case of follow-up.

Step 4: Report to the appropriate authority

Inform your supervisor or the designated internal complaints committee (ICC), as required under the POSH Act. If your facility does not have a formal committee, report to the person in charge or an external POSH advisor.

Step 5: Maintain confidentiality

Do not discuss the matter with others unless required for the investigation. Protect the identities of all parties involved to maintain trust and prevent retaliation.

MODULE-3

Conduct Yoga Sessions to Improve Athletic Performance



Notes

Professional Conduct and Workplace Safety



Fig. 11.3: Best Practices While Reporting

By following these steps, Yoga trainers – Sports help uphold a respectful, safe, and inclusive environment for every athlete, reinforcing that inappropriate behavior has no place in Yoga spaces.

11.6 CREATING A RESPECTFUL ENVIRONMENT

Creating a respectful environment is essential in group Yoga sessions, especially when working with athletes who may come from different cultural, physical, and emotional backgrounds. A respectful space fosters trust, reduces performance anxiety, and motivates participants to stay engaged and give their best during practice. When athletes feel safe and valued, they are more likely to communicate openly, take constructive feedback positively, and support one another.



Fig. 11.4: Creating Respectful Environment

As a Yoga Trainer – Sports, your actions, language, and energy set the tone for the session. From the moment athletes enter the practice area to the final relaxation pose, it is your responsibility to ensure that the atmosphere promotes mutual respect, inclusivity, and emotional safety.

By creating a respectful environment, you not only enhance the group dynamic but also support long-term athlete development. A positive space becomes a foundation for motivation, cooperation, and personal growth on and off the mat.

11.7 HANDLING COMPLAINTS PROFESSIONALLY

Handling complaints in a professional manner is an important part of maintaining trust and respect within group Yoga sessions. Athletes may experience discomfort, misunderstandings, or concerns during training. How a Yoga Trainer – Sports responds to such complaints directly affects the emotional safety of the group and the credibility of the trainer.

A professional response means listening without judgment, maintaining confidentiality, and following appropriate procedures to resolve the issue. Even small concerns should be taken seriously, as ignoring them can lead to loss of motivation, group tension, or escalation of conflict.

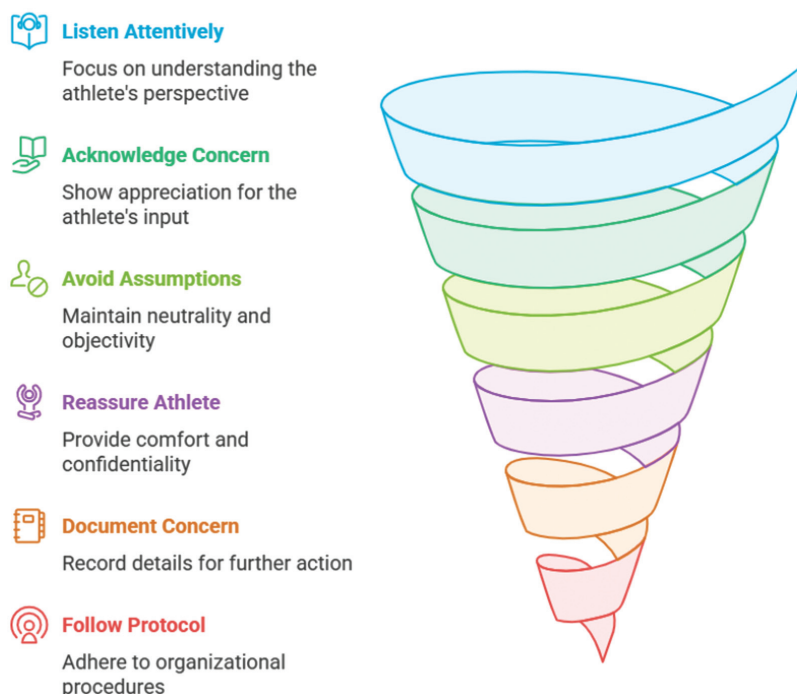


Fig. 11.5: Handling Complaints Professionally

MODULE-3

Conduct Yoga Sessions to Improve Athletic Performance



Notes

MODULE-3

Conduct Yoga Sessions to Improve Athletic Performance



Notes

Professional Conduct and Workplace Safety

Handling complaints calmly and fairly builds trust in your leadership. It shows athletes that their voice matters and that the Yoga space is one where safety and respect are always a priority.



INTEXT QUESTIONS 11.2

1. According to the POSH Act, name two behaviours that are considered sexual harassment in a Yoga training environment.
.....
.....
2. Write steps to report inappropriate behaviour.
.....
.....
3. What do you understand by a professional response?
.....
.....



WHAT HAVE YOU LEARNT

Dear learners, in this unit you have learnt:

- While conducting a Yoga session, professional conduct refers to the standards of ethics, behaviour, and sense of responsibility.
- A Yoga Trainer – Sports have to be reliable, respectful, fair and ethically grounded at all times.
- Whether working with athletes clients, or fellow staff members, a Yoga Trainer – Sports should reflect integrity, empathy, and ethical standards.
- The Yoga Trainer – Sports should adhere to Prevention of Sexual Harassment (POSH) guidelines under POSH Act 2013.
- A Yoga Trainer should ensure dignity, safety and equality for women at the Yoga centre. Yoga Trainer should maintain clear boundaries, provide safe space, promote awareness, and report and document incidents.

- A Yoga Trainer – Sports should report any inappropriate behaviour by identifying the behaviour clearly, responding to it sportively, document the incident, report to the appropriate authority, and maintain confidentiality.
- A Yoga Trainer – Sports should create a respectful environment, and handle complaints professionally.



TERMINAL QUESTIONS

1. What constitutes sexual harassment under POSH? Enumerate the POSH guidelines for Yoga Trainer – Sports.
2. Describe the process of reporting inappropriate behaviour.



ANSWER TO INTEXT QUESTIONS

11.1

1. Behaviour, Ethics and Responsibility
2. Safe, Respectful and positive
3. discomfort, hostile

11.2

1. (a) Unwelcome physical contact or advances.
(b) Sexually colored remarks or jokes
2. Step 1. Identify the behaviour clearly
Step 2. Respond calmly and supportively
Step 3. Document the incident
Step 4. Report to the appropriate authority
Step 5. Maintain confidentiality
3. A professional response means listening without judgement, maintaining confidentiality and following appropriate procedures to resolve the issue.

MODULE-3

Conduct Yoga Sessions to Improve Athletic Performance



Notes

MODULE-4: REVIEW YOGA TRAINING PROGRAM

12. Monitoring Sessions to Ensure Best Practices
13. Ensuring Safety and Correct Execution of Yoga Asanas
14. Identifying Discomfort and Body Language in Athletes/Clients
15. Performance Evaluation in Yoga Training
16. Utilizing Feedback to Improve Yoga Training Programs

KEY LEARNING OUTCOMES

At the end of this module, the trainees will be able to:

- Monitor Yoga sessions and ensure safety and correct technique.
- Identify signs of discomfort and assess performance improvements.
- Use feedback to refine Yoga programs and training methods.
- Evaluate athlete/client progress and plan further development.
- Practice motivational communication and create assessment tools.



Notes

12

MONITORING SESSIONS TO ENSURE BEST PRACTICES

Dear learners, ‘Yoga’ is a practice that connects the body, breath and mind. By improving physical aspects like flexibility, strength and balance. To monitor Yoga sessions for best practice, observe instructors ability to establish a clam environment, provide clear foundational cues for basic postures, and manage learners overwhelm by keeping instructions simple. Additionally ensure that the training emphasizes safety guidelines like advising an appropriate physical preparation and a safe practice space for more advance monitoring, consider using technology to provide real-time feedback on learners having experienced Yoga trainer review sessions to ensure holistic development.

In this unit, we will study about the importance of monitoring Yoga sessions to provide constructive feedback for continuous improvement.



OBJECTIVES

After studying this unit, you will be able to:

- understand the importance of monitoring Yoga sessions to maintain safety and effectiveness;
- develop skills to observe, assess, and guide athletes during Yoga practice;
- learn techniques to provide constructive feedback for continuous improvement.



Notes

12.1 MONITORING SESSIONS

Monitoring Yoga sessions is crucial to ensure that the athletes practice safely and effectively. By carefully observing techniques, offering corrections, and giving constructive feedback, trainers help athletes maximize the benefits of Yoga practice while minimizing the risk of injuries. Monitoring also promotes consistency and quality in Yoga sessions, fostering an environment of continuous improvement.

12.2 TECHNIQUES FOR EFFECTIVE MONITORING

For a Yoga Trainer – Sports, effective monitoring means being actively aware of how each athlete is moving, breathing, and responding to the session. It involves real-time observation, timely feedback, and the ability to adapt to individual and group needs.

To make monitoring structured and impactful, it can be categorized into four core techniques: visual observation, verbal guidance, physical correction (with consent), and athlete engagement. Each plays a unique role in maintaining form, safety, and motivation

1. Visual Observation

This is the trainer's first and most constant tool. it allows for quick detection of poor alignment, strain, or disengagement.

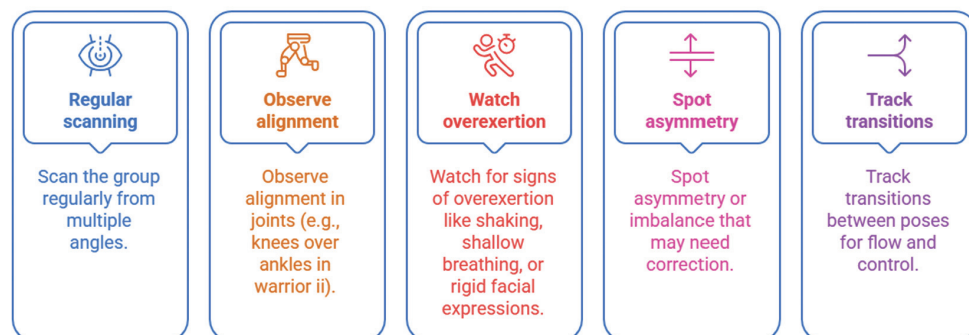


Fig. 12.1: Visual Bbservations

Tip: stand in different corners of the space for a broader field of vision and less visual fatigue.

2. Verbal Guidance

Verbal monitoring is about offering clear, concise, and motivational instructions during the session. it complements visual observation by turning what you see into useful cues.

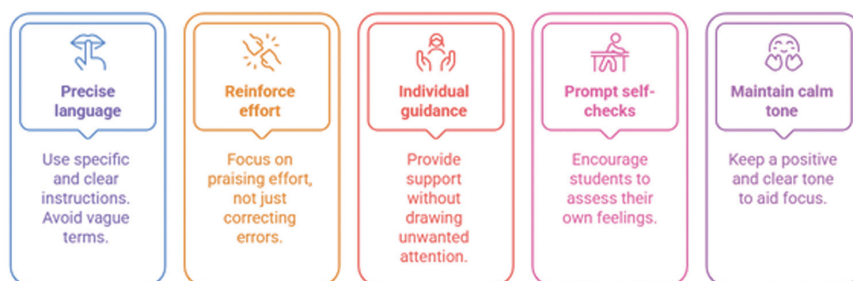


Fig. 12.2: Verbal Guidance

Tip: Use the athlete's name to personalize feedback without disrupting the group.

3. Physical Correction (with Consent)

This involves using touch to guide an athlete into better alignment – but must always be handled ethically and professionally.

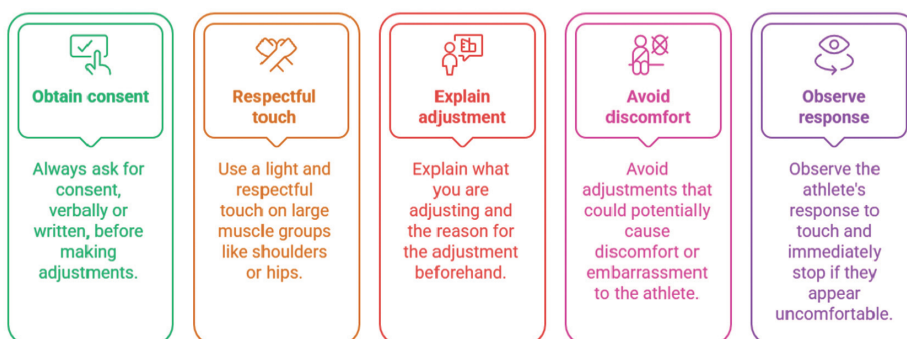


Fig. 12.3: Physical Correction

Tip: Demonstrating with props (blocks, straps) is often a safer alternative to hands-on correction.

4. Athlete Engagement and Awareness

Beyond corrections, effective monitoring involves helping athletes become more aware of their own practice.

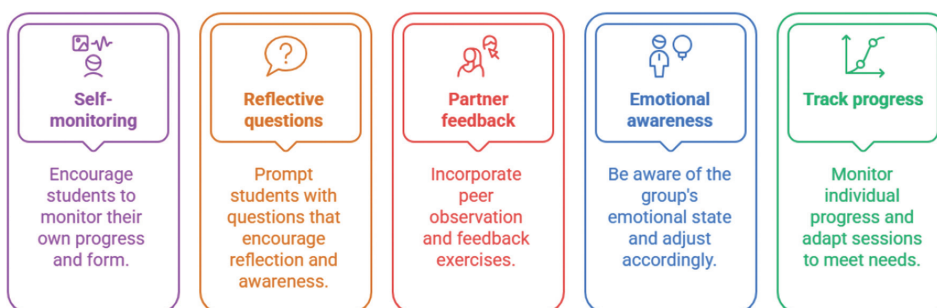


Fig. 12.4: Athlete Engagement and Awareness



Notes

MODULE-4

Review Yoga Training Program



Notes

Monitoring Sessions to Ensure Best Practices

Tip: Take mental or written notes during class to remember common corrections or patterns to revisit later.

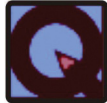
Communicating effectively during monitoring

Clear and positive communication during monitoring is vital. Trainers should be specific about what needs to change while reinforcing positive aspects of performance. Statements like “Good effort on maintaining balance; just try to keep your spine straight” encourage improvement without criticism.

Creating a supportive monitoring environment

A positive atmosphere helps athletes feel comfortable while being observed. Trainers should maintain a respectful distance, use calm tones, and avoid overly critical remarks. Encouraging athletes to self-monitor and pair up for peer monitoring can build a supportive group dynamic.

Monitoring Yoga sessions requires a combination of observation skills, effective communication, and supportive guidance. By incorporating these techniques, trainers can ensure that athletes practice safely while continuously improving their skills.



INTEXT QUESTIONS 12.1

1. What is verbal guidance?

.....

.....

.....

.....

2. What are the four core techniques that make monitoring structured and impactful?

.....

.....

.....

.....



WHAT HAVE YOU LEARNT

Dear learners, in this unit you have learnt:

- Monitoring Yoga sessions is important in order to ensure that the athletes practice safely and effectively.
- A Yoga Trainer – Sports should be actively aware of how each athlete move, breath and respond to the session.
- There are certain techniques for effective monitoring of a session. They are: Visual observation, verbal guidance, physical correction and athlete engagement and awareness.
- Yoga Trainer – Sports should effectively communicate during monitoring and create a supportive monitoring environment.
- Using any form of touch to guide an athlete should be handled ethically and professionally.



TERMINAL QUESTIONS

1. Describe how can a Yoga Trainer – Sports create a supportive monitoring environment.
2. Explain the techniques used for effective monitoring of a session.



ANSWER TO INTEXT QUESTIONS

12.1

1. Verbal monitoring is about offering clear, concise and motivational instructions during the session.
2. (a) Visual observation
(b) Verbal guidance
(c) Physical correction (with consent)
(d) Athlete engagement



Notes



Notes

13

ENSURING SAFETY AND CORRECT EXECUTION OF YOGA ASANAS

Dear learners, in the previous unit you have learnt about the importance and techniques of monitoring the Yoga sessions to provide constructive feedback for continuous improvement. To ensure safety and correct execution of Yoga Asanas, you must listen to your body, avoid pain, use props for support, synchronize movements with breath and practice gradually to build strength and flexibility. Always warm up, cool down with relation and avoid strenuous postures with certain injuries. Proper alignment, guided by a Yoga trainer is critical to preventing injury and maximizing benefits.

In this unit you will study about essential safety measures when athletes/clients perform Yoga Asanas.



OBJECTIVES

After studying this unit, you will be able to:

- apply essential safety measures when athletes/clients perform Yoga Asanas;
- identify and correct common execution errors in Yoga techniques.

13.1 SAFETY WHILE PERFORMING ASANA

Safe practice transforms Yoga from mere movement into mindful skill. This unit equips you to set up sessions that protect athletes' bodies, spot misalignments early, and guide adjustments that enhance performance and prevent injury.



1. Preparing for Safe Practice

Before attempting any asana, ensure both the environment and the athlete are adequately prepared:

- **Warm-up sequence:** Include five minutes of dynamic movements such as arm circles, hip openers, or light lunges. These elevate muscle temperature and improve joint lubrication, reducing injury risk.
- **Space check:** Clear the floor of any obstructions and ensure the use of non-slip mats to prevent slipping or tripping.
- **Athlete briefing:** Clearly explain the goals of the session, highlight the focus of key asanas, and inquire about any pre-existing injuries. This helps you tailor safe modifications in advance.

2. Alignment and Execution

Correct alignment ensures that biomechanical forces are distributed safely across joints and muscles. A few critical principles include:

- **Joint stacking:** In poses like high lunge, align the knee directly over the ankle and in line with the hip. This reduces knee strain.
- **Spinal neutrality:** In forward folds, hinge from the hips and keep a straight spine. If needed, micro-bend the knees to accommodate tight hamstrings.
- **Shoulder engagement:** In downward dog, externally rotate the shoulders to redirect pressure away from the joints and distribute weight effectively across the arms and back.

3. Monitoring and Feedback Loop

Continuous observation during the session helps catch small errors before they become risks:

- **Visual cues:** Look for signs such as shaking limbs, holding the breath, or tense facial expressions, which may indicate discomfort or misalignment.
- **Verbal check-ins:** Ask open-ended questions like “How does this feel?” to encourage honest feedback.
- **Progressive adjustments:** Rather than forcing a deeper stretch, offer prop suggestions such as increasing the height of a block or modifying the angle of a pose.

MODULE-4

Review Yoga Training Program



Notes

Ensuring Safety and Correct Execution of Yoga Asanas

4. Practical Adjustment Protocol

To safely support an athlete's posture, follow this five-step correction model:

- **Consent:** Always ask before making physical contact.
- **Assessment:** Observe the pose visually and verify with verbal feedback.
- **Cueing:** Give clear verbal instructions to guide the correction.
- **Gentle touch:** Apply minimal, intentional contact only when needed to support alignment.
- **Recheck:** After the adjustment, observe and ask if the change improved comfort or stability.

This system helps ensure that any correction is both effective and respectful, enhancing trust while reducing risk.

While understanding general safety principles is essential for setting up effective Yoga sessions, trainers must also be equipped to recognize specific mistakes that athletes often make during asana practice. These subtle errors, if uncorrected, can lead to discomfort or injury over time. The following section outlines common postural mistakes and offers simple, safe corrections to support better alignment and performance.

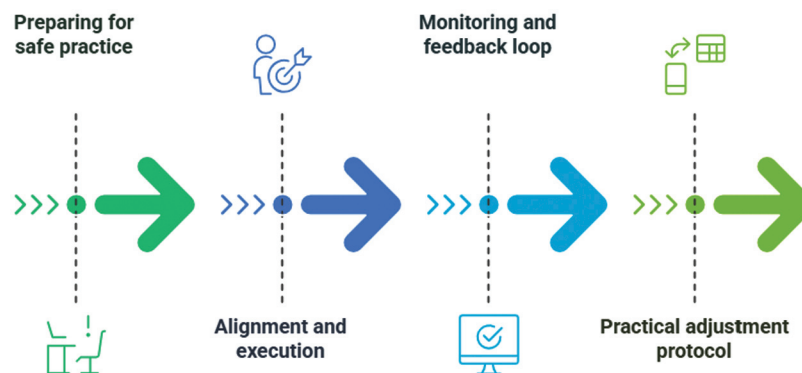
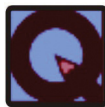


Fig. 13.1: Ensuring Safety while Performing Asana



INTEXT QUESTIONS 13.1

1. Why is it important to conduct an athlete briefing before starting a Yoga session?

.....

.....

2. Write any two safety measures while performing Asanas.

.....

.....

13.2 COMMON ERRORS VS. SAFE CORRECTIONS

As a Yoga Trainer – Sports, your primary role is to ensure that every athlete performs asanas with both confidence and safety. This means constantly observing their posture to spot mistakes in alignment, balance, or technique. You are responsible for offering gentle corrections using verbal cues or props, rather than forceful adjustments. By helping athletes develop body awareness, you not only improve their performance but also protect them from potential injuries. Your role also includes modifying poses based on individual needs, such as flexibility limits or past injuries. Through this careful and respectful guidance, you create a safe and empowering environment for growth.

Before teaching asanas, a Yoga Trainer – Sports must know how to recognize common mistakes and correct them in a safe and respectful way. These errors can be grouped into four main categories: alignment issues, weight distribution errors, flexibility-related mistakes, and awareness/technique lapses. Each category includes specific examples and easy corrections you can use during the sessions.

A. Alignment Issues

Alignment is one of the most important aspects of practicing Yoga safely and effectively. It refers to how the joints, muscles, and bones are positioned in relation to each other while performing an asana. When the alignment is correct, the body moves in harmony – distributing weight evenly, engaging the right muscles, and protecting sensitive joints like the knees, spine, and shoulders.

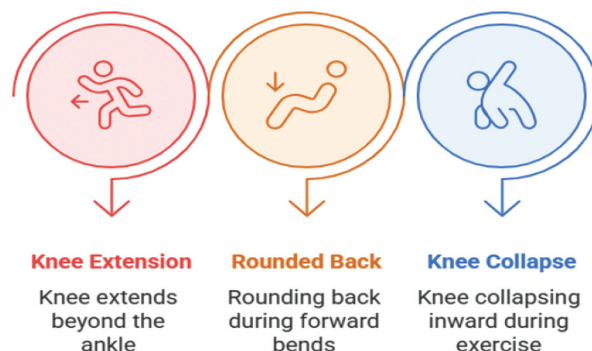


Fig. 13.2: Alignment Issues



Notes

MODULE-4

Review Yoga Training Program



Notes

Ensuring Safety and Correct Execution of Yoga Asanas

Many athletes, especially beginners, often struggle with alignment because of lack of awareness, flexibility limitations, or the desire to go deeper into the pose quickly. These small mistakes – like pushing the knee past the ankle or curving the spine in a forward bend – can create unnecessary strain and increase the risk of injury over time. As a Yoga Trainer – Sports, your responsibility is not only to demonstrate correct posture but also to observe closely, identify misalignments, and offer verbal cues or physical corrections when necessary. By helping athletes understand and feel proper alignment, you empower them to practice safely and confidently.

These errors happen when body parts are not in their ideal position during a pose. This can strain joints and muscles or reduce the benefits of the pose.

1. Knee moving beyond ankle

- **Pose example:** High lunge, warrior I, warrior II
- **Mistake:** The front knee goes ahead of the ankle.
- **Why it's risky:** This puts pressure on the knee joint.
- **Safe correction:** Stack the knee directly above the ankle to keep a stable and safe angle.

2. Rounding the back in forward bends

- **Pose example:** Standing forward fold, seated forward fold
- **Mistake:** Spine curves and knees lock during bending.
- **Why it's risky:** This strains the lower back and over-stretches hamstrings.
- **Safe correction:** Bend slightly at the knees and hinge from the hips with a straight back.

3. Knee collapsing inward

- **Pose example:** Warrior II
- **Mistake:** Front knee falls inward instead of staying aligned.
- **Why it's risky:** It weakens the pose and strains inner knee ligaments.
- **Safe correction:** Gently guide the knee outward so it stays over the second toe.

B. Weight Distribution Errors

In Yoga, how the body distributes its weight plays a major role in maintaining

balance, joint safety, and muscle engagement. Many common mistakes come from putting too much weight on one part of the body – like the wrists in downward dog or the toes in chair pose – while ignoring others. These imbalances can create tension in joints, cause fatigue, or even lead to long-term injury if repeated over time. For example, leaning forward and lifting the heels in chair pose makes the posture unstable and puts pressure on the knees. Similarly, in plank pose, if the hips sag or lift too high, the alignment breaks and the core becomes less effective. As a Yoga Trainer – Sports, it is essential for you to help athletes feel where their weight should go in each pose.

By using simple cues such as “press into your heels” or “spread the weight across your palms,” you can guide them toward safer, more stable postures and stronger practice habits.

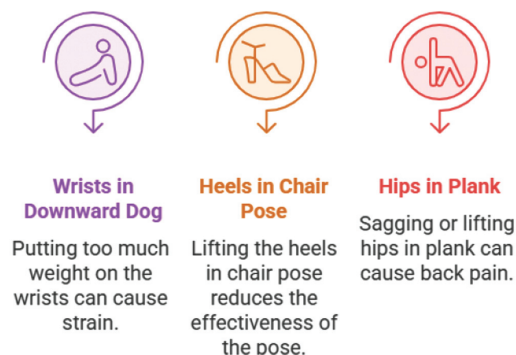


Fig. 13.3: Weight Distribution Errors

These mistakes involve placing too much pressure on certain body parts, usually due to poor balance or lack of awareness.

1. Putting weight on wrists in downward dog

- **Pose example:** Downward dog (Adho Mukha Svanasana)
- **Mistake:** Shoulders collapse and wrists bear all the weight.
- **Why it's risky:** This causes wrist pain and weakens the upper body.
- **Safe correction:** Press the hips up and back, engage arms, and spread fingers to distribute weight evenly.

2. Lifting heels in chair pose

- **Pose example:** Utkatasana (chair pose)
- **Mistake:** Heels lift and body leans too far forward.



Notes

MODULE-4

Review Yoga Training Program



Notes

Ensuring Safety and Correct Execution of Yoga Asanas

- **Why it's risky:** This can cause imbalance and strain the knees.
- **Safe correction:** Shift weight into the heels, keep the chest open, and sit back like on a chair.

3. Sagging or lifted hips in plank

- **Pose example:** Plank (phalakasana)
- **Mistake:** Hips dip too low or rise too high.
- **Why it's risky:** This causes stress on the lower back or weakens core engagement.
- **Safe correction:** Keep the body in a straight line and tighten the abdominal muscles.

C. Flexibility Misjudgements

Flexibility varies from person to person. While some athletes may be naturally bendy, others may feel stiff or tight in certain poses. The problem arises when individuals try to force their bodies into deep stretches without considering their current ability. This often happens in backbends or twists, where athletes push too far, thinking it will improve their flexibility faster.

Instead, it causes the muscles or joints to overextend, leading to discomfort or even injury. For example, in bridge pose, lifting the chest too high without core engagement can compress the lower back. In seated twists, rotating forcefully from the shoulders rather than gradually from the spine reduces the benefit and increases the risk. As a trainer, your job is to encourage patience and body respect. Teach your athletes how to use props, adjust range of motion, and focus on proper technique rather than depth. This builds sustainable flexibility while keeping them safe.

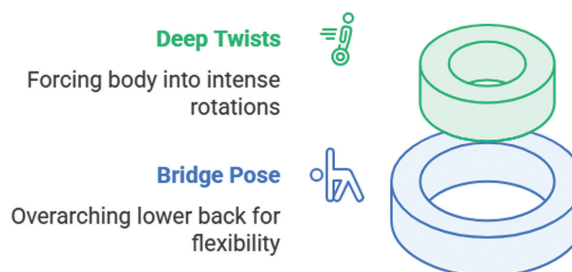


Fig. 13.4: Flexibility Misjudgements

These errors occur when athletes push beyond their range or don't modify poses based on their flexibility level.



1. Overarching the lower back in Bridge Pose

- **Pose example:** Bridge pose (Setu Bandhasana)
- **Mistake:** Lifting the chest too high and letting the lower back arch.
- **Why it's risky:** It can compress the spine and lead to back pain.
- **Safe correction:** Engage glutes and core, lift the hips with control, and avoid forcing the rib cage upward.

2. Forcing deep twists

- **Pose example:** Seated spinal twist (Ardha Matsyendrasana)
- **Mistake:** Twisting forcefully from shoulders.
- **Why it's risky:** It reduces the effect of the twist and can cause strain.
- **Safe correction:** First lengthen the spine, then rotate gently from the navel upward.

D. Poor Awareness or Technique

Even with good strength and flexibility, poor awareness or faulty technique can limit the benefits of a Yoga pose and expose the athlete to risk. Many errors happen simply because athletes aren't fully aware of what their bodies are doing in the moment. They may place their foot on the knee in tree pose without realizing the joint stress it creates, or they may drop the head too far back in camel pose without noticing spinal compression. These small but important mistakes often go unnoticed until discomfort arises.

The solution lies in building body awareness and teaching mindful movement. As a Yoga Trainer – Sports, you must help athletes stay present and observe their own alignment, breath, and muscular engagement. Use clear instructions, ask reflective questions like “Where do you feel the stretch?” and gently correct their technique. Over time, this not only improves safety but also deepens the connection between mind and body in every pose.

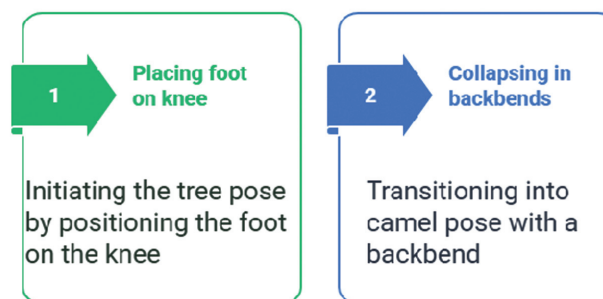


Fig. 13.5: Poor Awareness or Technique

MODULE-4

Review Yoga Training Program



Notes

Ensuring Safety and Correct Execution of Yoga Asanas

1. Placing foot on knee in Tree Pose

- **Pose example:** Vrikshasana (Tree Pose)
- **Mistake:** Foot presses directly on the standing knee.
- **Why it's risky:** This puts unnecessary pressure on the joint.
- **Safe correction:** Place the foot either above or below the knee, avoiding the joint completely.

2. Collapsing in backbends like Camel Pose

- **Pose example:** Camel Pose (Ustrasana)
- **Mistake:** Lower back is forced and head drops backward suddenly.
- **Why it's risky:** This can cause dizziness and spine discomfort.
- **Safe correction:** Engage thighs and core, lift through the chest, and keep the neck long and controlled.

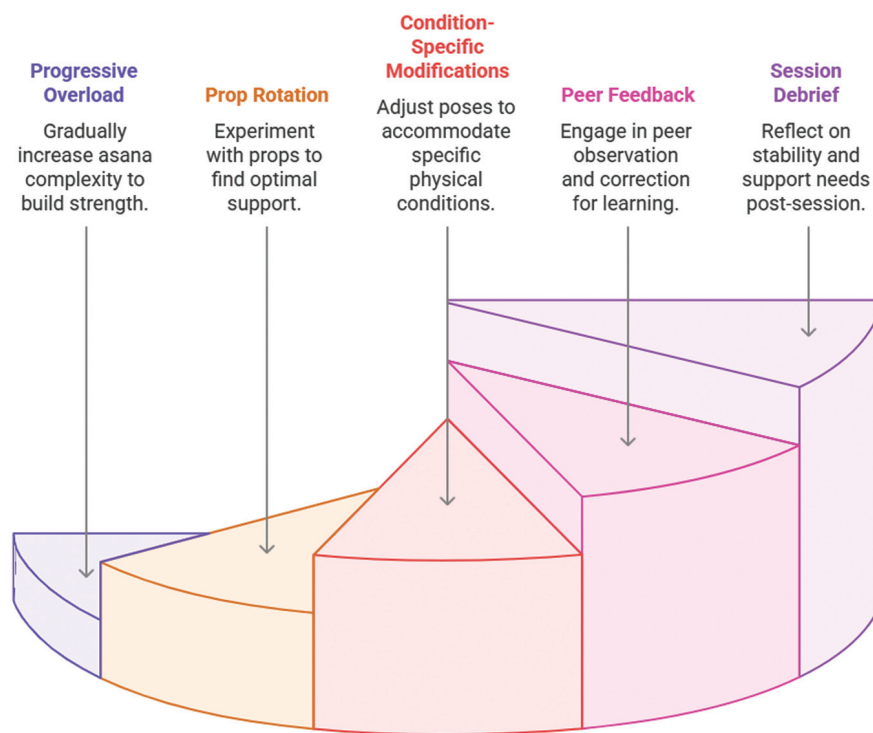
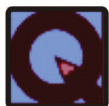


Fig. 13.6: Practical Tips for Real Session

By following these safety protocols and corrective strategies into your sessions, you'll foster athletes' confidence, enhance their performance, and minimize injury risk – making every Yoga practice both secure and transformative.



INTEXT QUESTIONS 13.2

Fill in the blanks:

1. is one of the most important aspects of practicing Yoga safely and effectively.
2. Imbalances while doing Yogasanas can create cause fatigue.
3. Even with good strength and flexibility can limit the benefits of a Yoga pose.



WHAT HAVE YOU LEARNT

Dear learners, in this unit you have learnt:

- As a Yoga Trainer – Sports it is essential to practice safety measure while conducting a Yoga session.
- A trainer should set up sessions in a manner, preventing misalignment, guide adjustments, and protect athletes.
- While preparing for safe practice there should be warm-up sequence, evaluating the space, followed by athletes briefing.
- The correct alignment principles includes: joint stacking, spinal neutrality and shoulder engagement.
- Monitoring and feedback loop includes visual clues, verbal check-ins, and progressive adjustments.
- The practical adjustment protocol is a five step correction model, including consent, assessment, cueing, gentle touch and recheck.
- The common errors while performing poses, can relate to alignment, balance or technique.
- Flexibility varies from person to person. The Yoga Trainer – Sports should teach athletes how to use props, adjust range of motion, and focus on proper technique rather than depth. This builds flexibility while keeping athletes safe.
- By following safety protocols and corrective methods, a Yoga Trainer – Sports can build confidence in athletes and enhance their performance. This also reduces injury risk, leading to safe and transformative Yoga practice.

MODULE-4

Review Yoga Training Program



Notes

MODULE-4

Review Yoga Training Program



Notes

Ensuring Safety and Correct Execution of Yoga Asanas



TERMINAL QUESTIONS

1. Describe the steps of practical adjustment protocol.
2. What are the common errors while performing Asanas? Explain the corrective measures for: weight distribution errors; and poor techniques.



ANSWER TO INTEXT QUESTIONS

13.1

1. It clearly explains the goals of the session highlight the focus of key asanas and inquire about any pre-existing injuries.
2. (a) Preparing for safety practice
(b) Alignment and execution
(c) Monitoring and feedback loop
(d) Practical adjustment protocol

13.2

1. Alignment
2. Tension in joints
3. Poor awareness or technique



Notes

14

IDENTIFYING DISCOMFORT AND BODY LANGUAGE IN ATHLETES/CLIENTS

Dear learners, in the previous unit you have studied about essential safety measure and correct common execution error in Yoga techniques. Identifying an athletes/client discomfort through their body language is crucial for trainers and team mates to provide support, understand performance and identify potential mental health issues as non-verbal cues like facial expression, postures and specific actions convey internal states such as anxiety, fear and frustration by observing and interpreting these cues, observers can gain insight into an athletes psychological state and influencing their performance.

In this unit, we will study about to recognize key non-verbal cues that signal discomfort in athletes/clients and implement empathetic, effective responses that restore safety and confidence in them.



OBJECTIVES

After studying this unit, you will be able to:

- recognize key non-verbal cues that signal discomfort in athletes/clients;
- interpret these cues accurately to inform immediate corrections;
- implement empathetic, effective responses that restore safety and confidence.

14.1 DISCOMFORT IN YOGA

Discomfort in Yoga often speaks louder than words. This section will deepen your ability to detect subtle signals – like a tightening jaw or an unsteady gaze – and

MODULE-4

Review Yoga Training Program



Notes

Identifying Discomfort and Body Language in Athletes/Clients

convert those observations into precise, compassionate interventions that keep practice safe and empowering.

Signs of Discomfort

Signs of discomfort can emerge through both what athletes say and how their bodies respond. An athlete might utter a soft groan, hesitate mid-movement, or let out an involuntary sigh when a pose becomes too intense. At the same time, nonverbal signals – such as a furrowed brow, clenched jaw, hunched shoulders, or a sudden shift of weight – reveal hidden tension. Irregular breathing patterns like rapid, shallow breaths or audible gasps further indicate strain, while tightened muscles or a subtle withdrawal from the stretch show the body's instinct to protect itself. By noticing these spoken and unspoken cues, you can step in with timely modifications or supportive props to keep practice safe and empowering.

As a Yoga Trainer – Sports, one of your key responsibilities is to observe athletes during practice and identify any signs that they are experiencing discomfort or strain. Not all athletes will speak up if something feels wrong – so learning to read their body language and listen for subtle verbal cues becomes essential. Spotting these signs early helps you make timely corrections, prevent injury, and build trust with the practitioner.

A. Body Language

These are non-verbal clues that someone might be struggling or in pain during an asana:

- **Tense facial expressions:** Tight jaw, clenched teeth, or furrowed brows often signal effort beyond comfort.
- **Shaking muscles:** Visible tremors, especially in the arms or legs, indicate fatigue or overexertion.
- **Holding the breath:** If an athlete suddenly stops breathing naturally, it may be a response to discomfort or instability.
- **Excessive fidgeting:** Constant repositioning or adjusting may show that the athlete is not at ease.
- **Avoiding eye contact:** Sometimes a person who is struggling may look away, showing hesitation or uncertainty.
- **Collapsing posture:** Drooping shoulders, slumped back, or loss of balance are clear signs the body needs support.

- **Pulling out of the pose quickly:** Leaving the asana abruptly without cue can indicate pain or discomfort.

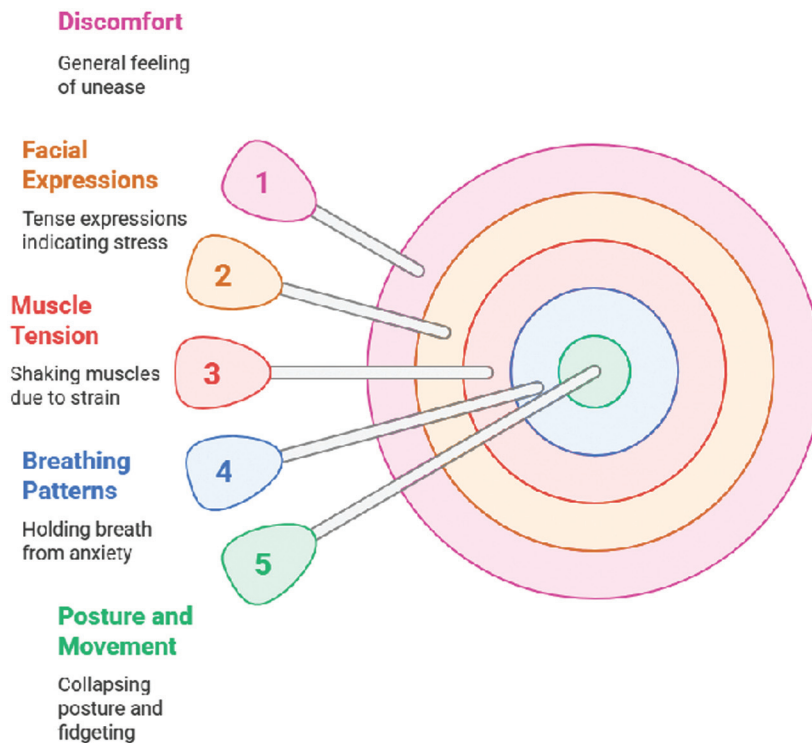


Fig. 14.1: Non-verbal Cues for Discomfort

B. Verbal Cues of Discomfort

Some athletes may express unease using phrases or tone changes. Trainers must listen actively:

- **Uncertain responses:** Phrases like *"I think it's okay..."* or *"Maybe I'm doing it right?"* suggest lack of confidence.
- **Direct complaints:** Words like *"This hurts,"* *"I feel pressure here,"* or *"My back doesn't feel right"* should never be ignored.
- **Asking for props or rest:** If someone requests a block, strap, or a break, they may be reaching their limit.
- **Unusual silence:** If a normally expressive athlete becomes very quiet, it may mean they are internally struggling.
- **Wincing or small gasps:** Even subtle sounds can reveal hidden discomfort that words do not express.



Notes

MODULE-4

Review Yoga Training Program



Notes

Identifying Discomfort and Body Language in Athletes/Clients

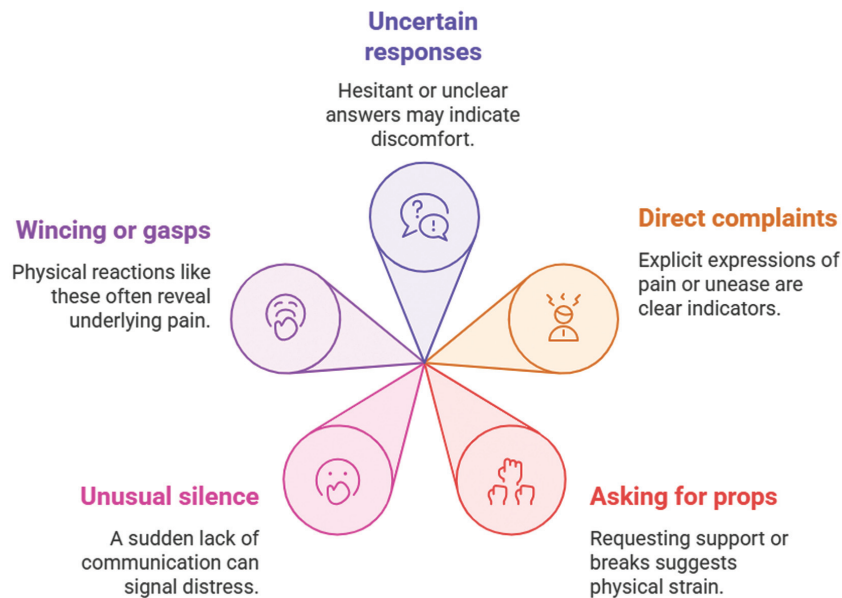


Fig. 14.2: Verbal Cues for Discomfort

Some Practical Insights for Signs of Discomfort

Here are some real-world practical insights for common poses you to understand how you should interpret silent body cues and offer support:

Pigeon Pose (Eka Pada Rajakapotasana)

During deeper hip-opening poses like Pigeon Pose (Eka Pada Rajakapotasana), athletes may not always voice their discomfort. For example, if an athlete gradually shifts their hips backward or closes their eyes tightly, it can be a silent sign of stress or strain in the hip joint. Even though they may appear calm and still, these subtle movements are red flags that the pose may be too intense. As a trainer, you should gently check in, offer a prop like a cushion under the hip, or suggest easing out slightly from the pose to reduce pressure.

Plank Pose (Phalakasana)

When holding plank pose, if an athlete's hips start to drop slowly or their shoulders begin rounding forward, it's often a sign of core fatigue or poor alignment. Even if they don't complain, their form tells you they need support. Remind them to engage their core, press through the heels, or rest in child's pose briefly if needed.

Camel Pose (Ustrasana)

In camel pose, if an athlete tilts their head too far back, starts gripping their thighs tightly, or closes their eyes quickly, it may mean they're feeling dizzy or overstretching.

the back. Instead of pushing deeper, guide them to keep the neck long, engage the thighs, and come out slowly with control.

Chair Pose (Utkatasana)

While holding chair pose, if you notice an athlete lifting their heels or wiggling their toes nervously, it's a sign that their weight has shifted too far forward. This can create knee strain. Cue them to press their heels into the mat and sit the hips back, as if lowering into a chair.

Seated Forward Fold (Paschimottanasana)

If an athlete tries to pull themselves deeper using their arms, or you notice their shoulders tensed up near their ears, it may indicate they're forcing the pose beyond their hamstring flexibility. Encourage them to bend their knees slightly, relax their shoulders, and focus on a long spine rather than reaching the toes.

**INTEXT QUESTIONS 14.1****Multiple Choice Questions:**

1. During a group Yoga session, what might it mean if an athlete shifts, clenches their jaw and avoid eye contact in Warrior II?
 - (a) The athlete is likely experiencing discomfort and may need support or a modification
 - (b) The athlete is simply trying to push themselves harder.
 - (c) The athlete is fully focused and in deep concentration
 - (d) The athlete is demonstrating proper technique and should be left alone.
2. During a Group Yoga Session what should be done if an athlete complaints "This hurts"
 - (a) It should be ignored and continue the session
 - (b) It should never be ignored
 - (c) That asana should not be done by athlete again
 - (d) None of the above.

14.2 RESPONSE PROTOCOL: THE C.A.R.E FLOW

Even with good guidance, athletes may experience discomfort during Yoga sessions. Some may stay silent while others hesitate to ask for help. As a Yoga Trainer – Sports, you need a calm and structured way to respond the moment you

**Notes**

MODULE-4

Review Yoga Training Program



Notes

Identifying Discomfort and Body Language in Athletes/Clients

notice signs of strain – whether it’s a clenched jaw, shifting weight, or shallow breathing. The C.A.R.E. model is a simple and helpful method that reminds trainers to **Confirm**, **Adjust**, **Reassure**, and **Evaluate** when someone appears uncomfortable. This approach not only prevents injury but also builds trust and encourages athletes to listen to their own body.

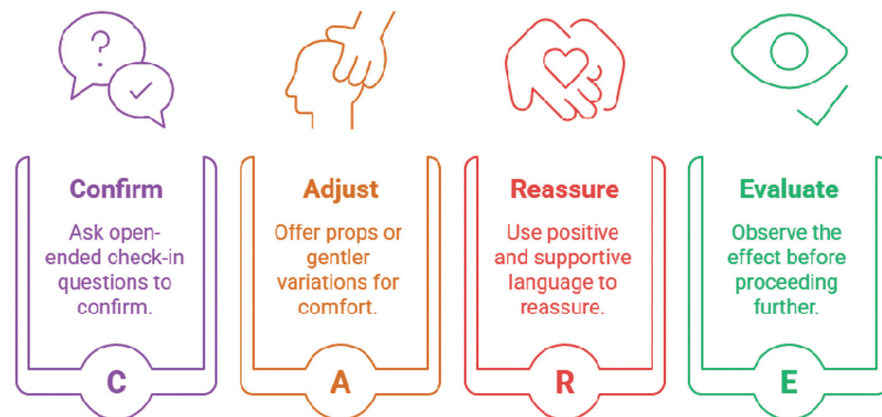


Fig. 14.3: What is C.A.R.E Flow

C – Confirm (ask open-ended check-in)

Start by gently checking in with the athlete. Instead of giving commands, ask open-ended questions like “How does this feel in your hips?” or “Is there any tension here?” This creates a safe space for them to share honestly and shows that you’re listening and observing without judgment.

A – Adjust (offer props or a gentler variation)

If the athlete shows discomfort, offer a simple adjustment. This might be a block, cushion, wall support, or even a modified version of the pose. Avoid pushing deeper. Instead, create ease. For example, if their hips are tight in pigeon pose, suggest placing a block under the hip to reduce strain.

R – Reassure (use positive, supportive language)

Athletes often feel pressure to “do it right” or match others in the room. Use warm and calming words to reassure them. Say things like, “It’s okay to ease out,” or “You’re doing great by listening to your body.” This helps reduce stress and builds confidence in their own practice.

E – Evaluate (observe the effect before proceeding)

After making a change, take a moment to observe. Is their breathing smoother? Do they look more stable? Ask how it feels now. This step ensures that your adjustment helped and gives you valuable feedback to guide future cues and corrections.

Below are common signs of discomfort and how to respond using the C.A.R.E. method.

1. Clenched jaw or furrowed brows

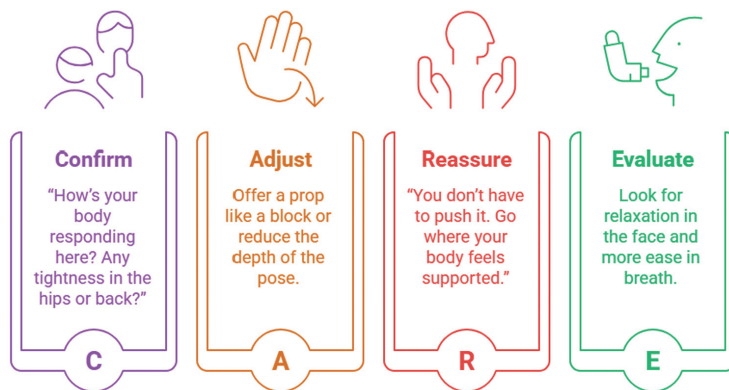


Fig. 14.4: C.A.R.E. Flow for Clenched Jaw or Furrowed Brows

2. Weight shifting away from the stretch

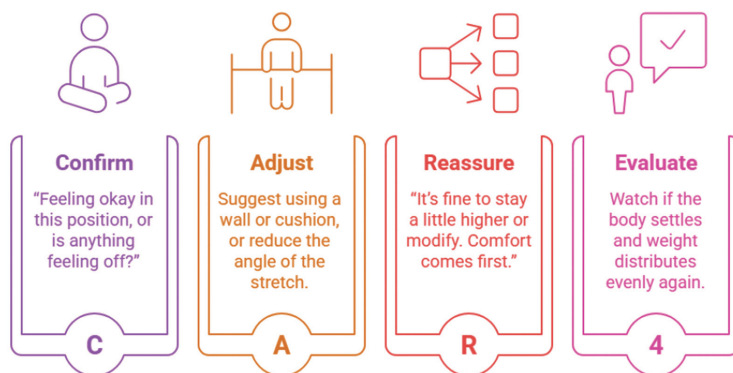


Fig. 14.5: C.A.R.E. flow for weight shifting away from the stretch

3. Shallow, rapid breathing

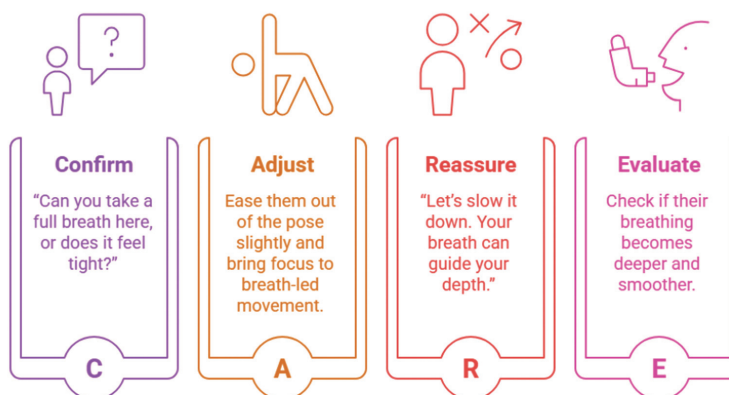


Fig. 14.6: C.A.R.E. Flow for Shallow, Rapid Breathing



Notes

MODULE-4

Review Yoga Training Program



Notes

Identifying Discomfort and Body Language in Athletes/Clients

4. Soft groans or sudden exhalations

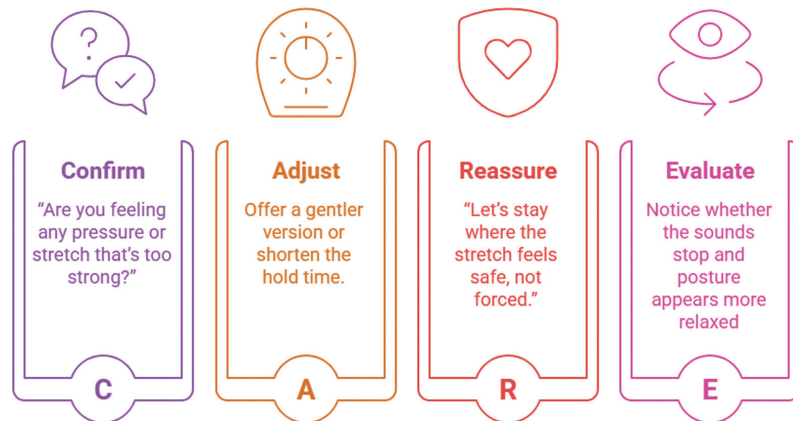


Fig. 14.7: C.A.R.E. Flow for Soft Groans or Sudden Exhalations

5. Tensed shoulders or retracted hips

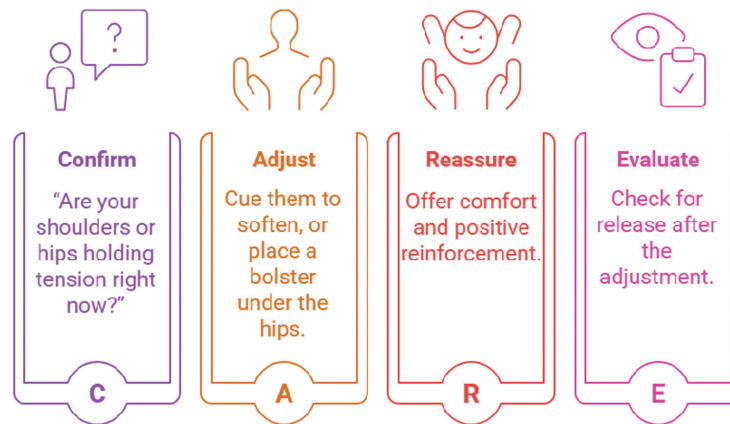
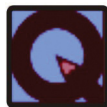


Fig. 14.8: C.A.R.E. Flow for Tensed Shoulders or Retracted Hips

By mastering these detection and CARE response techniques, you'll create an environment where athletes feel seen and safe – transforming each cue of discomfort into an opportunity for growth and resilience.



INTEXT QUESTIONS 14.2

Multiple Choice Questions:

1. Full form for CARE is
 - (a) Confirm, Adjust, Reassure, Evaluate
 - (b) Confirm, Alignment, Reassure, Educate

- (c) Comprise, Adjust, Reliance, Enumerate
 - (d) Confirm, Adjust, Receptive, Evaluate
2. Signs of strain are
- (a) Clenched jaw, shifting weight or shallow breathing
 - (b) Tensed shoulders or retracted hips
 - (c) Soft groans or sudden exhalations
 - (d) All of the above.

**WHAT HAVE YOU LEARNT**

Dear learners, in this unit you have learnt:

- While practicing Yoga Asanas, the athletes may experience discomfort as well, verbally or non-verbally. A Yoga Trainer – Sports can convert such observations into precise, and compassionate interventions, and keep the Yoga practice safe and empowering.
- The signs of discomfort may emerge into the form of body language or verbal cues.
- The non-verbal cues (body language) may include tense facial expression; shaking numbers, holding the breath, excessive fidgeting, avoiding eye contact, collapsing posture, and pulling out of the pose quickly.
- The verbal cues of discomfort includes uncertain responses, direct complaints, asking for props or rest, unusual silence or wincing.
- The CARE model is a simple and helpful method that reminds trainer to confirm, Adjust, Reassure, and Evaluate when an athlete appears uncomfortable.
- C stands for Confirm where the trainer can ask open ended questions to check in with the athletes.
- A stands for Adjust where the trainer can offer props or a gentle variation.
- R stands for Reassure, where a trainer can use positive and supportive language.

MODULE-4**Review Yoga Training Program****Notes**

MODULE-4

Review Yoga Training Program



Notes

Identifying Discomfort and Body Language in Athletes/Clients

- E stands for evaluate where the trainer needs to observe the effect before proceeding.
- By adopting CARE response technique a trainer can convert a session into an opportunity for growth and resilience.



TERMINAL QUESTIONS

1. Explain the signs of discomforts exhibited through body language, during a Yoga session.
2. Describe the CARE flow response protocol. How can the model help in overcoming discomfort faced during the Yoga session.



ANSWER TO INTEXT QUESTIONS

14.1

1. (a)
2. (b)

14.2

1. (a)
2. (b)



Notes

15

PERFORMANCE EVALUATION IN YOGA TRAINING

Dear learners, in the previous unit you have studied about the key non-verbal cues athlete signal discomfort in athletes/clients and implement empathetic, effective response that restore safety and confidence. Performance evaluation in Yoga training assesses a trainee's skill development, knowledge and personal growth, encompassing physical proficiency, teaching methodology, alignment, anatomy and the ability to adapt poses for different learners. Evaluation methods range from practical exercises and teaching demonstrations to personal practice logging and subjective self-assessment.

In this unit, we will study about the pre- and post-training performance metrics and conduct structure performance assessments and interpret the results accurately.



OBJECTIVES

After studying this unit, you will be able to:

- compare athletes' pre- and post-training performance metrics to measure progress;
- identify key factors that influence athletes' improvement in Yoga;
- conduct structured performance assessments and interpret the results accurately.

15.1 PERFORMANCE EVALUATION

Performance evaluation is the process of observing and analyzing how athletes perform Yoga techniques – physically, mentally, and energetically. The goal is to help them improve posture, breath control, and focus through structured feedback.

MODULE-4

Review Yoga Training Program



Notes

Performance Evaluation in Yoga Training

It is not just about spotting errors, but about guiding progress with care, professionalism, and clarity.

Importance of Evaluation

- Helps athletes improve by identifying strengths and gaps
- Prevents injuries through early correction of poor form
- Builds confidence and discipline in regular practice
- Supports trainer decisions when modifying sessions
- Enables formal certification, skill upgrades, or job readiness
- Encourages athletes to become more self-aware and reflective

15.2 EVALUATION METHODS

Once you understand what performance evaluation is, the next step is to learn how to carry it out. Trainers use various methods depending on whether the goal is to provide gentle classroom feedback or conduct formal assessments. These methods are grouped into informal and formal categories based on when, how, and why they are used.

A. Informal Methods

Informal methods are used during regular training sessions. They are gentle, ongoing observations and conversations that help trainers understand how athletes are doing in real time. These methods allow immediate adjustments and build better rapport.

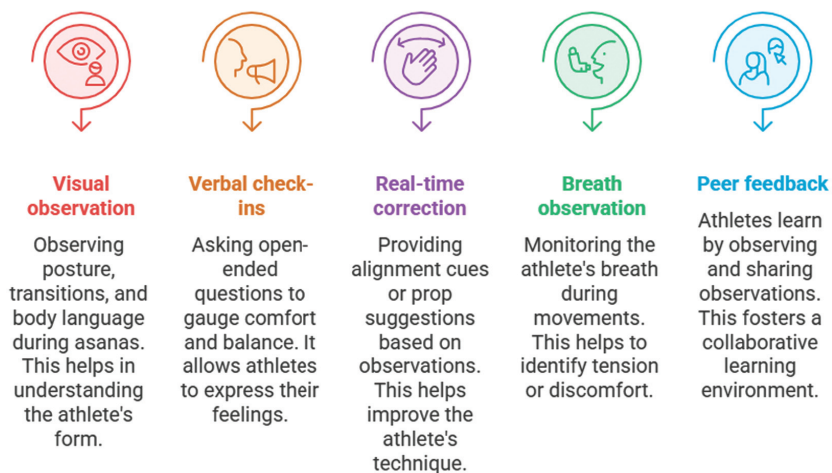


Fig. 15.1: Informal Methods of Evaluation

These informal methods are used daily and are valuable because they offer instant insight without the pressure of grading.

B. Formal Methods

Formal evaluation methods are used during exams, skill tests, or certification processes. They follow a fixed format and offer measurable, fair scoring for all students.

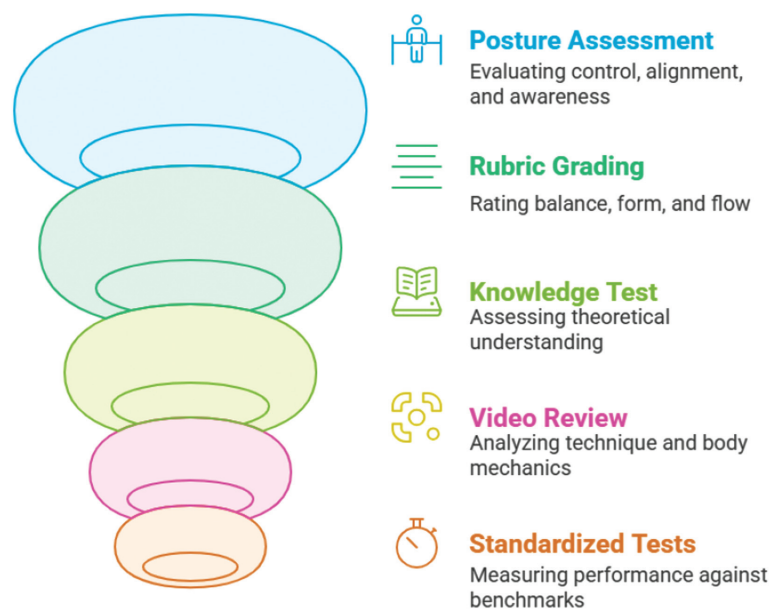


Fig. 15.2: Formal Methods of Evaluations

Now that we understand formal evaluation, let's explore standardized testing – a special kind of formal method often used for national-level assessments and final skill grading.

15.3 STANDARDIZED PERFORMANCE TESTS

Standardized tests help ensure fairness and consistency when evaluating every athlete. Each student is tested under the same conditions, using the same criteria. This allows objective comparison, clear scoring, and formal documentation of skill levels.

These tests are especially important during examinations, certification stages, or skill-level upgrades.



Notes

MODULE-4

Review Yoga Training Program



Notes

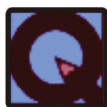
Performance Evaluation in Yoga Training

Table 15.1: Standardized Performance Tests

Test Type	Measures	Example
Posture holding test	Endurance and muscular control	Hold warrior II for 60 seconds
Range of motion test	Flexibility in joints and muscles	Measure distance in seated forward fold
Static balance test	Stability and focus	Hold tree pose on one foot
Breath control test	Capacity and control of breath	Perform 4:4:4 breathing cycle smoothly
Strength endurance test	Core and upper body strength	Hold plank with proper alignment
Theory/written test	Knowledge of Yoga concepts	Multiple-choice, oral, or fill-in-the-blank

These tests are always conducted with safety in mind. Trainers must warm up athletes beforehand and observe calmly during the test.

To support Yoga Trainers – Sports in carrying out effective performance evaluation, several tools can be used alongside formal and informal methods. These tools help trainers document sessions, track long-term progress, guide communication, and build self-awareness in athletes. Using these resources regularly ensures evaluations are consistent, supportive, and growth-oriented.



INTEXT QUESTIONS 15.1

Match the column:

A

1. Posture holding test
2. Breath control test
3. Strength endurance test
4. Static balance test

B

- (a) Stability and focus
- (b) Core and upper body strength
- (c) Capacity and control of breath
- (d) Endurance and muscular control

15.4 TRAINER TOOLKIT: SUPPORTING TOOLS FOR EVALUATION

As a future Yoga Trainer – Sports, you must learn how to observe, evaluate, and support athletes in a structured and personalized way. To help you do that, you're

encouraged to design your own evaluation toolkit. Below is a guide to what each tool should include, why it matters, and how you can create it.

1. Daily Observation Sheet

Purpose:

To record key details from each session and note what the athlete did well or struggled with.

What to include:

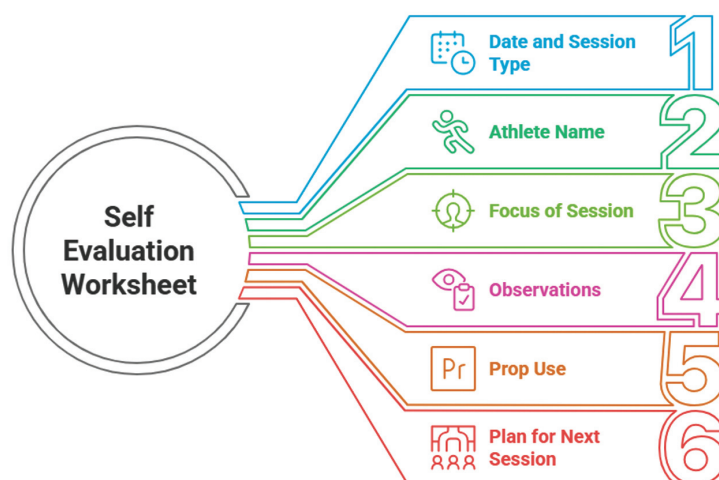


Fig. 15.3: Elements of Daily Observation Sheet

Table 15.2: Sample Daily Observation Sheet

Date	Athlete name	Session focus	Key observations	Props used	Trainer notes / action plan
12 Oct	Aarya	Hip mobility	Left knee turned inward in warrior II	2 blocks	Add hip abduction drills next session
12 Oct	Rishabh	Breath control	Breath held during forward fold	None	Practice 4:4:4 breathing before main flow
12 Oct	Meera	Balance + core	Wobble in tree pose; rushed transitions	Wall support	Add static holds; slow transitions with cue focus

2. Student Self-evaluation Worksheet

Purpose:

To help athletes reflect on their experience and rate themselves honestly.

What to include:



Notes

MODULE-4

Review Yoga Training Program



Notes

Performance Evaluation in Yoga Training

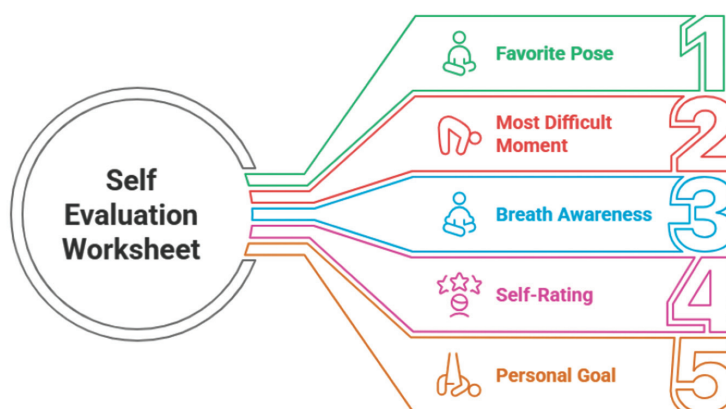


Fig. 15.4: Elements of Student Self Evaluation Worksheet

Table 15.3: Sample Self Evaluation Worksheet

Week ending	Session date	What I did well today (specific skill or pose)	What I struggled with (pose or concept)	Breath control (1-5)	Posture accuracy (1-5)	Focus level (1-5)	Smart goal for next session
14 Oct	12 Oct	Held warrior II for 40 sec with stable knee	Lost balance in half-moon pose	4	3	5	Hold half-moon 20 sec with wall by 17 Oct
21 Oct	19 Oct	Synced breath with movement in sun salutation	Rushed transitions between poses	5	4	3	Slow transitions with 3-sec holds in each pose

3. Evaluation Scoring Rubric

Purpose:

To rate athlete performance during assessments in a clear, unbiased way.

What to include:



Fig. 15.5: Elements of Evaluation Scoring Rubrics

Table 15.4: Sample Evaluation Scoring Rubrics

Athlete Name	Date	Alignment (1-5)	Breath Control (1-5)	Balance (1-5)	Transition (1-5)	Trainer Comments
Aarya	16 Oct	4	5	3	4	Solid form overall; balance training needed
Rishabh	16 Oct	3	3	4	3	Improve fluidity and maintain steady breath
Meera	16 Oct	5	4	5	4	Strong control; slight delay in transitions



Notes

4. Standardized Test Sheet

Purpose:

To document formal test results with consistency and fairness.

What to include:

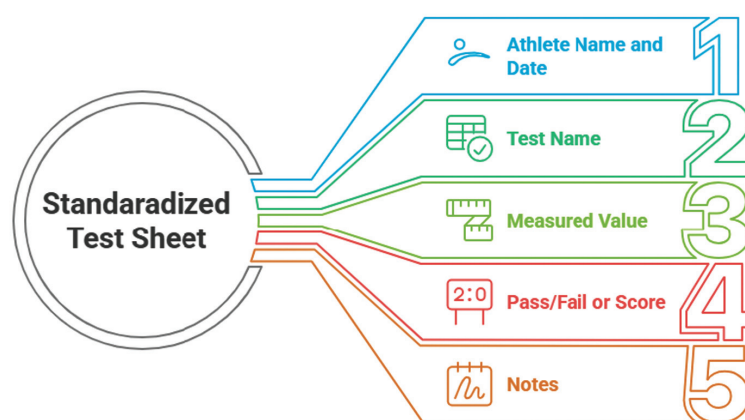


Fig. 15.6: Elements of Standardized Test Sheet

Table. 15.5: Sample Standardized Test Sheet

Athlete Name	Date	Test Type	Result	Scoring Criteria	Pass/Fail	Notes
Aarya	18 Oct	Tree Pose (eyes closed)	17 seconds	Minimum: 15 sec	Pass	Stable, minor toe shift
Rishabh	18 Oct	Seated forward fold	8 cm from toes	Min: Reach past ankles	Fail	Needs hamstring warm-up

MODULE-4

Review Yoga Training Program



Notes

Performance Evaluation in Yoga Training

While tools like observation sheets and progress charts help track performance regularly, there are times when a more structured and objective assessment is needed. In formal settings such as exams, certifications, or level upgrades, trainers must rely on standardized tests to evaluate each athlete using the same criteria. These tests ensure fairness and provide measurable data that supports accurate skill evaluation.

15.5 STANDARDIZED TESTS

Standardized tests are structured, measurable tools used to evaluate an athlete's physical ability, posture control, breath coordination, and theoretical understanding in a fair and consistent way. These tests are especially important during formal assessments, certification processes, and skill benchmarking. Each test has a specific purpose and uses clear scoring or timing to determine whether the athlete meets the expected level of performance.

By conducting these tests at regular intervals, a Yoga Trainer – Sports can track progress, identify limitations, and design more focused training sessions. Below are some of the most common standardized tests used in Yoga training environments.

1. Posture Holding Test

This test checks muscular endurance and alignment accuracy. The athlete is asked to hold a posture – such as Plank Pose or Warrior II – for a set duration without collapsing or misaligning. The trainer times the hold and checks posture integrity. A common benchmark is holding plank for 30–60 seconds with a neutral spine.



Fig. 15.7: Warrior II Pose



Notes

2. Flexibility Test (Sit and Reach)

This test evaluates hamstring and lower back flexibility. The athlete sits with legs extended and reaches forward along a measuring line or box. The distance reached beyond the toes indicates flexibility. Reaching 5–10 cm past the toes is considered good flexibility.



Fig. 15.8: Sit and Reach Test

3. Static Balance Test (Tree Pose)

This test assesses balance, focus, and ankle stability. The athlete holds tree pose, first with eyes open and then closed. The trainer measures how long they can maintain the pose without stepping or wobbling. Holding for 30 seconds (eyes open) and 15 seconds (eyes closed) is a strong result.



Fig. 15.9: Static Balance Test



Notes

4. Breath Control Test (4 : 4 : 4 Cycle)

This test checks the athlete's ability to maintain rhythmic breathing under control. The athlete is asked to perform three rounds of a 4-second inhale, 4-second hold, and 4-second exhale. Successful completion without strain shows good breath management.

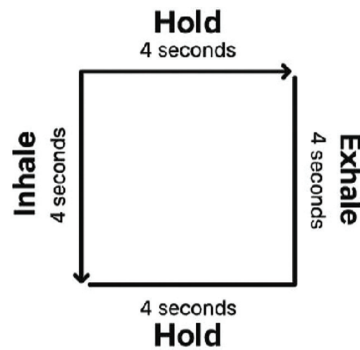


Fig. 15.10: 4 : 4 : 4 Box Breathing

5. Core Strength Test (Plank Hold)

Here, the trainer evaluates core stability by asking the athlete to hold plank pose. The focus is on maintaining a flat back, engaged core, and neutral neck. Holding the plank for 45–60 seconds indicates strong core endurance.



Fig. 15.11: Core Strength Test

6. Mobility Test (Seated Spinal Twist or Dynamic Hip Rotation)

This test is used to assess joint range of motion and movement fluidity, especially in the spine and hips. The athlete performs a controlled seated spinal twist or slow, guided hip rotation. The trainer observes how far the athlete can rotate without force or compensation, checking for symmetry and smooth motion. A healthy range includes the elbow reaching or passing the outside of the opposite knee while keeping the spine tall and shoulders relaxed.



Fig. 15.12: Mobility Test

Even though standardized tests offer a clear picture of an athlete's current ability, their results should never be viewed in isolation. Multiple internal and external factors can affect how an athlete performs on any given day. To interpret test outcomes fairly and plan effective training, a Yoga trainer must understand what influences progress – physically, mentally, and environmentally.

15.5. FACTORS AFFECTING PROGRESS

Progress in Yoga doesn't look the same for every person. Some athletes improve quickly, while others may take more time depending on their body, mindset, or environment. A good Yoga Trainer – Sports always considers these factors while planning sessions and interpreting evaluation results.

These factors are grouped into four major areas: physical, psychological, lifestyle, and environmental.

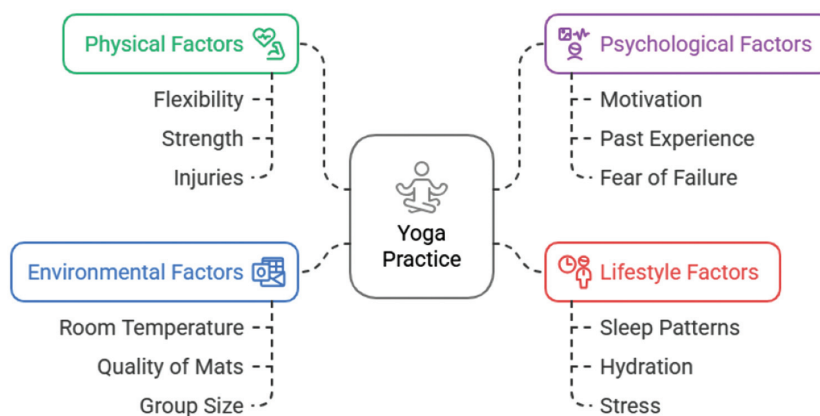


Fig. 15.13: Factors Affecting Progress



Notes

MODULE-4

Review Yoga Training Program



Performance Evaluation in Yoga Training

A. Physical Factors

These relate to the athlete's body condition and abilities.

- Level of flexibility, strength, balance, and coordination
- Pre-existing injuries or chronic pain
- Age, joint limitations, or muscle imbalances

B. Psychological Factors

These relate to how the athlete thinks and feels about their practice.

- Motivation level and willingness to try new things
- Past experience with Yoga or other movement styles
- Fear of failure, low confidence, or emotional fatigue

C. Lifestyle Factors

Athletes' daily routines also play a role in how well they perform in sessions.

- Sleep patterns, hydration, and diet
- Consistency of practice outside class
- Stress from academics, family, or work

D. Environmental Factors

The space and surroundings impact the comfort and performance of every Yoga session.

- Room temperature, lighting, and noise levels
- Quality of mats, props, and flooring
- Group size and trainer-to-student attention ratio

Considering all these factors helps you avoid making unfair judgments during evaluation. But how do you make sense of the results once you've evaluated the athlete?

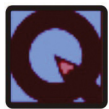
15.6 INTERPRETING RESULTS

Once an evaluation is complete, the trainer must study the results to draw helpful conclusions. This is called interpreting results. It's not just about giving a grade – it's about understanding what the numbers, notes, or patterns say about the athlete's Yoga journey.

How to interpret evaluation results effectively

- **Look at progress, not perfection:** Focus on how much the athlete has improved from where they started – not whether they are perfect.
- **Study trends, not one-time mistakes:** If a pose was weak one day, check if it has been improving across multiple sessions.
- **Include the influencing factors:** Always relate performance back to physical, mental, and lifestyle influences.
- **Use feedback to build goals:** Say, “Let’s improve balance in tree pose this week,” instead of vague suggestions.
- **Keep the feedback respectful and private:** Deliver results in a positive tone and never compare one athlete with another.

By combining proper evaluation methods with thoughtful interpretation, trainers become more helpful, supportive, and effective. Once evaluation results are recorded and interpreted, trainers can use progress tracking tools and self-reflection forms to ensure that both student and trainer remain aligned on growth goals. These tools are also helpful for preparing official reports, feedback meetings, and certification reviews.

**INTEXT QUESTIONS 15.2****Fill in the blanks:**

1. Trainer tool kit includesstudent self-evaluation, evaluation scoring rubric, and standardized test sheet.
2. Purpose of standardized test sheet is to formal test results with consistence and fairness.
3.tests are especially important during formal assessments, certification processes and skill bench marking.
4. test is used to assess joint range of motion and movement fluidity, especially in the spine and hips.
5. Factors affecting progress are physical,, lifestyle and environmental.



Notes

MODULE-4

Review Yoga Training Program



Notes

Performance Evaluation in Yoga Training



WHAT HAVE YOU LEARNT

Dear learners, in this unit you have learnt:

- Performance evaluation is the process of observing and analyzing how athletes perform Yoga techniques – physically, mentally and energetically.
- The valuation methods are of two types:
 - (a) informal methods which allow immediate adjustments and build better report; and
 - (b) formal methods which follow a fixed format and offer measurable, fair scoring for all the participants.
- There are standardized performance tests which help in ensuring consistency and fairness, when evaluating every athlete such test include posture holding test, static balance test, breath control test, strength endurance test etc.
- A trainer tool kit includes daily observation sheet, student self evaluation work sheet, evaluation scoring rubric, and standardized test sheet.
- Standardized tests are structured, and measurable tools used to evaluate an athlete's physical ability, posture control, breath co-ordination and theoretical understanding in a fair and consistent way.
- The factors that affect progress, can be physical factors, psychological factor, lifestyle factors and environmental factors.
- Interpreting results is a process to study the result in order to draw useful conclusions of the evaluation.



TERMINAL QUESTIONS

1. Enumerate the evaluation methods for performance. State the standardized performance tests.
2. Describe the essential components of the trainer toolkit.
3. What are the major factors affecting progress of an athlete.



ANSWER TO INTEXT QUESTIONS

15.1

1. (d) 2. (c) 3. (b) 4. (a)

15.2

1. Daily observation sheet
2. Document
3. Standardized
4. Mobility
5. psychological

MODULE-4

Review Yoga Training Program



Notes



Notes

16

UTILIZING FEEDBACK TO IMPROVE YOGA TRAINING PROGRAMS

Dear learners, in the previous unit, you have learnt about the comparison of athletes pre-and post training performance metrics to measure progress, and the key factors that helps in improvement in Yoga performance. Utilizing feedback is essential for improving a Yoga training program by providing actable insights into what is working and what needs refinement, leading to enhanced teaching skills, increased learners confidence and profession growth. Effective feed back should be specific, constructive and timely. By systematically collecting and implementing feedback a training program can continuously evolve to better meet the needs of its participants.

In this unit, we will study how the feedback on Yoga training methods help to develop the skill to collect, analyze, and implement it systematically to improve the effectiveness of the programme.



OBJECTIVES

After studying this unit, you will be able to:

- explain how feedback on Yoga training methods improves program effectiveness;
- develop skills to collect, analyze, and implement feedback systematically;
- use feedback as a tool for continuous program enhancement.

16.1 FEEDBACK ON YOGA TRAINING METHODS

Feedback transforms observations into action, ensuring Yoga programs evolve with athlete needs. In this unit, you'll explore methods to gather honest insights,

techniques to analyze responses, and strategies to apply changes that elevate both safety and performance.

Feedback Collection Methods

1. Verbal feedback during sessions

This involves directly asking participants about their experience either during or after a session. It allows for spontaneous and honest responses. Trainers can ask questions like “How did that feel?” or “Is there anything you’d like to focus on more next time?” This method encourages immediate reflection and builds rapport.

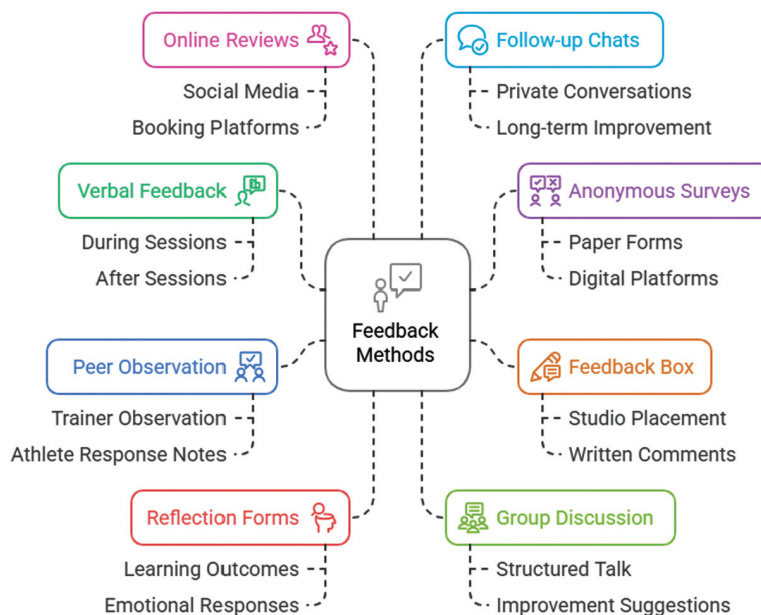


Fig. 16.1: Feedback Methods

2. Anonymous written surveys

Anonymous surveys can be shared through paper forms or digital platforms like Google Forms. These allow participants to express their opinions honestly without fear of judgment. Questions can range from rating scales to open-ended responses about session quality.

3. Feedback box

A feedback box placed in the studio allows participants to drop in written suggestions or comments. It gives time for thoughtful feedback and is suitable for those who prefer not to speak up in public.



Notes

MODULE-4

Review Yoga Training Program



Utilizing Feedback to Improve Yoga Training Programs

4. Peer observation and trainer notes

Trainers can observe each other's sessions or maintain notes on how athletes respond to different techniques. This indirect feedback method helps improve teaching style and session structure.

5. Post-session reflection forms

Participants fill short forms about what they learned, liked, or found challenging. These help gauge learning outcomes and emotional responses while encouraging participants to think critically about their own experience.

6. Group discussion or feedback circle

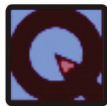
A structured group talk at the end of the session where each person shares one thing they liked and one thing to improve. This fosters a sense of community and active participation.

7. Online feedback and reviews

Encouraging clients to leave reviews on social media, websites, or booking platforms provides useful insights for trainers and also boosts the trainer's reputation.

8. One-on-one follow-up chats

Private conversations outside class help gather deeper, personalized feedback. These are especially useful for long-term improvement and building trust with athletes.



INTEXT QUESTIONS 16.1

Multiple Choice Questions:

1. This feedback collection method involves directly asking participants about their experience either during or after a session.
 - (a) Feedback box
 - (b) Post-session reflection form
 - (c) Verbal feedback during session
 - (d) Online feedback and reviews
2. This feedback method is suitable for those who prefer not to speak up in public
 - (a) Anonymous written surveys
 - (b) Feedback box
 - (c) Online feedback and reviews
 - (d) None of the above

16.2 ANALYZING AND PRIORITIZING FEEDBACK

Feedback is valuable only when it is carefully reviewed, understood, and applied. Once feedback has been collected from different sources, it is important for the Yoga trainer – Sports to go through it with a thoughtful and structured approach. Not all feedback will be equally important or urgent. Some may be about personal preferences, while others may highlight serious safety or instructional concerns. This makes it essential to analyze and prioritize feedback effectively to improve future sessions. Following are the steps to analyze and prioritize feedback.

- **Group similar feedback into themes**

Start by sorting all feedback into categories such as instruction quality, safety, comfort, session pace, or use of props. This helps in identifying repeated concerns and understanding the overall sentiment of the group.

- **Identify patterns and frequency**

Look for feedback points that appear multiple times across different sources. Repeated suggestions or complaints usually indicate a genuine issue that needs immediate attention.

- **Prioritize based on impact**

Feedback that affects the safety, physical well-being, or emotional comfort of participants should be acted upon first. Suggestions that can improve learning or reduce confusion during sessions should also be considered high priority.

- **Filter constructive versus emotional feedback**

Distinguish between feedback that provides clear, helpful suggestions and feedback based only on emotions or personal preferences. Focus energy on the points that lead to actionable improvements.

- **Create a simple action plan**

List the top changes to be made based on the feedback. Decide what can be improved immediately and what needs longer-term adjustment. Use the list to make gradual, visible improvements.

- **Discuss major feedback with seniors or mentors**

If feedback suggests a deeper issue or uncertainty in handling a situation, consult a senior trainer or colleague. Their input can offer clarity and help develop the right solution.

- **Communicate changes to the group**

Let participants know when their feedback has led to improvements. This builds trust and encourages them to continue offering honest suggestions.



Notes

MODULE-4

Review Yoga Training Program



Notes

Utilizing Feedback to Improve Yoga Training Programs

- **Track the results of changes made**

Observe how participants respond to the changes in future sessions. Continued positive engagement indicates successful adaptation, while new feedback may guide further refinement.

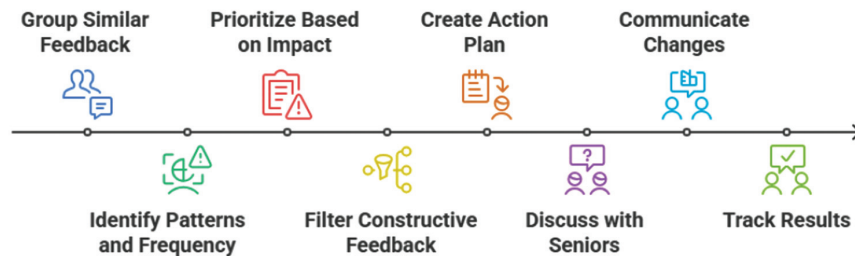


Fig. 16.2: Steps to Analyse and Prioritize Feedback

Bringing feedback to life requires more than good ideas – it demands a clear plan for action, open communication, and ongoing measurement. In this phase, you’ll learn how to roll out improvements in manageable steps, keep athletes informed so they feel heard, and track outcomes to confirm that each change truly enhances safety and performance. By testing modifications on a small scale, documenting results, and sharing updates with your group, you’ll build momentum for continual program refinement and reinforce a culture of trust and collaboration.

- **Small-scale trials:** Test one modification (e.g., add blocks in Pigeon Pose) and monitor athlete response.
- **Clear communication:** Announce changes at the start of the next session so athletes know their input was valued.
- **Documentation:** Record before/after metrics to gauge effectiveness (e.g., fewer reports of hip discomfort).
- **Continuous monitoring:** Set monthly review meetings to revisit feedback and refine further.

16.4 REAL-WORLD CASE STUDY

A Yoga trainer conducting weekly sessions with amateur athletes observed repeated complaints about wrist pain during the Downward Dog Pose. Some athletes avoided the pose, while others struggled to hold it for more than a few seconds. Recognizing a trend, the trainer decided to take action based on structured feedback.

**Steps taken by the trainer****1. Gathered specific feedback**

The trainer shared a short anonymous form to identify when and where the wrist pain occurred and whether it was consistent across sessions.

2. Analyzed technique and posture

By observing participants, the trainer noticed most athletes were placing too much weight on their wrists and not engaging their shoulders or core properly.

3. Made practical adjustments

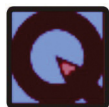
Padded wrist-support mats were provided, and the trainer introduced wrist-friendly pose variations. Athletes were guided to shift weight back into their legs and activate the upper body.

4. Tracked improvements over time

Follow-up feedback was collected after two weeks. Complaints reduced by 80%, and athletes were able to hold Downward Dog 20% longer on average.

5. Documented and shared the outcome

The trainer recorded this approach as a case study and shared it with peers to demonstrate how feedback-driven changes enhanced performance and safety.

**INTEXT QUESTIONS 16.2****State whether true or false:**

1. Repeated suggestions or complaints usually indicate a genuine issue that needs immediate attention. ()
2. It is essential to analyze and prioritize feedback effectively to improve future sessions. ()

**WHAT HAVE YOU LEARNT**

Dear learners, in this unit you have learnt:

- Feedback is an essential part of Yoga sessions. It transforms observations into action, ensuring Yoga programs evolve with athlete needs.

MODULE-4

Review Yoga Training Program



Notes

Utilizing Feedback to Improve Yoga Training Programs

- The feedback collection method include verbal feedback during sessions, anonymous written surveys, feedback box, peer observation and trainer notes, post-session reflection forms, group discussion or feedback circle, online feedback and reviews, and one-in-one follow-up chats.
- Feedback should be carefully reviewed, understood and applied e.g. similar feedback can be grouped into themes, create a simple action plan, communicate changes to the group etc.
- After the feedback, the trainer should take appropriate action. The Yoga Trainer – Sports analyzed technique and posturers, make practical adjustments, track improvements over the time, and document and share the outcome.



TERMINAL QUESTIONS

1. Explain the various feedback collection methods.
2. What are the steps undertaken by the trainer post structured feedback.



ANSWER TO INTEXT QUESTIONS

16.1

1. (c)
2. (b)

16.2

1. True
2. True

**MODULE-5: MAINTAIN SAFETY, HYGIENE AND SANITATION
AT WORKPLACE**

- 17. Hygiene Practices for Safe Yoga Sessions
- 18. Sanitization Protocols for Equipment and Clients
- 19. Injury Prevention and Emergency Response
- 20. Safe Environment and Equipment Labeling

KEY LEARNING OUTCOMES

At the end of this module, the trainees will be able to:

- Understand safety, hygiene, and sanitation requirements for Yoga sessions.
- Identify safe sanitizing agents and maintain personal and workplace hygiene.
- Prepare and maintain Yoga facility and equipment readiness checklists.
- Recognize common injuries and handle medical emergencies, including CPR and evacuation.
- Promote a clean, safe, and interactive training environment.



Notes

17

HYGIENE PRACTICES FOR SAFE YOGA SESSIONS

Dear learners, the concept of personal hygiene in Yoga emphasize the purification of body and mind Yoga promotes overall well-being by focusing on maintaining vigour and cultivating mental and moral purity. Hygiene in Yoga is a holistic concept encompassing both personal care and the cleanliness of the practice space and equipment to prevent the spread of germs and promote overall well-being. It also includes bathing, wearing clean and comfortable cloths, and practicing on an empty stomach in a well-ventilated space. After class thoroughly clean you Yoga mat to prevent bacterial growth and ensure a fresh practice environment.

In this unit, we will study about the importance of personal hygiene and regulatory hygiene standards which is applicable in the workplace alongwith it maintain personal and environmental hygiene in Yoga training.



OBJECTIVES

After studying this unit, you will be able to:

- understand the importance of personal hygiene before and after Yoga sessions;
- learn the regulatory hygiene standards applicable in the workplace;
- develop habits that maintain personal and environmental hygiene in Yoga training.

17.1 HYGIENE AS A LEADERSHIP PRACTICE

Dear learners, hygiene in sports Yoga is more than staying clean – it's about earning respect without saying a word. When athletes walk into a session and see a trainer

MODULE-5

Maintain Safety, Hygiene and Sanitation at Workplace



Notes

Hygiene Practices for Safe Yoga Sessions

who smells fresh, wears clean gear, and keeps the space spotless, they immediately feel more secure and focused. In a physically active setting where sweat, close contact, and shared equipment are part of the norm, hygiene becomes one of your strongest tools for silent leadership.

Think of it this way: the trainer is the tone-setter. If you show up with damp hair, yesterday's shirt, or strong body spray, even your best instructions won't get full attention. But if your mat is clean, your towel is folded, and your hands smell like sanitizer, athletes trust you – even before the warm-up begins. That's real influence.

Let's break this into action-based leadership practices:

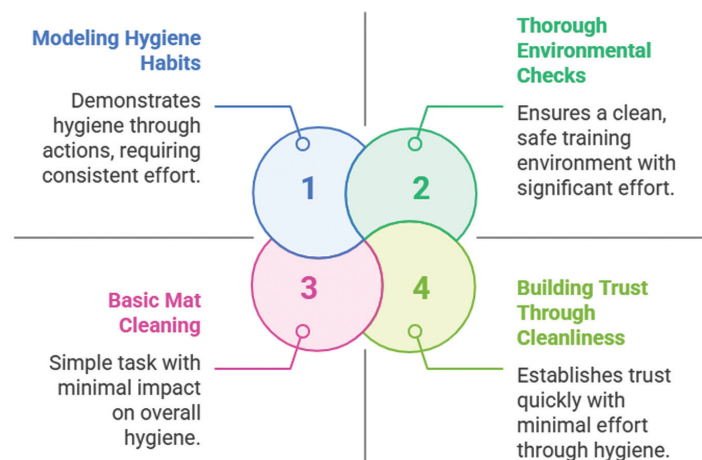


Fig. 17.1: Hygiene as Leadership Practice

- **Visual Leadership:** You show athletes what to do by doing it first. Wipe your mat before and after use. Keep your nails short and your hands clean. Use your towel when adjusting others. No need to lecture – your habits lead the group.
- **Environmental Control:** Check the session space before anyone arrives. Is the floor dry? Are the windows open for air flow? Do the props smell clean? Athletes notice these things subconsciously. A clean environment makes them feel protected and ready to train.
- **Quiet Cues:** Instead of telling people to “be more hygienic,” model it. Spray your mat. Carry a hygiene kit. Sanitize a shared prop. When they see you do it, they start doing it too – no nagging needed.
- **Trust Factor:** Clean trainers build faster trust. In sports Yoga, physical cues are often hands-on. If your hygiene isn't reliable, even basic adjustments like aligning a shoulder or guiding a twist feel invasive. But if you're crisp and clean, those same touches feel professional.

Real-world Example

During a summer sports Yoga camp, the trainer noticed that students were reluctant during hands-on adjustments. Some athletes pulled away or flinched during corrections. Instead of assuming they were shy or inflexible, the trainer reviewed their own routine. They added hand sanitizing in front of the group, wore fresh light-colored shirts daily, and displayed a hygiene board with mat cleaning steps. By mid-week, athlete comfort improved. Feedback revealed that the small visible changes made participants feel safer and more respected. Partner work flowed better. Adjustments were smoother. Trust had been built – without a single speech.

This is how hygiene becomes leadership in sports Yoga. Not through rules, but through routine. Not through commands, but through consistency. It shows your athletes that they matter – even before the session begins.

17.2 PERSONAL HYGIENE HABITS THAT BUILD TRUST ON YOGA TRAINER – SPORTS

Athletes in sports Yoga push their limits, stretch boundaries, and share space closely. In this kind of environment, personal hygiene becomes more than a routine – it becomes a quiet agreement of respect and safety between the trainer and the athlete. If a trainer smells clean, looks tidy, and feels fresh during contact-based corrections, it reassures the athlete that they are in safe hands.

Let's look at how personal hygiene builds silent trust:

Clean appearance means clear focus: When a trainer wears freshly washed clothes, ties their hair neatly, and avoids flashy accessories or strong scents, it keeps the athlete's attention on Yoga – not on distractions. Athletes feel more relaxed and focused around a trainer who looks composed and presentable.

Fresh breath, fresh connection: Trainers often speak closely while explaining alignment or guiding breath. Bad breath, especially during pranayama or core work, can make the athlete pull away or disengage. Keeping mouth hygiene in check – through rinsing, chewing mint, or brushing before class – protects your presence and your rapport.

Hand hygiene is non-negotiable: Touch is an important part of posture correction in sports Yoga. If your hands are sweaty, sticky, or dry with odor, athletes will resist correction. Washing hands before and after sessions – and sanitizing in front of the group – shows you care about their health and comfort.



Notes

MODULE-5

Maintain Safety, Hygiene and Sanitation at Workplace



Notes

Hygiene Practices for Safe Yoga Sessions

Sweat control boosts comfort: In dynamic sports Yoga sessions, everyone sweats. But the trainer is the example. Wearing breathable fabric, using antiperspirant, carrying a towel, and changing between sessions helps you stay fresh and approachable. It also makes it easier for athletes to accept cues and close guidance.

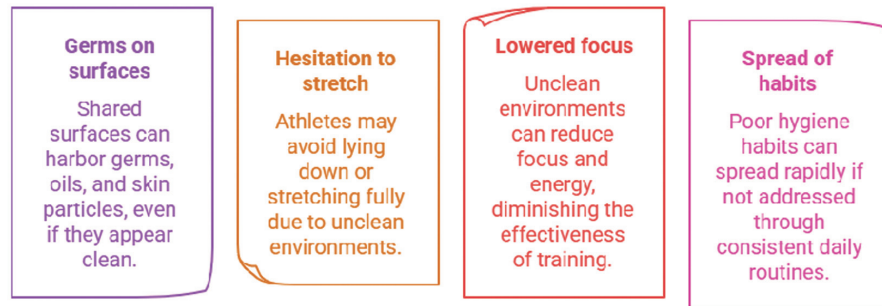
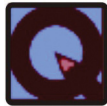


Fig. 17.2: Personal Hygiene that Builds Trust



INTEXT QUESTIONS 17.1

State whether True or False:

1. Clean appearance does not mean clear focus always. ()
2. Hand hygienes can be negotiated as washing and sanitizing before and after session can affect hand skin. ()
3. A clean environment make athletes feel protected and ready to train.()

17.3 HYGIENE CHECKS FOR ATHLETES BEFORE SESSIONS

While the trainer sets the tone, athletes must also come prepared – especially in sports Yoga where partner drills, floor poses, and shared props are part of every class. But instead of pointing fingers, the trainer can build hygiene culture through simple, respectful systems.

Polite health check-ins:Start each session by casually asking how athletes are feeling – any illness, soreness, or discomfort. If someone looks visibly unwell or unhygienic, offer them a personal towel or check-in privately. Keep tone neutral and kind.



Pre-class hygiene code: Set hygiene expectations from the start. Display a poster near the entry with reminders like “bring a clean towel,” “wear fresh clothes,” and “wipe your mat after use.” Athletes respond better to visual cues than direct instructions.

Create a hygiene ritual: Begin each session with a shared routine – sanitizing hands, placing towels beside mats, checking shoeless zones. When this becomes habit, athletes participate willingly and consistently.

- Ask all athletes to sanitize their hands at the entrance to reduce surface contamination
- Guide athletes to place their personal towel beside or on their mat for sweat management
- Ensure shoes are removed at the designated zone and not worn in the practice area
- Prevent barefoot walking into washrooms or non-practice spaces by marking clean zones clearly
- If shared props are being used, ask athletes to wipe them or use a clean cloth barrier before use
- Lead the hygiene ritual verbally with a consistent cue to create routine and accountability
- Keep the process short and smooth so it blends into the start of the session naturally
- Repeat this routine in every class until it becomes a group habit athletes follow on their own
- Use this moment to help athletes shift from distraction to mindfulness and collective discipline

Incentivize clean habits: Reward athletes who bring hygiene essentials regularly – a shoutout, a leadership role, or a small privilege. This encourages others to follow without creating pressure or embarrassment.

Real-world Example

A trainer working with junior athletes at a district camp noticed that mats often smelled unpleasant, and some participants skipped hygiene basics. Instead of confronting them, the trainer placed a “clean start zone” at the entrance – with sanitizer, tissue, and mini-towels. Every athlete had to stop there before entering. Within days, behavior changed. Not a word of criticism was needed. The zone spoke for itself – and became a fun ritual everyone followed.

MODULE-5

Maintain Safety, Hygiene and Sanitation at Workplace



Notes

Hygiene Practices for Safe Yoga Sessions

17.4 HYGIENE CHECKS FOR ATHLETES DURING SESSIONS

In sports Yoga, sweat is natural. It shows effort, movement, and energy. But when not managed well, it leads to discomfort, distraction, and even embarrassment – especially in group settings. For a Yoga Trainer – Sports, maintaining hygiene during sessions isn't just about cleanliness – it's about protecting health, preserving comfort, and building athlete confidence.

Hygiene checks are small but powerful steps that help trainers uphold a professional, safe, and focused training environment. They involve observing, guiding, and occasionally correcting hygiene-related behaviors in a respectful, non-judgmental way. When athletes feel clean, respected, and aware of hygiene expectations, they are more likely to engage fully in the session.

Key hygiene checks during sessions:

- Check if athletes are using clean or personal mats and towels
- Observe if shared props (like blocks or straps) are being wiped before and after use
- Remind athletes to wear clean, breathable clothes and use deodorant
- Encourage use of sweat-absorbent towels during intense sequences
- Prompt gentle wiping of sweat to avoid slippery mats or shared floor spaces
- Ensure water bottles are not shared and are properly labeled
- Ask athletes to wash hands after using restrooms or stepping outside
- Encourage tying back long hair to reduce sweat contact and distractions
- Prevent barefoot walking in washrooms or non-practice zones
- Monitor for open wounds, rashes, or skin infections and suggest covering them

By guiding athletes to manage sweat, odor, and contact hygiene gracefully, the trainer helps everyone stay fresh, focused, and free of self-consciousness. These small habits build a culture of mutual respect and personal responsibility – making the Yoga space not only cleaner, but also more confident and cohesive.

17.5 HYGIENE CHECKS FOR ATHLETES POST SESSIONS

Hygiene doesn't end when the Yoga session concludes – in fact, post-session hygiene is just as important as what happens during practice. After an intense sports Yoga session, athletes are likely to be sweating, fatigued, and more vulnerable to bacterial exposure due to open pores and damp clothing. Without proper hygiene practices after the session, the risk of skin infections, body odor,

and discomfort increases – not only for the athlete themselves but also for others using the shared space.

As a Yoga Trainer – Sports, it is your responsibility to gently reinforce healthy post-practice hygiene habits and guide athletes toward clean, respectful use of shared environments such as locker rooms, changing areas, or open floors. These checks promote cleanliness, reduce transmission of germs, and reinforce a culture of respect toward the training facility and fellow athletes.

Key hygiene checks for athletes after sessions:

- Encourage use of clean towels or tissues to wipe sweat before leaving the Yoga area
- Remind athletes to change out of damp clothing promptly to prevent skin infections or rashes
- Ensure mats, blocks, and props are cleaned and returned to their designated storage spots
- Discourage lying down or sitting on benches/floors while still sweaty, especially in shared areas
- Ask athletes to carry personal items like deodorant or sanitizing wipes for personal care
- Prompt handwashing or use of sanitizer before touching doorknobs, phones, or common surfaces
- Promote use of fresh socks or flip-flops in changing rooms and washrooms to prevent fungal spread
- Check for spills or wet patches left behind on the floor and guide athletes to wipe them up
- Encourage disposal of tissues, wipes, or water bottles in appropriate bins immediately after use
- Remind athletes not to leave damp gear or clothes behind in practice areas or lockers

17.6 TRAINER'S ROLE IN BEFORE, DURING AND POST-SESSION HYGIENE

Maintaining hygiene throughout a Yoga session is not just a responsibility – it is a reflection of the trainer's professionalism and commitment to athlete well-being. A clean, safe, and respectful training environment begins with the trainer and

MODULE-5

Maintain Safety, Hygiene and Sanitation at Workplace



Notes

MODULE-5

Maintain Safety, Hygiene and Sanitation at Workplace



Notes

Hygiene Practices for Safe Yoga Sessions

influences how athletes treat the space and each other. The trainer plays a central role in setting hygiene standards before, during, and after every session.

Pre-session hygiene: Setting the standard

Before the athletes arrive, the trainer ensures that the Yoga space is clean, organized, and welcoming. This includes:

- Checking that floors, mats, and commonly used props are clean and dry
- Ensuring all hygiene supplies (hand sanitizers, tissue boxes, disinfectant sprays) are stocked and placed visibly
- Verifying the cleanliness of washrooms, changing areas, and water stations
- Greeting athletes and observing basic personal hygiene practices (clean attire, towel, water bottle)
- Making a short announcement if needed to remind athletes about hygiene expectations
- Coordinating with housekeeping if any hygiene issue is identified before practice

A clean and well-prepared space creates an immediate sense of care, structure, and discipline.

During-session hygiene: Observing and guiding respectfully

As the session progresses, the trainer actively monitors hygiene without disrupting the flow. Key responsibilities include:

- Observing whether athletes are wiping sweat or using towels as needed
- Encouraging the use of personal mats and reminding athletes to avoid sharing water bottles or towels
- Gently correcting unhygienic practices like walking barefoot into restrooms or using props without a towel barrier
- Managing personal hygiene as a trainer – using hand sanitizer between adjustments and avoiding touching multiple athletes consecutively
- Watching for any visible signs of infection, wounds, or skin issues, and addressing them discreetly if needed
- Confirming bins are emptied or scheduled for clearance if near full

The goal is to maintain cleanliness and comfort while preserving the dignity and focus of every participant.

Post-session hygiene: Reinforcing good habits

After the session, the trainer ensures the space is returned to a hygienic and respectful state. This includes:

- Reminding athletes to clean and return mats, blocks, and straps to the storage area
- Encouraging athletes to change out of damp clothes and wipe sweat before entering shared zones
- Checking for leftover towels, bottles, or spills and coordinating clean-up if needed
- Sanitizing any demonstration mat or equipment personally used during the session
- Completing the hygiene log or checklist, if part of facility protocol
- Confirming bins are emptied or scheduled for clearance if near full

By closing the session with mindful hygiene checks, the trainer helps build a culture of responsibility and respect – ensuring that the space remains healthy and welcoming for all.



Notes

17.7 TRAINER AWARENESS, CULTURAL SENSITIVITY, AND BUILDING HYGIENE CULTURE FOR TRAINERS

A Yoga Trainer's hygiene habits influence the entire group. Trainers must do more than stay clean – they must lead hygiene by example. Small daily actions like arriving early, wiping props in front of the class, or changing clothes between sessions help athletes understand that hygiene is a form of discipline. Keeping a hygiene logbook can also help trainers check if their habits are slipping and reflect on what they can improve.

Cultural sensitivity is also important. In diverse training groups, not all athletes may follow the same hygiene routines at home. Trainers must guide without judgment. Instead of pointing fingers, they can use group reminders, posters, and class-wide routines that gently improve hygiene for everyone. Respectful tone, private feedback, and steady repetition make athletes feel safe while helping them learn.

Hygiene culture grows through what the trainer shows, not just says. If the group sees the trainer consistently clean props, praise good habits, and follow the same rules, they begin to adopt the behavior naturally. Over time, wiping mats, using

MODULE-5

Maintain Safety, Hygiene and Sanitation at Workplace



Notes

Hygiene Practices for Safe Yoga Sessions

towels, and managing sweat become part of the session rhythm. A clean environment builds not just comfort – it builds pride and professionalism.



INTEXT QUESTIONS 17.2

Multiple Choice Questions:

1. Why might an athlete pull away during breath work and how should the Yoga trainers – Sports respond?
 - (a) Consider that breathe hygienes may be an issue and adopt mint or rinse practices before close instructions.
 - (b) Assume the athlete does not enjoy feedback and stop giving cues altogether.
 - (c) Continue as usual since the athlete has not formally complained
 - (d) Avoid going near the athlete for the rest of the session to respect boundaries.
2. How should a Yoga Trainer – Sports handle an athlete no cleaning a shared Yoga block?
 - (a) Announce the athletes name and remind them to clean the block.
 - (b) Gently remind the whole group to wipe down shared props before and after use.
 - (c) Privately scold the athlete after the session to avoid embarrassment
 - (d) Replace all props immediately to avoid future hygienes issues.



WHAT HAVE YOU LEARNT

Dear learners, in this unit you have learnt:

- Hygiene in sports Yoga has varied implications. It demonstrates visual leadership, environmental control, quiet cues and builds trust factor.
- Personal hygiene plays an important role in building silent trust. A clean appearance of the trainer demonstrates class focus, fresh breath leads to fresh concentration, hand hygiene is imperative for health and hygiene, sweat control boots comfort.

- A Yoga Trainer – Sports should build up a hygiene ritual. There can also be defined pre-class hygiene code and polite health check-ins.
- Hygiene check for athletes during the session may include usage of personal mat and towel, water bottles not being shared, washing of hands after using rest rooms or stepping outside etc.
- Hygiene checks after the session may include usage of clean towels or wipe sweat before learning the Yoga area, encouraging athletes to carry personal items like deodorant or sanitizing wipes for personal care, prompt handwashing or use of sanitizer before touching door knobs, phones, or common surfaces.
- Maintaining hygiene throughout a Yoga session reflects trainer's professionalism and commitment to athlete's well-being. A trainer should ensure hygiene standards before, during and after every Yoga session.
- Keeping a hygiene logbook can help trainers check if their habits are in place and reflect scope for improvement.



TERMINAL QUESTIONS

1. Explain the personal hygiene habits of a Yoga trainer – Sports that leads to building of trust during a Yoga session.
2. What are the hygiene checks to be followed by the athletes post session.
3. “A clean, safe, and respectful training environment begins with the trainer.” In this light, briefly mention the pre-session and post-hygiene consideration.



ANSWER TO INTEXT QUESTIONS

17.1

1. False
2. False
3. True

17.2

1. (a)
2. (b)

MODULE-5

Maintain Safety, Hygiene and Sanitation at Workplace



Notes

MODULE-5

Maintain Safety, Hygiene
and Sanitation at
Workplace



Notes

18

SANITIZATION PROTOCOLS FOR EQUIPMENT AND CLIENTS

In the previous unit you have studied about how to maintain personal and environment hygiene in Yoga training; and importance of personal hygiene before and after Yoga sessions. Sanitation protocols for Yoga equipment and clients include daily equipment cleaning with appropriate disinfectants and regular deep cleaning along with client hygiene practices like hand washing and towel use to prevent the spread of germs.

In this unit, we will study about how to properly use sanitizing agents for Yoga equipments and the workplace.



OBJECTIVES

After studying this unit, you will be able to:

- learn how to properly use sanitizing agents for Yoga equipment and the workplace;
- develop skills to maintain a clean and safe environment during Yoga sessions.

18.1 SIGNIFICANCE OF SANITIZATION IN SPORTS YOGA

Sanitization goes deeper than regular cleaning. It kills bacteria, prevents the growth of fungi, and removes sweat residue that could lead to infection or discomfort.

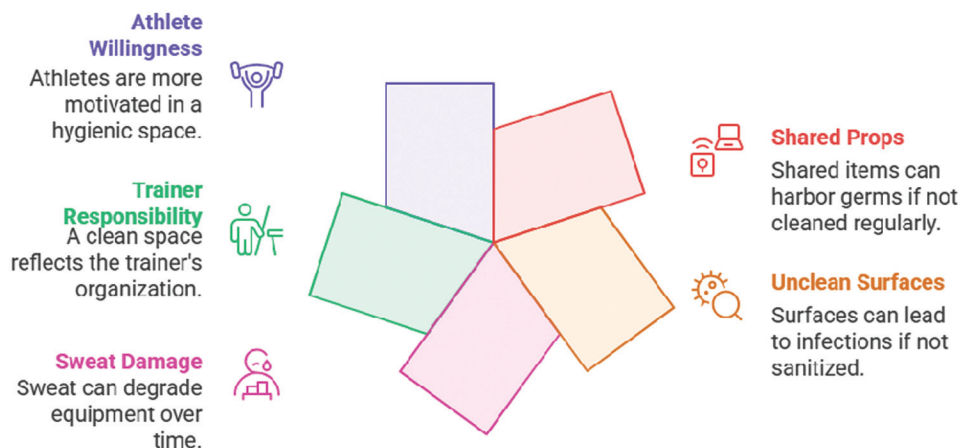


Fig. 18.1: Why Sanitization is Essential

Trainer's Role in Promoting Sanitization Awareness

Trainers must show that sanitization is a serious part of training, not just something extra. Their attitude decides whether the group follows it or ignores it.

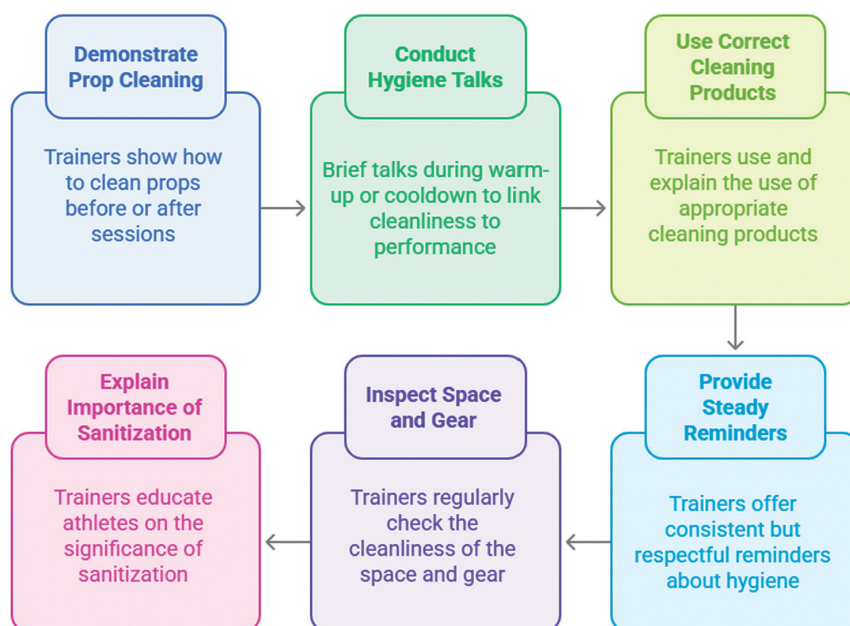


Fig. 18.2: Yoga Trainer – Sports Role in Promoting Sanitization Awareness

18.2 TYPES OF EQUIPMENT AND THEIR SANITIZATION NEEDS

Yoga sessions use different types of equipment, and each one needs to be cleaned differently based on its material and usage. Mats, blocks, straps, and bolsters all come in contact with sweat, skin, and floor dust. If not cleaned properly, they can



MODULE-5

Maintain Safety, Hygiene and Sanitation at Workplace



Notes

Sanitization Protocols for Equipment and Clients

cause skin infections, bad odor, or quick damage to the material. A good trainer knows what to clean, how to clean it, and how often.

1. Yoga Mats

Mats collect the most sweat during sports Yoga. They need to be wiped with disinfectant spray after every use. Trainers should avoid using strong chemicals that damage the surface or make it slippery. Once a week, mats should be deep-cleaned with mild soap and water, then dried fully in a clean, airy space – not left on the floor. A dry mat is a safe mat.

2. Blocks and Straps

Foam blocks are easy to wipe but must not be soaked in water. Wooden or cork blocks should be cleaned with natural spray and dried well to prevent cracks. Straps are often forgotten, but they collect sweat just like clothes. Cloth straps should be sprayed after use and washed weekly. In group sessions, labeling straps helps avoid mix-ups and keeps hygiene personal.

3. Bolsters, Blankets, and Fabric-based Props

Soft props feel great in practice – but they also trap sweat, dust, and smell. Trainers must make sure these are aired out after every use. Using covers on bolsters and washing them often keeps them fresh. Blankets used under the head or feet should be cleaned regularly and never stored while damp. Fabric props must pass the trainer’s smell and stain check before reuse.

Table 18.1: Equipments and Sanitization

Equipment	Sanitize After Use	Deep Clean (Weekly)	Important Tips
Yoga mat	Spray & wipe both sides	Soap + water, full dry	Never roll wet mats, avoid strong chemicals
Foam block	Light surface wipe	Not required unless stained	Do not soak, air dry fully after cleaning
Wooden/cork block	Wipe with natural spray	Not required	Keep dry, avoid cracking due to moisture
Strap (cloth)	Spray disinfectant	Wash with detergent	Label personally, dry fully before storing
Bolster (with cover)	Wipe surface or change cover	Wash cover or sun-dry	Use removable covers, never store damp
Blanket	Optional light airing	Wash or dry under sun	Check for smell and dust before every session



INTEXT QUESTIONS 18.1

Match the column:

A	B
Equipments	Sanitization
(i) Yoga mat	(a) Wash cover or sun dry
(ii) Foam block	(b) Soap + water full dry
(iii) Strap (cloth)	(c) Not required unless stained
(iv) Bolster (with cover)	(d) Wash with detergent
(v) Wooden/cork block	(e) Not required

18.3 SAFE AND EFFECTIVE SANITIZING AGENTS

Using the right sanitizing agent is just as important as cleaning regularly. In Yoga training, equipment touches the skin, absorbs sweat, and is used by many people in one day. If the sanitizer is too harsh, it can damage the material. If it's too mild, it won't clean properly. Trainers must know which products are effective, safe, and easy to use for each type of Yoga gear.

What makes a sanitizing agent effective?

Effective agents must kill germs quickly without harming athletes or equipment.

- It should contain 60–70% alcohol or natural antibacterial ingredients.
- It must dry quickly and leave no slippery or sticky surface behind.
- It should be safe for skin contact, especially for use on mats and straps.
- It should not damage foam, cork, cloth, or wood materials used in Yoga.
- It should have mild or no fragrance to avoid discomfort during breathing practice.

Best sanitizers for Yoga equipment

Every prop has a preferred cleaner based on its material and use.

- **Mats:** Alcohol-based spray with mild essential oils like eucalyptus or tea tree.

MODULE-5

Maintain Safety, Hygiene
and Sanitation at
Workplace



Notes

MODULE-5

Maintain Safety, Hygiene and Sanitation at Workplace



Notes

Sanitization Protocols for Equipment and Clients

- **Foam blocks:** Light misting with alcohol spray and wiping with a soft cloth.
- **Cork or wooden blocks:** Vinegar-water mix or natural disinfectant spray.
- **Straps:** Fabric-safe disinfectant spray, followed by drying.
- **Bolsters and cloth props:** Mild spray or machine-washable covers cleaned weekly.

Sanitizers to avoid

Certain products can harm props or cause irritation, even if they look strong.

- Avoid bleach and chlorine-based cleaners – they damage material and irritate skin.
- Avoid thick cleaning sprays that leave residue or moisture.
- Avoid scented sprays with heavy perfume – they distract and may cause allergies.
- Avoid detergent powders or acids – they wear down prop surfaces quickly.

Trainer responsibilities while using agents

Trainers must check every product before using it in the session space.

- Test the product on a small section of equipment before full use.
- Read product labels to confirm if it's skin-safe and non-corrosive.
- Keep cleaning products stored away from athlete areas and food zones.
- Use sanitizers only in ventilated areas to avoid inhaling strong vapors.
- Educate athletes on which sprays to use and where to return them after use.

18.4 SETTING UP A DAILY SANITIZATION ROUTINE FOR YOGA SPACE

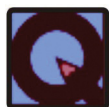
A daily sanitization routine keeps the Yoga space fresh, safe, and ready for every session. It reduces health risks, prevents clutter, and shows that the trainer runs a clean and professional setup. When done consistently, it becomes part of the group's daily rhythm.

Table 18.2: Sanitization Routine

Before/During/After Session	Sanitization Routine
Before the session begins Preparation creates trust. A clean start improves focus and comfort.	• Check for dust, spills, or stains on mats and floor. • Wipe all shared props using the right sanitizer. • Ensure windows or fans are open for air flow. • Set up cleaning materials in a visible area. • Keep hand sanitizer ready at the entry point.
During the session Mid-session routines maintain hygiene during sweat-heavy or partner drills.	• Encourage use of towels to manage sweat. • Remind athletes to sanitize hands after group work. • Wipe any spills or wet spots immediately. • Rotate used props away from the active area.
After the session ends End-of-session cleaning prepares the space for the next group.	• Ask athletes to wipe mats and return props properly. • Spray and dry high-touch equipment like straps and blocks. • Collect used cloth items for washing. • Empty trash bins and air out the room. • Do a final walkthrough before closing the session area.



Notes



INTEXT QUESTIONS 18.2

1. Name any two qualities of an effective sanitizing agent without harming athletes or equipments.
.....
.....
2. Name any two sanitizer that should be avoided.
.....
.....
3. Write two advantage of daily sanitization routine.
.....
.....

MODULE-5

Maintain Safety, Hygiene and Sanitation at Workplace



Notes

Sanitization Protocols for Equipment and Clients

18.5 CLIENT-SIDE PROTOCOLS: WHAT ATHLETES MUST SANITIZE

Sanitization in sports Yoga is a team effort. While the trainer sets the example, athletes must learn to take care of their own space, props, and personal hygiene. These habits don't just protect health – they show respect for the group. To make this work, trainers must guide athletes without creating pressure, using group routines, daily cues, and visual reminders.

What athletes must carry and clean?

Each athlete should bring a hygiene-ready kit. These personal items help reduce contact risks and keep their training environment safe.

- A clean towel for wiping sweat and mats
- A personal water bottle clearly labeled
- Hand sanitizer or a pocket-sized disinfectant spray
- A clean Yoga mat or mat cover
- Extra socks or cloth in case of sweat-heavy sessions



Fig. 18.3: Hygiene Ready Kit

Athletes must sanitize the items they bring and use. This includes wiping their mats before and after use, spraying down straps and blocks they touch, and not leaving used cloth items in the session area. Trainers can use simple verbal cues like, “Let’s wipe down before we leave,” to make these actions a shared norm.



How trainers can guide athletes without pressure?

Instead of scolding or calling out, trainers can lead with subtle systems and routines. Start by modeling the behavior – spraying your mat, wiping props, and doing it where athletes can see. Over time, these visuals create a silent expectation.

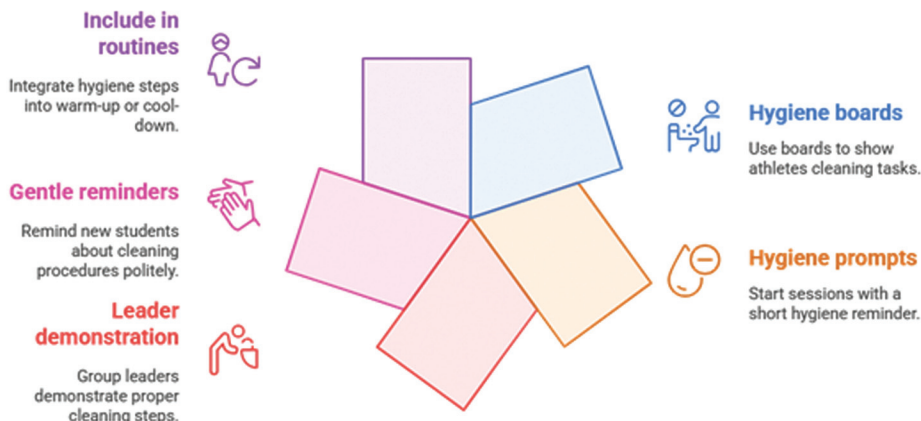


Fig. 18.4: Subtle Ways to Guide Athletes

Athletes feel more ownership when everyone is involved. A clean mat or prop is no longer just a rule – it becomes a sign of responsibility and teamwork. When athletes see others cleaning, they are more likely to do it themselves. Over time, the group becomes self-managed, and the trainer doesn't have to constantly remind them.

18.6 STORING AND MANAGING SANITIZED EQUIPMENT

After cleaning, equipment must be stored properly to keep it fresh, dry, and ready for the next session. Storing sanitized props carelessly – like stacking wet mats or tossing damp straps into closed bins – can undo all hygiene efforts. Trainers must teach athletes how to store items correctly and set up a storage system that's simple, clear, and easy to maintain.

How trainers can organize storage zones?

Trainers must create order in the storage space using visuals and systems. Label shelves for mats, blocks, bolsters, straps, and blankets. Use signs like “Sanitized Only” or “Needs Cleaning” so that no one mixes them up. If the space is shared with other groups, post hygiene instructions clearly.

A simple color-coded system helps – green for clean, red for used. Trainers can involve athletes in rotating cleaning duties or assigning weekly gear monitors. This builds ownership and keeps the space respectful for all users.

MODULE-5

Maintain Safety, Hygiene and Sanitation at Workplace



Notes

Sanitization Protocols for Equipment and Clients

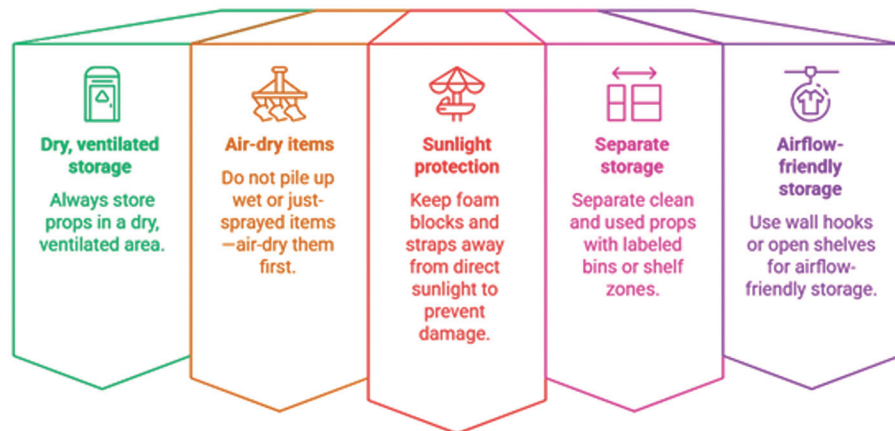


Fig. 18.5: General Storage Rules to Follow

Relevance of proper storage in Sports Yoga

Storing equipment well extends its life, keeps the space smelling fresh, and makes sessions start on time. It also helps athletes find what they need easily without confusion. Most importantly, it reinforces the idea that hygiene doesn't stop with cleaning – it ends with correct handling and storage.

18.7 MONITORING AND DOCUMENTING SANITIZATION ACTIVITIES

Tracking sanitization is not just for memory – it builds discipline, keeps hygiene visible, and ensures that nothing is missed. In group sessions, small slips can lead to infections or discomfort. A Yoga trainer must use simple tools like checklists, charts, or logbooks to monitor sanitization regularly. When students see it being tracked, they take it more seriously too.

Why monitoring matters?

Sanitization routines often get skipped during busy or back-to-back sessions. A system ensures accountability and gives the trainer a clear view of what is being done – and what is being missed.

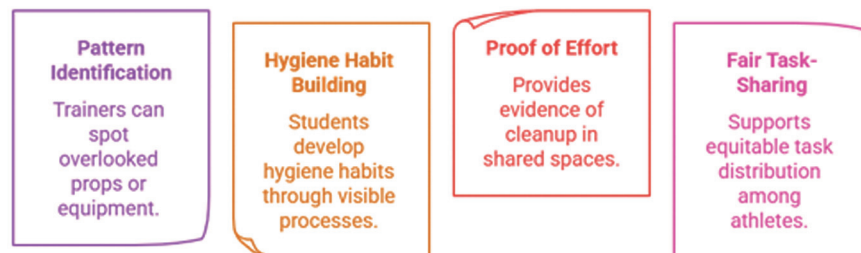


Fig. 18.6: Importance of Monitoring

Tools that make documentation easy

Monitoring doesn't have to be complex. Trainers can use basic, visual formats that are easy to update and understand. For example:

- A whiteboard checklist near the prop rack to tick off cleaned items.
- A weekly cleaning logbook with columns for date, item cleaned, and initials.
- Color-coded stickers to tag items as “clean” or “needs cleaning.”
- Laminated charts with reusable markers to track daily routines.

Trainer's role in making it work

The trainer must lead by example. If athletes see the trainer updating the chart, checking the logbook, or praising those who help, they join in naturally. Hygiene becomes a shared value, not just a duty.

18.8 HANDLING CHALLENGING CONDITIONS AND TRAINER HYGIENE DURING EQUIPMENT CLEANING

When Yoga sessions are conducted outdoors or scheduled back-to-back, sanitization routines can easily fall apart. Add to that the trainer's physical involvement in cleaning, organizing, and guiding others – and it becomes even more important to

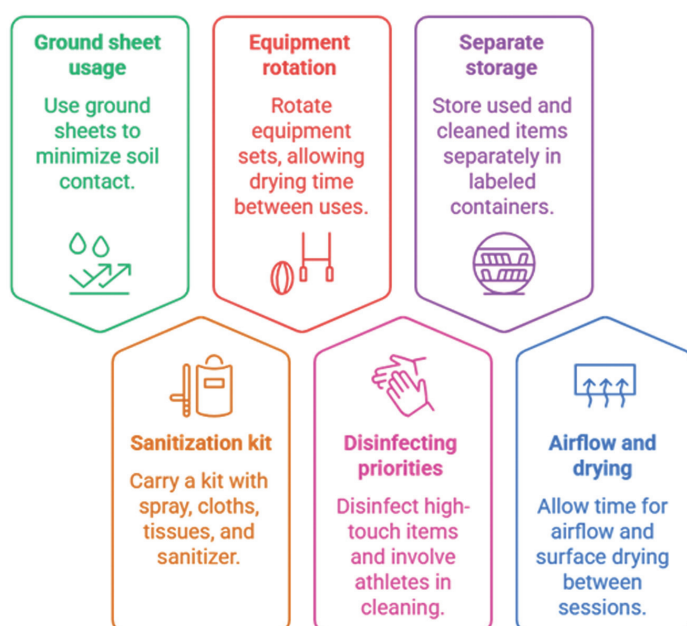


Fig. 18.7: Managing Sanitization in Outdoor or Fast-paced Sessions



Notes

MODULE-5

Maintain Safety, Hygiene and Sanitation at Workplace



Notes

Sanitization Protocols for Equipment and Clients

plan smart and stay hygienic. Managing equipment properly in these conditions and protecting the trainer's own health are both essential for smooth, safe sessions.

Managing sanitization in outdoor or fast-paced sessions

Outdoor practice can expose equipment to dirt, uneven surfaces, and weather changes. Similarly, fast back-to-back classes can leave very little time for deep cleaning. In both cases, preparation and efficiency are key.

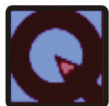
Trainer hygiene during sanitization

The trainer touches every prop and space while cleaning. If not careful, they may carry germs from one session to the next or end up with skin irritation or infections.



Fig. 18.8: Trainer Hygiene During Sanitization

By staying organized, adaptable, and visibly hygienic, trainers lead by example. Even in less-than-ideal conditions, these habits keep the practice safe and the environment respected. But more than individual effort, lasting hygiene depends on building a shared culture. When sanitization is introduced as a daily habit – not a special rule – it becomes part of the group's identity. Athletes begin to wipe mats without reminders, clean up after sessions, and help maintain shared props. Trainers can support this by modeling good habits, involving athletes in setup or cleanup, and making hygiene feel like part of being a committed sports person. With consistency, encouragement, and visible systems, a clean Yoga space becomes more than just safe – it becomes respected.

**INTEXT QUESTIONS 18.3**

State whether True or False:

1. Each athlete should bring a hygiene-ready kit. ()
2. A single colour coded system helps to organize storage zones. ()
3. In group sessions, small slip can lead to infections or discomfort. ()
4. Monitoring should be complexed. ()

**WHAT HAVE YOU LEARNT**

Dear learners, in this unit you have learnt:

- Sanitization during Yoga sessions, plays an important role in maintaining health and hygiene. It not only kills bacteria, prevents the growth of fungi; and removes smart residue that could lead to infection or discomfort.
- Various Yoga equipments needs particular sanitization needs. A Yoga mat may require a different sanitization approach that blocks, straps or bolsters.
- An effective sanitizing agent should contain 60-70% of alcohol or natural antibacterial ingredients. It should also dry quickly, safe for skin contact, should have mild or no fragrance, and should not damage cloth or wind materials used in Yoga.
- The trainer must check every product before using it in the session.
- A hygiene ready kit of an athlete should include clean towel, personal labeled water bottle, hand sanitizer, clean Yoga mat and extra socks.
- Trainers must create order in the storage space using visuals and systems. a simple colour coded system may help e.g. green colour for clean, red for used stuff etc.
- Monitoring sanitization builds discipline, keeps hygiene visible and ensures that nothing is being missed.
- A trainer should stay hygiene, and manage equipment properly especially during back to back sessions.

MODULE-5

**Maintain Safety, Hygiene
and Sanitation at
Workplace**



Notes

MODULE-5

Maintain Safety, Hygiene
and Sanitation at
Workplace



Notes

Sanitization Protocols for Equipment and Clients



TERMINAL QUESTIONS

1. What constitutes an effective sanitizing agent? What type of sanitizers should be avoided.
2. What are the effective ways to store and manage sanitized equipments?
3. Explain the challenging conditions faced by trainer in maintaining hygiene.



ANSWERS TO INTEXT QUESTIONS

18.1

1. (b)
2. (c)
3. (d)
4. (a)
5. (e)

18.2

1. (a) It should contain 60-70% alcohol or natural antibacterial ingredients.
(b) It should be safe for skin contact, especially for use on mats and straps.
2. (a) Bleach and chlorine based cleaners.
(b) Scented sprays with heavy perfume.
3. (a) It keeps the Yoga space fresh, safer and ready for every session.
(b) It reduces health risks and prevents clutter.

18.3

1. True
2. True
3. True
4. False



Notes

19

INJURY PREVENTION AND EMERGENCY RESPONSE

Dear learners, in the previous unit, you have learnt about proper use of sanitizing agents for Yoga equipments and the workplace. Although Yoga is well known for its ability to heal, injuries can and do happen in sports environment when movement are quicker. Injury prevention during a Yoga session involves careful warm-ups, listening to your body's signals to avoid pain and building core strength to support joints. Emergency response requires knowing CPR and first aid, having accessible contact information and first aid supplies.

In this unit, we will study about the primary roles and responsibilities of a group Yoga trainer to deliver safe and effective group Yoga sessions.



OBJECTIVES

After studying this unit, you will be able to:

- understand the primary roles and responsibilities of a group Yoga Trainer – Sports;
- recognize the importance of responsible conduct during training;
- learn how to structure and deliver safe and effective group Yoga sessions.

19.1 RECOGNIZING COMMON INJURIES IN SPORTS YOGA

Yoga is generally known for its healing effects, but in a sports setting where movements are faster, repetitions are higher, and physical limits are pushed, injuries can and do occur. Sports Yoga includes a wide range of poses involving strength, flexibility, balance, and transition speed – all of which can increase injury risk when not managed with awareness. A Yoga Trainer must understand not just

MODULE-5

Maintain Safety, Hygiene and Sanitation at Workplace



Notes

Injury Prevention and Emergency Response

the postures, but also which movements put which body parts at risk and how to notice the early signs of injury.

High-risk zones in athletic Yoga practice

Most injuries in sports Yoga affect the joints and soft tissues. The wrists, knees, hamstrings, shoulders, and lower back are most vulnerable. These areas absorb load, hold weight, or stretch deeply during performance drills and transitions.

Common injuries by body region

- **Wrist strain** happens in poses like plank, crow, or downward dog where body weight presses onto a small joint. Repeated stress without proper wrist alignment or warm-up leads to swelling and pain.
- **Hamstring pulls** often occur in deep forward folds or sudden lengthening of tight leg muscles. Athletes trying to mimic flexible peers often overstretch, causing tears.
- **Lower back pain** arises from forced backbends or twisting poses where core strength is lacking. It can also result from poor alignment in transitions.
- **Knee injuries** are common in cross-legged postures, lunges, and squats, especially when the hip is tight and pressure shifts to the knee instead.
- **Shoulder strain** occurs in arm-balancing or Vinyasa transitions when scapular control is weak or elbow alignment is off.
- **Ankle sprains** happen during standing balance postures like tree or warrior III, especially on uneven outdoor surfaces.

How injuries develop over time

While some injuries are sudden (acute), most develop gradually (chronic) due to repeated stress. A tight hamstring today can become a tear next month if not addressed. Trainers must stay alert to changes in an athlete's movement or behavior.

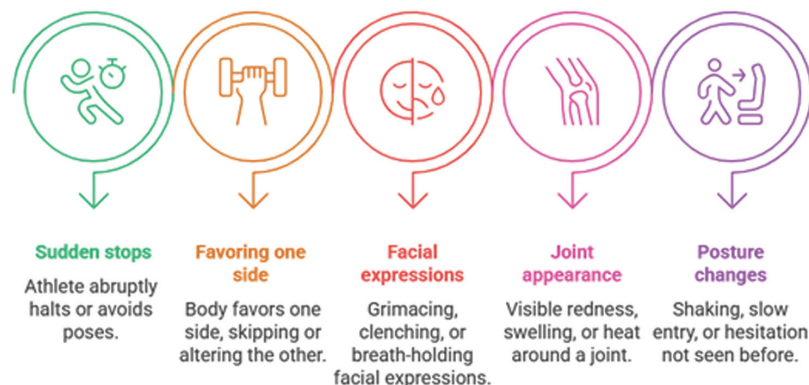


Fig. 19.1: Injury Signs that should not be Ignored



Impact of untreated injuries

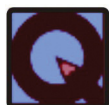
Ignoring small signs can lead to long breaks from training, poor posture compensation, or even permanent movement issues. It can also affect an athlete's confidence, performance consistency, and trust in the trainer.

Trainer's role in early detection

A skilled trainer does not wait for pain complaints. They observe patterns, check for imbalances, and ask questions when they see unusual movement. Quick spotting and response helps avoid escalation and builds a safer, more aware training culture.

Real-world example

At a school Yoga league camp, a student repeatedly skipped seated forward bends. The trainer noticed she was leaning more on her left hip and hesitating during hamstring stretches. A short check revealed early-stage tightness in the right hamstring. With modifications and guided stretching, the issue was resolved before it became an injury.



INTEXT QUESTIONS 19.1

State whether True or False:

1. Most injuries in sports Yoga affect the joints and soft tissues. ()
2. Knee injuries are common in balancing Asanas. ()
3. Untreated injuries can also affect an athlete's confidence, performance consistency and trust in the trainer. ()

19.2 TRAINER'S ROLE IN INJURY PREVENTION

Injury prevention starts before the first pose is taught. A skilled Yoga Trainer – Sports doesn't just teach movements – they plan, observe, and adjust to keep athletes safe. Injury prevention becomes effective when the trainer treats it as part of the training itself – not something separate. From how the session is structured to how cues are given, every detail counts.

Preventing injuries through smart planning

Trainers can reduce risk by designing sessions that suit the group's needs, fitness levels, and sport demands.

MODULE-5

Maintain Safety, Hygiene and Sanitation at Workplace



Notes

Injury Prevention and Emergency Response

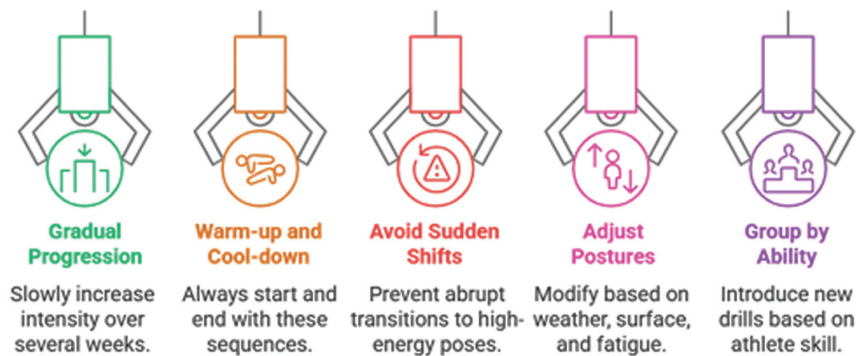


Fig. 19.2: Smart Plan to Prevent injuries

Active observation during practice

Trainers must move around the space, scan body language, and correct postures on time. This attention helps catch mistakes before they become injuries.



Fig. 19.3: Active Observation During Practice

When the trainer demonstrates body awareness, athletes tend to follow. Wearing proper gear, taking breaks, and modifying poses when tired sends the right message. It builds a culture where injury prevention is normal, not optional.

How trainers can spot injury signs

Trainers must observe closely – not just for posture alignment, but also for subtle signs of discomfort or hesitation. A grimace, sudden breath hold, or skipping one side of a posture are warning signs.

Spotting injuries early means trainers can respond before pain worsens. Quick action may allow the athlete to recover without needing full rest or medical care. It also builds trust – athletes feel safe when they know the trainer is alert and caring.

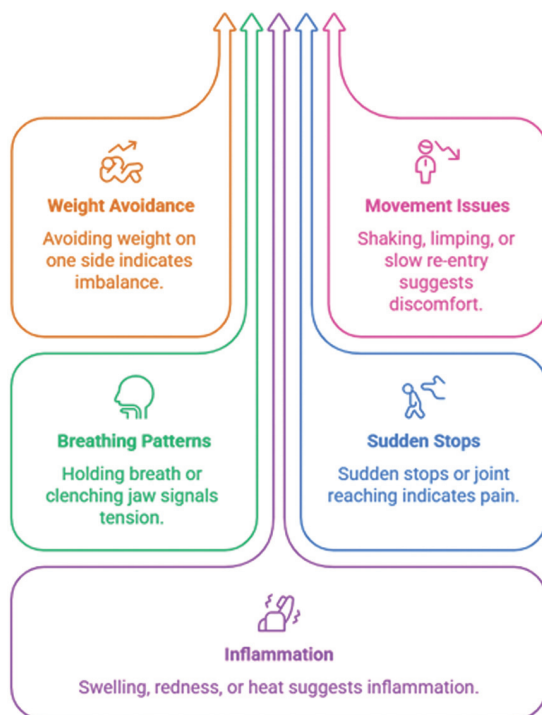


Fig. 19.4: Spot Injury Signs



Notes

19.3 SAFE WARM-UP AND COOL-DOWN PRACTICES

Warm-up and cool-down phases are often underestimated – but in sports Yoga, they are non-negotiable. These periods protect the body, enhance mental focus, and reduce the chance of injury. For trainers, guiding these phases well sets the foundation for a safe and effective session.

Purpose of warm-up in Yoga

The warm-up phase gently prepares the body for movement. It raises muscle temperature, increases blood circulation, and activates joint mobility – especially in areas like the spine, hips, and wrists that are key in Yoga. For athletes transitioning from other sports or a full day of sitting, warm-ups release tension and reset alignment.

Suggested warm-up flow

A trainer can structure warm-ups in three layers:

1. **Joint rotation and breath connection** (neck, wrists, ankles)
2. **Dynamic movement** (standing twists, cat-cow, low lunges)
3. **Pose-specific drills** (mini sun salutation, hip activators, back-release stretches)

MODULE-5

Maintain Safety, Hygiene and Sanitation at Workplace



Notes

Injury Prevention and Emergency Response

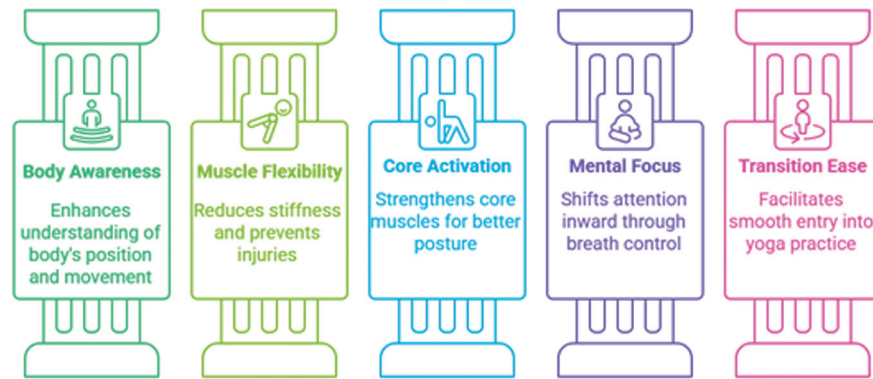


Fig. 19.5: Key Benefits of Warm-up

Warm-ups should last at least 8–10 minutes and follow the physical focus of the day's session.

Purpose of cool down in Yoga

After an intense practice, the cool-down phase helps the nervous system settle and allows tissues to relax. It reduces soreness, supports flexibility gains, and brings the body back to a resting state.

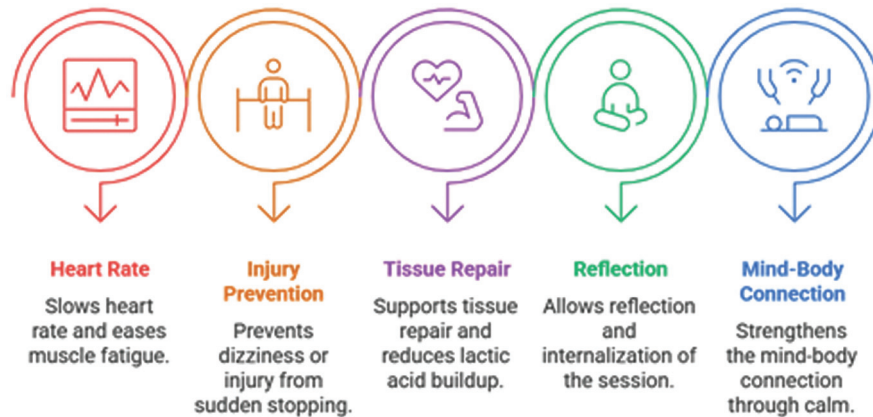


Fig. 19.6: Key Benefits of Cool Down

Suggested cool down flow

Cool-downs should include passive, floor-based stretches and calming breath practices:

- Reclining twists, forward folds, and butterfly pose
- Child's pose, legs-up-the-wall, or supported bridge
- Gentle alternate nostril breathing (if appropriate)
- End with 2–5 minutes of stillness in Savasana or a seated posture



These segments are not fillers – they are essential. The trainer must not rush through them or treat them as optional. Observing how each athlete moves during warm-up and cool-down gives insights into flexibility, fatigue, and potential injuries.

Real-world example: In a pre-competition camp, a group of football athletes showed poor hamstring flexibility and back tightness. By adjusting their warm-up with dynamic lunges and core rotations, and finishing with long-held hamstring stretches in cool-down, the trainer helped improve their range of motion within days – while preventing injury

19.4 TEACHING BODY AWARENESS AND SELF-LIMITATION

In sports Yoga, pushing too far is often mistaken for progress. Athletes are trained to go beyond limits, but in Yoga, knowing when to stop is just as important as knowing how to move. Body awareness helps athletes recognize signals of fatigue, pain, or imbalance. Self-limiting means acting on those signals – modifying, resting, or adjusting without shame or hesitation. Teaching this skill early builds long-term safety, performance, and self-respect.

Many athletes are conditioned to “push through discomfort.” In Yoga, this mindset causes injuries – especially in flexibility-focused postures. Without guidance, athletes may overstretch, hold their breath, or imitate peers without listening to their own bodies.

Trainer’s role in building this awareness

The trainer must normalize self-checking, slowing down, and saying no to a pose when needed. This builds trust and long-term discipline.

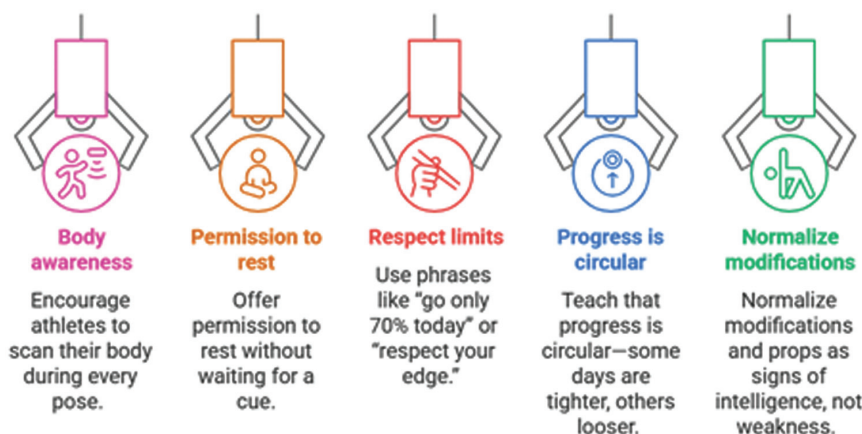


Fig. 19.7: Trainer’s Role in Building Awareness

MODULE-5

Maintain Safety, Hygiene and Sanitation at Workplace



Notes

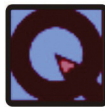
Injury Prevention and Emergency Response

Techniques to improve body listening

Helping athletes listen to their body isn't just about telling them to slow down – it's about giving them simple tools to observe, reflect, and respond with awareness during movement.



Fig. 19.8: Techniques to Improve Body Listening



INTEXT QUESTIONS 19.2

Fill in the Blanks:

1. Warm-up and periods and protect the body, enhance mental focus and reduce the chance of injury.
2. Cool downs should include passive, and calming breath practices.
3. awareness helps athletes recognize signal of fatigue.

19.5 HANDLING MINOR INJURIES DURING A SESSION

Minor injuries are small physical issues that typically heal on their own or with basic first aid. Minor injuries like cramps, strains, or slips can happen during even the most carefully designed Yoga sessions. While not serious, they can interrupt practice and shake an athlete's confidence. A Yoga trainer must handle these moments with calm authority, acting quickly and reassuringly. When managed well, small injuries become learning opportunities – not setbacks.

Common minor injuries in Sports Yoga

Minor injuries often involve soft tissues like muscles, ligaments, or tendons. They don't cause long-term damage when handled well – but can worsen fast if ignored.



Notes

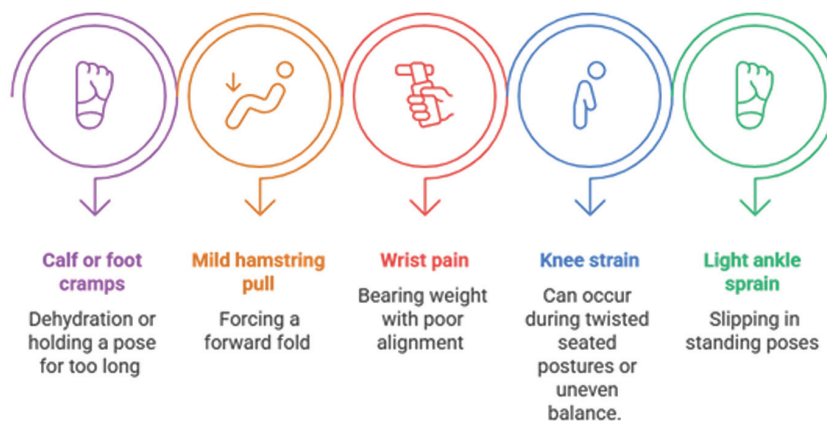


Fig. 19.9: Common Minor Injuries in Sports Yoga

These injuries don't usually cause swelling or deep bruising – but they stop movement and need immediate care.

How to respond in the first 60 seconds

The trainer's first few actions define the injury experience. Athletes look to the trainer's body language before they feel the pain.

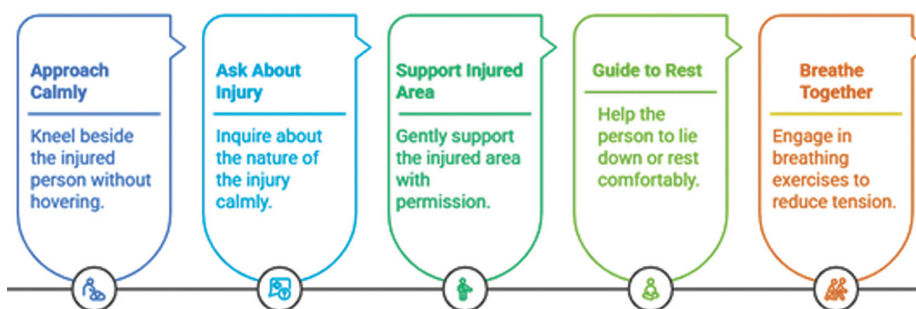


Fig. 19.10: Respond in First 60 Seconds

Apply the RICE method with calm and care

This time-tested injury response protocol works brilliantly in Yoga studios too.



Fig. 19.11: R.I.C.E

MODULE-5

Maintain Safety, Hygiene and Sanitation at Workplace



Notes

Injury Prevention and Emergency Response

Explain to the group what's being done – not to scare them, but to teach them. It builds confidence in your leadership.

Support the athlete without pressure

After first aid, support doesn't mean pushing. It means presence.

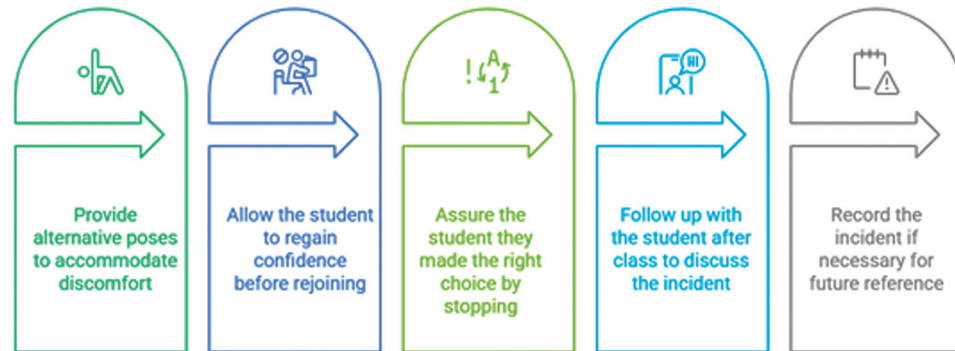


Fig. 19.12: After First Aid Support

What every trainer must always carry

Preparedness turns fear into calm. Your first-aid kit is not just a box – it's your confidence backup

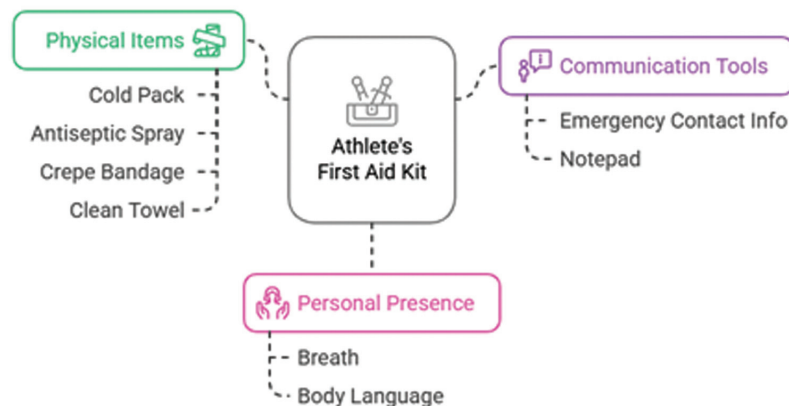


Fig. 19.13: Yoga Trainer – Sports must have

Scenario

At a school-level Yoga prep camp, an athlete twisted her foot during warrior pose. The trainer paused the class, checked her calmly, applied the RICE steps using a rolled-up mat and a cold bottle, and let her rest in child's pose while the session continued. The athlete returned two days later – not just healed, but more confident in her body – and her trainer.

19.6 IDENTIFYING MAJOR INJURIES AND WHEN TO STOP

Some injuries are loud. Others are silent – but serious. As a Yoga Trainer – Sports, your sharpness in those first few seconds could prevent long-term harm. It's not about overreacting – it's about knowing when to draw the line. Athletes won't always admit something is wrong. They may try to push through pain out of habit, embarrassment, or pressure. You need to watch what they say – and what they don't.

Major injuries don't look like minor ones. They feel deeper, sharper, or more alarming.

They can happen from a fall, a sudden twist, or even a posture done too aggressively. Unlike minor strains, these injuries don't ease up with rest or modification.

Imagine this: a student attempts a deep twist and suddenly freezes. Their face tightens. One leg begins to tremble. They drop out of the pose and can't get up. That's not soreness – that's a signal.



Fig. 19.14: Common Red Flags for Major Injuries

What should the Trainer do?

While you stay with the athlete:

- Assign one student to call the sports coordinator, nurse, or parent.
- Ask another to bring a first-aid kit and cold compress.
- Keep the group calm and occupied – not focused on the injury.
- Take deep breaths yourself. Calm energy is contagious.



Notes

MODULE-5

Maintain Safety, Hygiene and Sanitation at Workplace



Notes

Injury Prevention and Emergency Response

Stop the flow. Ask the class to move into child's pose or seated silence. Approach the athlete slowly and speak in low, steady tones. Ask, "Can you move your fingers?" "Is your pain shooting or steady?" "Do you feel dizzy?"

If they say "I heard a pop" or "I can't feel my toes," it's time to act.

Here's what you do not do:

- Don't let them stand up without testing weight gradually.
- Don't massage or adjust.
- Don't crowd around.
- Don't say "You'll be fine" without a check.

You stabilize. You protect. You delegate.

Injury stops the pose, the session, and the plan. And that's okay. The moment a trainer recognizes that safety overrides structure, they become more than just an instructor – they become a protector.

19.7 EMERGENCY RESPONSE PROTOCOL IN THE SESSION SPACE

Emergencies don't announce themselves. They arrive fast, test your composure, and reveal your preparedness. Whether it's a head injury from a fall, a dislocated joint, or sudden breathlessness, the Yoga trainer becomes the first responder – before any medical help arrives.

Your job isn't to treat – it's to stabilize, guide the group, and protect the athlete from further harm. Every training space must have a visible, well-rehearsed emergency response plan. This isn't a checklist for the wall – it's a system that lives in your muscle memory.

Immediate actions when an emergency occurs:

- Stay calm. Take a deep breath before moving. Your reaction will set the emotional tone for the group.
- Move slowly to the injured person and ask others to remain still or go into a seated posture.
- Speak to the athlete: "Can you hear me?" "Where is the pain?" "Did you hit your head?"
- Never move the athlete unless you're 100% sure it's safe.
- If there's a suspected spinal or neck injury – immobilize. Don't let them sit or turn.



Notes

One of the smartest things a trainer can do is delegate. While you stay with the injured athlete:

- Ask a senior athlete to inform the front desk, coordinator, or call emergency services.
- Assign someone else to calm the group and keep them focused away from the injured person.
- If indoors, open windows or make space around the athlete.
- If outdoors, create shade or prevent crowding from other teams.

The trainer must also know where the first-aid kit, ice pack, stretcher (if available), and emergency contact list are kept. These should never be locked away or hidden under piles of props.

There's one more silent part of this protocol: your tone of voice. Even if things are serious, speak in a steady, low voice. A shaky voice builds panic. A calm one builds control.

After the emergency is managed, don't rush back to normal. Give space. End the session if needed. Follow up with the injured athlete and their family. Log the incident. Reflect on what worked and what needs to improve.

When breathing stops: hands-only CPR for trainers

In rare but serious cases – such as sudden collapse, choking, or unconsciousness – breathing may stop. In this situation, **your calm use of Hands-Only CPR can save a life** until professional help arrives.

You **do not** need to give mouth-to-mouth. Just focus on compressions.

Here's what to do:

Steps for hands-only CPR:

1. **Check responsiveness:** Tap the person and shout to see if they respond.
2. **Call emergency services:** If unresponsive, immediately call for medical help.
3. **Position your hands:** Place the heel of one hand at the center of the chest, and place the other hand on top, interlocking fingers.
4. **Perform chest compressions:**
 - o Push hard and fast, compressing at least 2 inches deep.
 - o Maintain a rate of 100-120 compressions per minute
5. **Do not stop:** Continue until medical help arrives or the person regains consciousness.

MODULE-5

Maintain Safety, Hygiene and Sanitation at Workplace



Notes

Injury Prevention and Emergency Response

Why hands-only CPR?

- It's easy to perform and highly effective.
- Increases survival rates when done correctly.
- Suitable for sudden cardiac arrest cases, especially in public places.

By mastering the signs of medical emergencies and knowing how to perform hands-only CPR, Yoga assistants – Sports can ensure a safer practice environment and respond effectively in critical situations.



Fig. 19.15: Hands Only CPR

If you're trained in full CPR, continue as per guidelines. But if not – Hands-Only CPR is safe, legal, and recommended for untrained responders.

Every trainer must learn this. You may never need it – but if you do, you won't have time to Google it.

A trainer isn't just someone who teaches Yoga – they are the anchor when things go wrong. Emergencies reveal your preparation, your leadership, and your ability to protect your group in moments that matter most.

19.8 EDUCATING ATHLETES AND BUILDING A SAFETY-FIRST CULTURE

Teaching injury prevention isn't just about correcting postures – it's about shaping how athletes think. Trainers must educate athletes on warm-up importance, signs of overstretching, how to modify poses, and when to stop. These units must be taught actively – not assumed.

You can weave injury awareness into your sessions without giving a lecture. A 2-minute discussion on “What pain is okay vs not okay” or a quick body-scan reflection during cooldown builds powerful habits. Let athletes feel responsible – not passive – about their safety.

Small strategies make a big difference:

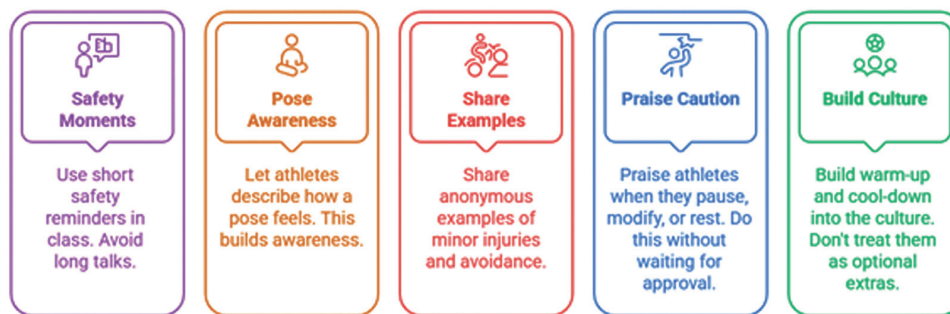


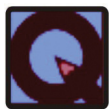
Fig. 19.16: Strategies to Build Safety First

Safety isn't a rule. It's a mindset.

When athletes feel safe, they try harder, recover better, and stay longer. Creating that environment doesn't mean avoiding risk – it means preparing for it. A safety-first culture is not restrictive – it's empowering. It teaches athletes to challenge themselves with wisdom, not ego.

Injury prevention is more than protecting the body – it's about preserving potential. As a Yoga Trainer – Sports, your role is to **observe early, respond calmly, teach clearly, and lead by example**. Whether it's a simple cramp or a serious fall, your presence becomes the anchor. When you build trust through safety, your athletes don't just avoid injuries – they thrive.

Make your training space one where safety is visible, pain is respected, and every comeback is celebrated.



INTEXT QUESTIONS 19.3

State whether True or False:

1. Minor injuries can cause long term damage when not handled well. ()
2. RICE method is injury response protocol that work brilliantly in Yoga. ()

MODULE-5

Maintain Safety, Hygiene and Sanitation at Workplace



Notes

MODULE-5

Maintain Safety, Hygiene and Sanitation at Workplace



Notes

Injury Prevention and Emergency Response

3. Yoga Trainer – Sports duty is to stabilize, guide the group, and protect the athlete from further harm in case of emergency. ()
4. Trainers can avoid educating athletes on warm-up importance, signs of overstretching etc. ()



WHAT HAVE YOU LEARNT

Dear learners, in this unit, you have learnt:

- Sports Yoga includes a wide range of poses involving strength, flexibility, balance and transition speed – all of which can increase injury risk when not managed with awareness. A Yoga trainer must understand not first the postures, but also which movements put which body part at risk and how to notice the early signs of injury.
- Common injuries of the body repair include wrist strain, hamstring pulls, lower back pain, knee injuries, shoulder strain and ankle sprains.
- A trainer can prevent injuries by keeping active observation during practice. A trainer can also spot injury signs.
- A trainer can design warm-up and cool down flows respectively for a safe and effective session.
- A trainer should also teach body awareness techniques and improve body listening to the athletes.
- A trainer must act promptly for minor injuries. Application of RICE should take place with calm and care.
- A Yoga Trainer – Sports's sharpens in first few seconds can prevent long term harm.
- A trainer should also follow the emergency response protocol in the session when required.
- Hand on CPR should be administered in serious cases like sudden collapse, checking, or unconsciousness breathing.
- Educating athletes and building a safety first culture is also a responsibility of a trainer.



TERMINAL QUESTIONS

1. Enumerate the common injuries in the body regain during Yoga session.
2. Start various warm-up and cool down practices in sports Yoga.
3. Describe the immediate actions when an emergency occurs during the session.



ANSWER TO INTEXT QUESTIONS

19.1

1. True
2. False
3. True

19.2

1. cool down
2. floor based stretches
3. body

19.3

1. True
2. True
3. True
4. False

MODULE-5

Maintain Safety, Hygiene
and Sanitation at
Workplace



Notes

MODULE-5

Maintain Safety, Hygiene
and Sanitation at
Workplace



Notes

20

SAFE ENVIRONMENT AND EQUIPMENT LABELING

Dear learners, in the previous unit, you have learnt about the primary roles and responsibilities of a group Yoga trainer, to structure and deliver effective group Yoga sessions. A safe Yoga practice ensures creating an appropriate environment by checking for certification on Yoga equipments like mats and props to verify they are free from harmful substances, replacing them regularly and ensuring proper ventilation.

In this unit, you will study about the importance of proper labeling and how to store Yoga props and equipment to maintain a safe and interactive Yoga environment.



OBJECTIVES

After studying this unit, you will be able to:

- understand the importance of maintaining a safe and interactive Yoga environment;
- learn how to properly label and store Yoga props and equipment;
- develop skills to create a structured and safe space for Yoga practice.

20.1 THE IMPORTANCE OF A SAFE YOGA ENVIRONMENT

The physical environment of a Yoga session influences more than just comfort – it directly affects performance, injury risk, and athlete trust. A safe environment allows athletes to move with full focus, without worrying about slipping, bumping into others, or overexerting in poor conditions. The trainer must lead the setup and inspection of the Yoga space before every session, regardless of whether it's indoor, outdoor, or in a shared facility.



Ideal physical conditions for Yoga practice

A safe Yoga environment includes clear, breathable, clean, and organized space. Whether you're on a mat, moving through a flow, or performing balance postures, the space must support full range of movement without obstruction.



Fig. 20.1: Ideal Physical Condition for Yoga Practice

Indoor vs Outdoor considerations

While both environments can be made safe, each has unique challenges that a trainer must manage before starting the session.

- **Indoor spaces** need floor checks, ventilation control, and equipment arrangement. Sound control is also necessary for focus.
- **Outdoor spaces** require clean surfaces (grass, turf, or mats), shade options, wind and noise awareness, and hydration access.

Trainer setup checklist before the class

- Inspect floors for wet spots, uneven tiles, or dust
- Ensure props (blocks, straps, chairs) are clean, dry, and properly arranged
- Open windows or activate fans for ventilation if needed
- Set boundary markers or mat spacing if athletes tend to crowd
- Check electrical outlets, bags, or chairs are not creating trip hazards
- Keep a first-aid kit visible and easily reachable

MODULE-5

Maintain Safety, Hygiene and Sanitation at Workplace



Notes

Safe Environment and Equipment Labeling

Why this matters in Sports Yoga

Sports Yoga involves higher intensity, faster transitions, and sometimes deeper stretches than regular Yoga. A messy or unsafe environment increases the chances of injury, distraction, or loss of trust. When athletes walk into a clean, prepared space, it sends a silent message: this session is serious, structured, and safe.

20.2 TRAINER'S ROLE IN IDENTIFYING AND MANAGING RISKS

Even a clean Yoga space can hide risks. A loose tile, a wobbly block, or a low-hanging fan can cause injuries if overlooked. In sports Yoga, where movements are intense and transitions fast, the trainer plays a critical role in identifying and fixing safety threats – before they become problems. This unit focuses on what to look for, how to respond, and how to stay two steps ahead.

Table 20.1: Types of Environmental Risks in Yoga Session

Type	Description	Examples	Risks
Physical hazards	Environmental conditions that cause trips or slips	Slippery floors, uneven surfaces, scattered props	Falls, sprains, twisted ankles, reduced confidence
Prop-related risks	Damage or wear in Yoga equipment	Torn straps, cracked blocks, unstable chairs, moldy bolsters	Injuries, loss of balance, allergic reactions
Layout issues	Poor room arrangement that disrupts flow or safety	Overcrowding, tight spacing, no prop organization	Collisions, limited movement, distraction
Temperature/Ventilation	Discomfort or health risks due to air/climate issues	Overheated room, cold floor, stale or no air circulation	Dehydration, fatigue, respiratory discomfort, poor focus
Lighting hazards	Inadequate or excessive lighting affecting visibility	Glaring lights, dark corners, heavy shadows	Eye strain, poor posture, missteps or misalignment in poses

How the trainer identifies risks early

- Walk through the space before every session – even if it looks fine
- Observe floor, corners, shelves, prop racks, and entry points
- Shake or test chairs and blocks during setup
- Ask athletes to report anything they find unusual
- Adjust athlete arrangement if there are obstructions or blind spots

**Steps to manage risks immediately**

If a risk is noticed – even during the session – it should be addressed without delay. A small interruption is better than a lasting injury.

- Pause the class if the space needs to be adjusted
- Remove unsafe props or replace them before use
- Shift the formation if someone is near a wall or open door
- Dry any wet spot or wipe sweat spills instantly
- Report repeated issues to the space authority or coordinator

Trainer mindset: proactive, not reactive

Managing risks isn't about fixing things after they go wrong. It's about walking into every session with a trained eye, a prepared kit, and a calm leadership approach. The best sessions are the ones where nothing dangerous happens – because the trainer already took care of it.

**INTEXT QUESTIONS 20.1****Match the Column:****A**

1. Layout issues
2. Physical hazards
3. Lighting hazards
4. Temperature/ventilation

B

- (a) Falls, sprains, twisted ankles
- (b) eye strain, poor posture
- (c) Dehydration, fatigue
- (d) Collisions, limited movement

20.3 LABELING AND ORGANIZING YOGA EQUIPMENT

In a group Yoga setting – especially in sports institutions or shared training halls – **labels are not optional**. They reduce confusion, improve hygiene, and support accountability. When props look the same, it's easy to mix them up. Labeling and organizing equipment helps athletes find their items quickly, rotate shared gear properly, and maintain a smooth start and close to every session.

Why labeling matters in Sports Yoga

Athletes often work in rotating batches. Without labeling, mats and straps get misplaced, mixed up, or re-used without cleaning. This increases infection risk and slows down the class.

MODULE-5

Maintain Safety, Hygiene and Sanitation at Workplace



Notes

Safe Environment and Equipment Labeling

- Helps prevent use of unclean props
- Avoids unnecessary wastage of time searching for items
- Reduces confusion in shared or multi-group environments
- Supports prop maintenance by tracking usage and wear
- Encourages ownership and responsibility among athletes

What and how to label

Labeling should be durable, visible, and hygienic. Every trainer should label props or train athletes to label personal items.

- Use waterproof name tags or permanent markers on Yoga mats
- Number blocks, chairs, and straps if they're shared by the group
- Color-code props for different training levels (e.g., beginners, advanced)
- Place shelf or rack labels: "Clean Mats," "Used Mats," "Straps Only," etc.
- For soft items like bolsters or blankets, attach washable cloth labels

Maintaining labeled organization during sessions

- Remind athletes to return props to the correct zone or rack
- Use visible signs to guide proper stacking or storage
- Have athletes clean and place their props in "Ready to Use" sections
- Rotate shared items weekly to avoid overuse of the same gear
- Check labels weekly and replace damaged tags

A well-labeled Yoga zone speaks before the trainer does. It says, "This space is organized, professional, and respected." It saves time, builds discipline, and keeps the group flowing safely from warm-up to wind-down.

20.4 SAFETY SIGNAGE AND VISUAL MARKERS IN THE YOGA ZONE

In a busy group session, the trainer cannot give every instruction individually. That's where **visual markers and signage become essential**. Whether it's floor guides for mat placement or shelf tags for clean props, good signage improves safety, movement, and independence. It also reduces distractions and supports quieter, more efficient sessions.



Notes

How visuals support safety and flow

When signs and markers are placed well, athletes know where to stand, where to place gear, and how to return props without confusion. This prevents crowding, tripping, and hygiene lapses.

- Reduces verbal instruction load for the trainer
- Prevents floor clutter and mid-session confusion
- Builds athlete habit to self-manage setup and cleanup
- Promotes equal spacing and alignment in group practice
- Makes large or rotating batches easier to manage

Types of useful signage in a Sports Yoga setup

Floor markers: Use mat placement lines or colored floor tape for safe spacing

- **Prop area signs:** Label racks with “Clean Props Only,” “Return Here,” or “Used Mats”
- **Safety reminders:** Small posters with “Bend your knees if your back hurts,” or “Listen to your limits”
- **Entry signs:** Simple icons like “No shoes,” “Phone off,” “Sanitize before entry”
- **Wall visuals:** Pose diagrams, emergency exits, or warm-up/cool-down flow posters

Creating effective visual cues

- Use bold colors and simple fonts
- Laminate paper signs or use vinyl decals for durability
- Place signs at eye level for athletes and near high-traffic zones
- Avoid clutter – signs should be few, clear, and well-placed
- Use bilingual signage if needed (local + English)

When athletes follow signs without needing a reminder, it frees up the trainer to focus on posture, safety, and flow. Over time, signage shapes discipline – turning routine into reflex.

MODULE-5

Maintain Safety, Hygiene and Sanitation at Workplace



Notes

Safe Environment and Equipment Labeling

20.5 CULTIVATING ATHLETE DISCIPLINE THROUGH SPACE AWARENESS

A clean, labeled, and organized Yoga space only works if it is respected – and that depends on athlete behavior. As a trainer, you don't just manage the space – you **train athletes to become space-aware**. Over time, this awareness becomes part of their discipline, professionalism, and sports mindset.

What space awareness looks like in practice

Athletes should move through the session area with care and clarity. They know where to place their mats, how far to stretch, where to return props, and how to respect each other's space.

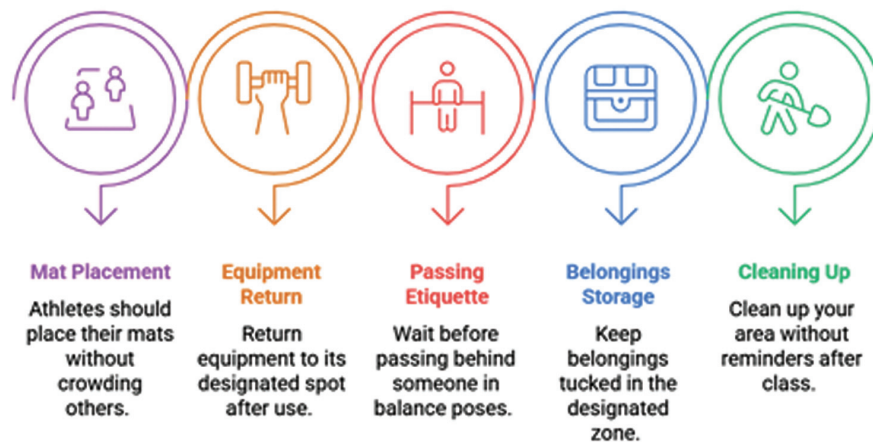


Fig. 20.2: Space Awareness in Practice

Trainer techniques to build this behavior

Discipline is not built by scolding – it's built through structure, repetition, and example. A smart trainer uses subtle yet consistent methods to shape habits.



Fig. 20.3: Methods to Shape Habits

- Demonstrate every setup: “This is how we align mats.”
- Use positive correction: “Can we give more space between mats here?”
- Build 3-minute routines at the start and end of every session for setup/cleanup

- Appreciate athletes who follow space rules clearly – others will copy
- Involve students in visual updates – label props together or assign “zone leaders”

When athletes learn to manage their physical space, they also start managing their mental focus better. Clean, well-spaced environments create a sense of calm, alertness, and group responsibility.



INTEXT QUESTIONS 20.2

Fill in the blanks:

1. Without labeling, mats and straps get misplaced, or re-used without cleaning.
2. Labelling reduces in shared or multi-group environments.
3. props should be used for different training levels.
4. reduces verbal instructions load for the trainer.



WHAT HAVE YOU LEARNT

Dear learners, in this unit you have learnt:

- The physical environment of a Yoga session directly affects performance, injury risk, and athlete trust.
- A safe Yoga environment includes clear, breathable, clean and organized space; including both indoor and outdoor consideration.
- A trainer should follow a step-up checklist before the class.
- Trainer can identify early risk by walking through the space before the session, or shake or test the chairs, or observe the floor thoroughly etc.
- Labeling and organizing Yoga equipments help in use of unclear props, avoid unnecessary wastage of time searching for items, supports prop maintenance by tracking usage and wear etc.
- In a busy group session, the visual markers and signage become essential. The visuals reduces verbal instruction load prevent mid-session confusion, promotes equal spacing etc.

MODULE-5

**Maintain Safety, Hygiene
and Sanitation at
Workplace**



Notes

MODULE-5

Maintain Safety, Hygiene and Sanitation at Workplace



Notes

Safe Environment and Equipment Labeling

- A clean, labeled and organized Yoga space is joint effort of trainer as well as the athletes. A trainer must train the athletes to become space aware. This leads to discipline and professionalism.



TERMINAL QUESTIONS

1. Describe the significance of labeling and organizing Yoga equipments for a session.
2. How does a Yoga trainer – Sports cultivate discipline through space awareness?



ANSWER TO INTEXT QUESTIONS

20.1

- (i) (d) (ii) (a) (iii) (b) (iv) (c)

20.2

1. mixed-up
2. confusion
3. colour-code
4. visuals

**MODULE-6: BUILD AN ENVIRONMENTAL FRIENDLY
WORKPLACE**

21. Identifying the Environment-friendly Materials Available to Replace Conventional Materials
22. Explain Ways of Disposing Non-recyclable Waste Appropriately
23. Common Sources of Pollution and Ways to Minimize Them

KEY LEARNING OUTCOMES

At the end of this module, the trainees will be able to:

- Understand effective waste management and pollution control at the workplace.
- Identify eco-friendly alternatives to conventional materials.
- Learn proper disposal methods for non-recyclable waste.
- Prepare safety and hygiene-related statutory documents.
- Report environmental hazards and equipment malfunctions.



Notes

21

IDENTIFYING THE ENVIRONMENT- FRIENDLY MATERIALS AVAILABLE TO REPLACE CONVENTIONAL MATERIALS

Dear learners, environmental friendly material refers to energy resources that are derived from natural sources, resulting in less harm to the environment. Yoga practice makes more environmental friendly, and replace conventional materials like PVC mats, foam blocks and conventional cotton straps with natural, renewable options such as cork, natural rubber, jute and organic cotton. These materials are biodegradable, non-toxic, and derive from sustainable resources, reducing ecological foot print and promoting a greener Yoga practice.

In this unit, we will study about the common environment friendly materials that can be replaced with conventional materials to reduce environmental impact.

**OBJECTIVES**

After studying this unit, you will be able to:

- recognize common environment-friendly materials suitable for Yoga and fitness workplaces;
- understand how replacing conventional materials helps reduce environmental impact;
- promote the selection and use of sustainable alternatives in daily workplace operations.

MODULE-6

Build an Environmental Friendly Workplace



Notes

Identifying the Environment-Friendly ... Replace Conventional Materials

21.1 THE IMPORTANCE OF USING ENVIRONMENT-FRIENDLY MATERIALS IN YOGA TRAINING

Incorporating environment-friendly materials in Yoga and fitness workplaces is essential for reducing ecological impact. The materials we use reflect our commitment to health, sustainability, and social responsibility. As Yoga Trainer – Sports, promoting eco-friendly choices not only aligns with yogic values but also sets a positive example for clients and studios.

Choosing sustainable materials means opting for products that are biodegradable, non-toxic, and sourced responsibly. Switching from conventional to eco-friendly alternatives helps reduce waste, lowers carbon emissions, and contributes to a healthier environment.



Fig. 21.1: Benefits of Eco-friendly Materials



Notes

Why choose eco-friendly materials in Yoga settings

As Yoga promotes harmony with nature and mindfulness in action, it's only natural that the environment where it is practiced reflects these values. In a Sports Yoga setting – where high volumes of props, mats, and equipment are used – shifting to eco-friendly materials not only supports global sustainability efforts but also directly impacts the health and safety of athletes. Choosing materials that are non-toxic, biodegradable, and durable ensures a cleaner session area, minimizes allergic reactions or respiratory irritants, and sends a strong message about responsible leadership. For Yoga Trainers – Sports, this mindful choice enhances the integrity of their teaching while encouraging athletes to adopt similar values in their lifestyle.

The Fig. 21.1 highlights the core reasons for choosing sustainable materials in Yoga environments.

21.2 COMMON ENVIRONMENT-FRIENDLY MATERIALS AND THEIR CONVENTIONAL COUNTERPARTS

In a Sports Yoga setup, materials such as mats, props, and packaging are used frequently. Conventional options like PVC Yoga mats, synthetic blocks, and plastic packaging may be cost-effective but pose long-term environmental and health risks. Eco-friendly materials offer a way to reduce the ecological footprint while also providing safer and more comfortable tools for athletes

Table. 21.1: Types of Environment Friendly Yoga Materials

Conventional Material	Sustainable Alternative	Benefits
PVC or plastic Yoga mats	Natural rubber, cork, jute, or organic cotton mats	Biodegradable, chemical-free, better grip, non-toxic
Foam blocks	Cork or bamboo blocks	More durable, natural texture, less environmental impact
Plastic straps	Organic cotton straps	Soft on skin, washable, biodegradable
Synthetic bolsters	Buckwheat-filled cotton bolsters	Breathable, natural filler, sustainable
Polyester towels	Bamboo or organic cotton towels	Antibacterial, soft, biodegradable
Single-use plastic packaging	Cloth bags or recycled paper wraps	Reusable, reduces landfill waste

MODULE-6

Build an Environmental Friendly Workplace



Notes

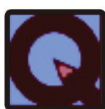
Identifying the Environment-Friendly ... Replace Conventional Materials

To identify eco-friendly materials, trainers should look for labels such as “biodegradable,” “recycled,” “natural,” or “organic,” and verify certifications like GOTS (for textiles) or FSC (for wood). It’s also important to ask suppliers about how materials are sourced and how they can be disposed of responsibly. Materials that give off a strong chemical smell or have an unnatural slick surface are best avoided.

As role models, Yoga Trainers – Sports can promote sustainability by using eco-conscious gear themselves, educating athletes on its benefits, encouraging them to bring their own reusable items, and openly acknowledging these mindful choices during sessions.

Table 21.2: Eco-swap Guide for Yoga Sessions

Item Used Daily	Eco Swap Suggestion
Plastic Water Bottles	Stainless Steel / Glass Bottles
Disposable Wipes	Reusable Bamboo Towels
Foam Rollers	Cork Rollers
Plastic Mat Spray Bottles	Refillable Glass Bottles



INTEXT QUESTIONS 21.1

Match the Column:

Conventional Material

- (i) PVC or plastic Yoga mats
- (ii) Plastic straps
- (iii) Polyester towels
- (iv) Single use plastic packaging

Sustainable Alternative

- (a) Bamboo or organic cotton towels
- (b) Cloth bags or recycled paper wraps
- (c) Natural rubber, cork jute
- (d) Organic cotton straps

21.3 SKILLS REQUIRED TO IMPLEMENT ECO-FRIENDLY PRACTICES

To successfully introduce and maintain eco-friendly practices in a Yoga training environment, a Yoga Trainer – Sports must develop a mix of awareness, communication, planning, and leadership skills. These help ensure that sustainability is not just a concept but a daily operational habit.



Fig. 21.2: Skills Required for Eco-friendly Practices

- **Awareness and observation**

Trainers must stay informed about sustainable alternatives, waste generation patterns, and the impact of materials used during sessions.

- **Decision-making and planning**

Choosing the right eco-friendly product often involves comparing cost, durability, and availability. Planning ahead for bulk ordering or switching materials across sessions requires careful evaluation.

- **Clear communication**

Trainers must confidently explain why certain choices (like reusable props or organic mats) are made, and guide athletes to adopt the same without resistance or confusion.

- **Problem-solving**

When eco-friendly options are limited or unavailable, trainers should be creative in finding substitutes, like using folded towels instead of synthetic bolsters.



Notes

MODULE-6

Build an Environmental Friendly Workplace



Notes

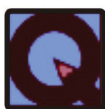
Identifying the Environment-Friendly ... Replace Conventional Materials

- **Role modelling**

Leading by example and consistently applying sustainable practices – like bringing their own water bottle or wiping mats with natural solutions – creates a culture of mindfulness.

- **Team collaboration**

Coordinating with support staff, fellow trainers, and facility managers ensures everyone is aligned with sustainability goals.



INTEXT QUESTIONS 21.2

Fill in the Blanks:

1. Reusable bamboo towels can be eco swapped over
2. Instead of foam rollers can be used.
3. Choosing the right eco-friendly product often involves comparing cost, and



WHAT HAVE YOU LEARNT

Dear learners, in this unit, you have learnt:

- Incorporating environment friendly materials in Yoga and fitness workplaces is essential for reducing ecological impact. As Yoga Trainer – Sports, promoting eco-friendly choices not only aligns with yogic values but also sets a positives example for clients.
- Conventional options like PVC Yoga mat, synthetic blocks and plastic packaging pose long term environmental and health risks eco-friendly materials offer a way to reduce the ecological footprint, and provide a safer and more comfortable tools for athletes.
- Eco friendly practices can be promoted through awareness and observation, decision making and planning, clear communication, problem solving, role modelling, and team collaboration.



TERMINAL QUESTIONS

1. Enumerate the conventional counterparts of common environment-friendly materials.
2. What are the skills required by a trainer for implementing eco-friendly practices.



ANSWER TO INTEXT QUESTIONS

21.1

- (i) (c) (ii) (d) (iii) (a) (iv) (b)

21.2

1. disposable wipes
2. cork rollers
3. durability and availability

MODULE-6

Build an Environmental Friendly Workplace



Notes



Notes

22

EXPLAIN WAYS OF DISPOSING NON-RECYCLABLE WASTE APPROPRIATELY

In the previous unit, you have learnt about the common environment-friendly materials to replace with conventional materials that helps to reduce environmental impact for Yoga. Appropriate disposal of non-recyclable waste, also known as residual waste, involves using specialized methods. These processes aim to minimize environmental impact, at the same time prior reduction, reuse and proper segregation are essential to keep non-recyclable items out of the general waste stream and prevent harm to recycling systems.

In this unit, we will study about the types of non-recyclable waste generated in Yoga environment; and method of its safe and appropriate disposal.



OBJECTIVES

After studying this unit, you will be able to:

- understand the types of non-recyclable waste generated in Yoga or fitness environments;
- explore methods of safe and appropriate disposal for non-recyclable waste;
- identify environment friendly materials and ways to replace conventional materials;
- understand the common sources of pollution and ways to minimize them.

22.1 THE IMPORTANCE OF PROPER DISPOSAL OF NON-RECYCLABLE WASTE

Managing non-recyclable waste responsibly is essential in Yoga and fitness environments. Improper disposal not only harms the environment but also compromises the hygiene and safety of shared spaces. As a Yoga Trainer – Sports, promoting correct waste management aligns with the yogic principle of *shaucha* (purity) and reflects a deeper commitment to community well-being and mindfulness in action.

Disposing of non-recyclable waste appropriately helps maintain a clean and respectful training environment while reducing environmental burden. For instance, instead of throwing away worn-out PVC mats or foam blocks, a trainer might cut and repurpose them as kneeling pads for beginners or donate them to animal shelters for soft bedding. Similarly, disposable bandages, plastic wraps, or used medical tape should be sealed in red-lined bins and handed over to approved waste handlers, rather than being discarded with regular trash.

Trainers can also guide athletes to avoid bringing single-use plastic bottles by offering water refill stations or selling reusable stainless-steel bottles branded with the Yoga center's logo. In washroom areas, closed-lid sanitary bins should be installed and clearly labeled, ensuring waste like used tissues or disposable hygiene products is disposed of without contamination. Even small changes – like encouraging participants to switch from plastic wipes to washable bamboo towels – can collectively build a more sustainable and respectful space.

By consistently modeling these practices, Yoga trainers – Sports become ambassadors of conscious living. Their actions silently educate, inspire, and uplift the standard of shared spaces, embedding environmental care as part of the Yoga lifestyle.

22.2 TYPES OF NON-RECYCLABLE WASTE IN YOGA SETTINGS

Non-recyclable waste can accumulate quickly in Yoga studios, particularly when using disposable or single-use items. It's important to recognize these items and manage their disposal effectively.

1. **Plastic waste:** Impact: Non-biodegradable, contributes to landfill overflow.
2. **Hygiene and personal care items:** Impact: Risk of contamination and health hazards.
3. **Damaged Yoga props and gear:** Impact: Synthetic materials do not decompose easily.
4. **Packaging materials:** Impact: Space-consuming in landfills, non-degradable.



Notes

MODULE-6

Build an Environmental Friendly Workplace

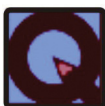


Notes

Explain Ways of Disposing Non-recyclable Waste Appropriately

Table 22.1: Non-recyclable Waste Items and Disposal Methods

Waste category	Examples	Proper disposal method
Plastic Waste	Multilayer wrappers, single-use bottles	Marked bins, sealed bags
Hygiene Items	Used tissues, disposable masks	Sealed in labeled hygiene bins
Damaged Props	Old PVC mats, broken foam blocks	Discarded separately, considered for donation
Packaging Materials	Bubble wrap, Styrofoam	Compressed and disposed of in designated containers
Electronic Waste	Old speakers, damaged chargers	Recycled through certified e waste collection centers
Mixed Waste	Contaminated food packaging, wrappers	Sorted manually, disposed of in mixed waste bins
Synthetic Fabrics	Torn Yoga straps, non-recyclable towels	Sent to fabric waste collection points
Hazardous Materials	Disinfectant bottles, cleaning sprays	Disposed of following hazardous waste guidelines
Disposable Utensils	Plastic cups, cutlery	Collected in labeled bins, sent for landfill disposal
Used Batteries	Remote controls, portable devices	Handed to authorized battery recycling facilities



INTEXT QUESTIONS 22.1

Match the Column:

Waste Category

- (i) Damaged props
- (ii) Electronic waste
- (iii) Synthetic fabrics
- (iv) Hygiene items

Proper Disposal Method

- (a) Sent to fabric waste collection points
- (b) Sealed in labelled hygiene bins
- (c) Discarded separately considered for donation
- (d) Recycled through certified e-waste collection centres.

22.3 WHY PROPER DISPOSAL OF NON-RECYCLABLES IS ESSENTIAL**1. Environmental impact**

Proper waste disposal plays a vital role in protecting the planet. It helps prevent pollution by stopping harmful substances from seeping into soil and water systems. By reducing the volume of waste sent to landfills, it eases the pressure on already overburdened waste management systems. Additionally, it safeguards wildlife, as discarded plastics and synthetic materials often harm animals through ingestion or entanglement.

2. Health and hygiene

Managing non-recyclable waste is essential for maintaining hygienic training spaces. When items like used tissues, disposable masks, or sanitary pads are handled correctly, the risk of spreading bacteria and viruses is minimized. It also helps preserve air quality by preventing the burning of toxic materials, which can emit harmful fumes. A clean space ensures safer movement, especially in barefoot activities like Yoga where participants are in close contact with the floor.

3. Social and professional responsibility

Yoga Trainers – Sports have a key role in setting behavioral standards. When they actively manage waste responsibly, it encourages clients to do the same. This visible commitment to cleanliness and sustainability enhances the reputation of the Yoga facility, making it more appealing to health-conscious clients. Furthermore, it ensures compliance with local health and safety regulations, reflecting professionalism and social accountability.



Fig. 22.1: Importance of Waste Management

Above fig highlights the main reasons for properly managing non-recyclable waste in Yoga environments.



MODULE-6

Build an Environmental Friendly Workplace



Notes

Explain Ways of Disposing Non-recyclable Waste Appropriately

22.4 SAFE AND APPROPRIATE DISPOSAL TECHNIQUES

Safe and appropriate disposal of non-recyclable waste is not just about throwing things away – it’s about doing it mindfully to protect people, animals, and the planet. In a Yoga training setup where hygiene and shared spaces matter, following proper disposal techniques is essential for creating a safe, responsible environment.

1. Use clearly labeled bins

Place color-coded bins in easily accessible areas of the studio – such as near the entrance, changing rooms, and restrooms. Use red bins for medical or sanitary waste, black for non-recyclables, and green or blue for recyclables. Ensure signage is visible and uses both text and pictures for universal understanding.

2. Seal hazardous or contaminated waste

Items like used face masks, bandages, tissues, or cleaning wipes must be placed in a leak-proof bag before going into the bin. This helps avoid contamination, unpleasant odors, or spillage that could spread germs across shared Yoga mats and props.

3. Schedule regular waste collection

Coordinate with certified waste disposal services to collect non-recyclable waste on a fixed schedule. Delays can lead to overflow, bad odor, pest infestations, and health risks. Maintain a checklist to track when waste was last picked up and when the next collection is due.

4. Avoid mixing waste types

Train staff and inform clients about the importance of not mixing recyclable and non-recyclable waste. For instance, a torn Yoga mat made of synthetic material should not be disposed of in a compost bin, while organic cotton towels should not go in the non-recyclable bin if they can be washed and reused.

5. Follow local municipal guidelines

Every region has specific rules for waste segregation and disposal. Yoga Trainers – Sports should stay updated with local waste management policies to ensure their disposal practices are legally compliant and environmentally responsible.

6. Educate and involve athletes

Brief participants at the start or end of a session about the waste disposal system in place. Simple reminders like “please use the red bin for used tissues” help build awareness and foster collective responsibility.

Through these simple yet powerful techniques, Yoga trainers – Sports create a cleaner, safer, and more respectful environment – upholding the yogic value of *shaucha* (cleanliness) in action.

22.5 SKILLS REQUIRED FOR MANAGING NON-RECYCLABLE WASTE

To ensure effective waste management, trainers must develop specific skills:

Managing non-recyclable waste responsibly is part of being a conscious and professional Yoga Trainer – Sports. By following proper disposal techniques and educating clients about waste reduction, trainers help minimize the environmental footprint of their practice spaces.

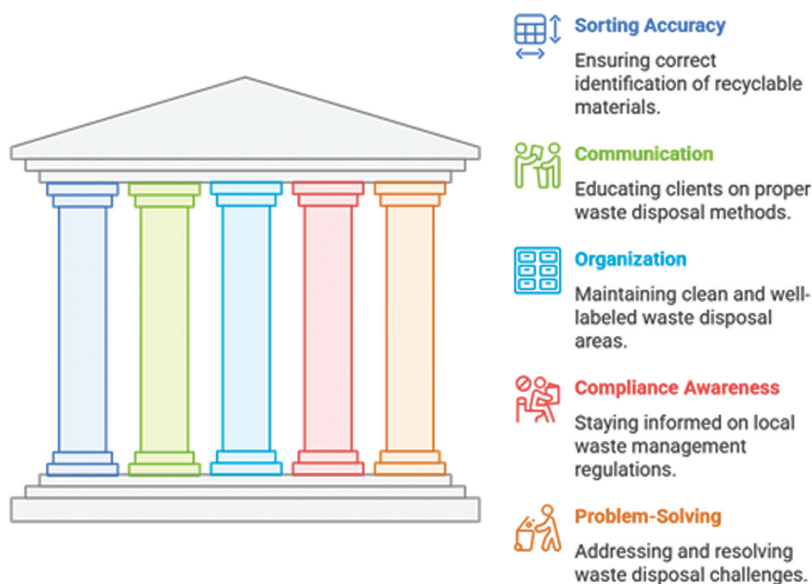
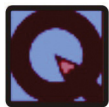


Fig. 22.2: Skills Required for Managing Non-recyclable Wastes

Encouraging the use of reusable and eco-friendly materials further reduces non-recyclable waste. Regularly reviewing and updating waste management practices ensures that trainers stay aligned with both ethical standards and local regulations.



INTEXT QUESTIONS 22.2

Fill in the blanks:

1. Managing waste is essential for maintaining hygienic training spaces.
2. Social and professional responsibility encourages and



Notes

MODULE-6

Build an Environmental Friendly Workplace



Notes

Explain Ways of Disposing Non-recyclable Waste Appropriately



WHAT HAVE YOU LEARNT

Dear learners, In this unit, you have learnt:

- Managing non-recyclable waste responsibly is essential in Yoga and fitness environments.
- As a Yoga Trainer – Sports promote connect waste management which is aligned with yogic principle of shaucha (purity).
- There are various types of non-recyclable waste in Yoga settings such as plastic waste, hygienes and personal care items, damaged Yoga props and gear, and packaging materials.
- The disposal of non-recyclable is essential for environmental impact, health and hygiene, and social and professional responsibility.
- The safe and appropriate disposal techniques include cleanly labeled bins, real hazardous and contaminated waste, following municipal guidelines, educate and involve athletes etc.



TERMINAL QUESTIONS

1. State the types of non-recyclable waste in Yoga setting.
2. Describe the safe and appropriate disposal techniques of non-recyclable waste.



ANSWER TO INTEXT QUESTIONS

22.1

1. (c)
2. (d)
3. (a)
4. (b)

22.2

1. non-recyclable
2. behaviour and compliance



Notes

23

COMMON SOURCES OF POLLUTION AND WAYS TO MINIMIZE THEM

Dear learners, in the previous unit, you have learn about the types of non-recyclable waste generated in Yoga environment. Common pollution source around Yoga environment includes energy use in Yoga session, plastic-based equipment like Yoga mats and synthetic clothing and microplastic pollution from synthetic textiles. To minimize this, opt for PVC-free mats. Choose natural fibre Yoga clothing, reduce waste by reusing items and recycling and use air purifying plants.

In this unit, we will study about major sources of pollution and in Yoga environment; and how to reduce pollution and improve workplace sustainability.



OBJECTIVES

After studying this unit, you will be able to:

- identify major sources of pollution in and around Yoga or fitness environments;
- understand the impact of these pollution sources on health and ecology;
- promote strategies and actions that reduce pollution and improve workplace sustainability.

23.1 THE IMPORTANCE OF MINIMIZING POLLUTION IN YOGA ENVIRONMENTS

Yoga and fitness spaces are typically associated with peace, health, and environmental harmony. However, even these environments can inadvertently contribute to pollution through excessive use of plastic, chemical-based cleaners, energy waste, and improper waste disposal. Identifying these sources of pollution

MODULE-6

Build an Environmental Friendly Workplace



Notes

Common Sources of Pollution and Ways to Minimize Them

and implementing corrective actions aligns with the yogic principles of ahimsa (non-violence) by preventing harm to the environment, and satya (truthfulness) by acknowledging and addressing our impact honestly.

Reducing pollution in Yoga centers not only benefits the environment but also enhances the air quality, cleanliness, and overall well-being of everyone who practices there. For instance, switching to natural cleaners instead of chemical sprays keeps the air breathable and skin safe for practitioners lying on mats. Using energy-efficient lighting, promoting barefoot entry to avoid dirt, and encouraging reusable water bottles all support a greener routine. These eco-conscious habits reflect a deeper commitment to health – not just for the self, but for society and the planet. When trainers lead with sustainability in mind, they model values that inspire mindfulness beyond the mat.

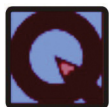
23.2 COMMON SOURCES OF POLLUTION IN YOGA SETTINGS

Pollution can happen from various aspects of running a Yoga or fitness center. Understanding these sources helps trainers take proactive measures to minimize their impact.

Table 23.1: Common Pollution Sources and Mitigation Strategies in Yoga Environments

Pollution Type	Common Causes	Mitigation Strategies
Air pollution	Incense, poor ventilation	Use natural ventilation, eco friendly scents
Plastic pollution	Single-use bottles, packaging	Promote reusable bottles, minimize single-use items
Water pollution	Cleaning chemicals, hygiene product disposal	Use biodegradable cleaners, educate on waste disposal
Noise pollution	Loud music, excessive microphone use	Moderate volume, soundproofing
Energy waste	Overuse of lights and HVAC systems	Energy-efficient appliances, mindful usage
Waste pollution	Improper disposal of Yoga props and mats	Implement recycling programs, encourage donations
Chemical pollution	Use of synthetic cleaning agents	Switch to eco-friendly, non-toxic cleaning solutions
Visual pollution	Cluttered space with unnecessary posters	Minimalistic decor, organized storage
Odor pollution	Sweat, musty mats	Regular cleaning, use of natural deodorizers
E-waste pollution	Damaged audio equipment, broken gadgets	Proper e-waste disposal, repair when possible

This table highlights common sources of pollution and practical steps to minimize them in Yoga spaces.



INTEXT QUESTIONS 23.1

Match the Column:

Pollution Type	Common Causes
(i) Air pollution	(a) Overuse of lights and HVAC system
(ii) Energy waste	(b) loud music, excessive microphone use
(iii) Visual pollution	(c) Increase, poor ventilation
(iv) Noise pollution	(d) Cluttered space with unnecessary posters

23.3 WHY REDUCING POLLUTION IS ESSENTIAL

Pollution, even in small amounts, affects both physical and mental well-being. Yoga environments should model the harmony they promote. Reducing pollution has multiple benefits:



Fig. 23.1: Importance of Reduction Pollution



Notes

MODULE-6

Build an Environmental Friendly Workplace



Notes

Common Sources of Pollution and Ways to Minimize Them

23.4 STRATEGIES TO MINIMIZE POLLUTION IN YOGA ENVIRONMENTS

Promoting sustainability requires practical strategies that are easy to implement and maintain.

1. Sustainable Practices

Encouraging clients and staff to walk or cycle to the Yoga center can significantly reduce the facility's carbon footprint. Promoting such eco-friendly travel habits also supports cardiovascular health and builds a stronger connection to the surrounding environment. Inside the studio, installing air-purifying plants like peace lilies or snake plants naturally enhances air quality. For long-term impact, switching to green energy sources such as solar panels or using low-energy lighting systems shows a commitment to sustainability and yogic values.

2. Reducing Plastic Use

To cut down on single-use plastics, Yoga trainers – Sports can offer reusable options like stainless steel water bottles and cloth hand towels. Instead of paper-based attendance and reports, using digital systems such as QR code check-ins and online forms helps minimize paper waste. Even in daily sessions, choosing props made from cork, jute, or natural rubber over synthetic materials supports an eco-conscious practice while maintaining comfort and performance.

3. Water Conservation

Water is sacred in Yoga culture, and conserving it is a step toward environmental respect. Installing low-flow taps or sensor-based faucets in restrooms can drastically reduce water wastage. Replacing chemical-heavy cleaning agents with natural options like vinegar or herbal disinfectants helps prevent water pollution. Trainers can also educate participants by sharing simple tips – like turning off taps during handwashing or using minimal water during mat cleaning – to create a culture of mindfulness.



Fig. 23.2: Process of Pollution Reduction

This flowchart illustrates the continuous process of reducing pollution in Yoga environments.

23.5 SKILLS REQUIRED FOR PROMOTING SUSTAINABILITY

Trainers who advocate for eco-friendly practices need specific skills to effectively influence change:

Promoting pollution reduction in Yoga settings goes beyond compliance; it embodies the spirit of holistic fitness. Trainers who actively reduce pollution demonstrate leadership and respect for the planet. Adopting small but consistent changes can significantly impact environmental health and inspire clients to do the same.

By integrating sustainable practices, Yoga Trainer – Sports contribute to a cleaner, more mindful world, aligned with the essence of Yoga itself.

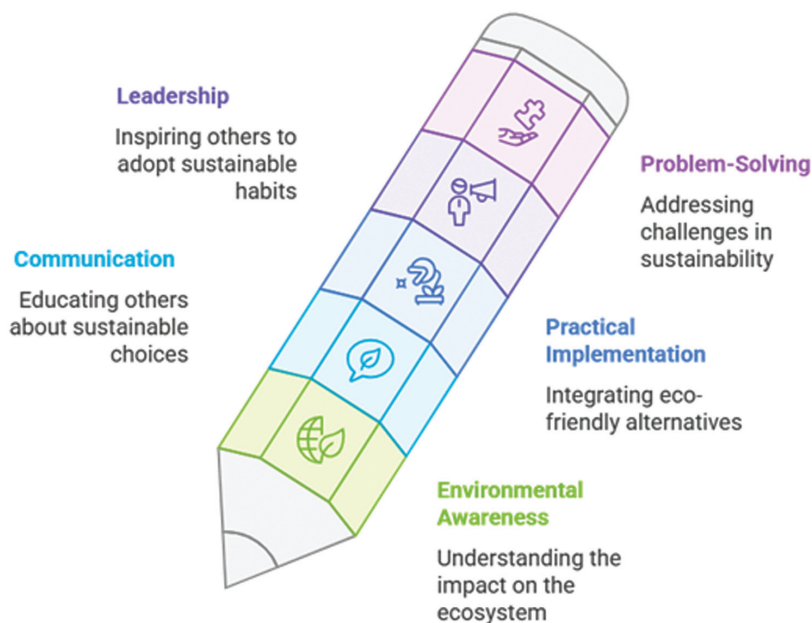


Fig. 23.3: Skills Required for Promoting Sustainability

**INTEXT QUESTIONS 23.2**

Fill in the Blanks:

1. Pollution even in small amounts, affects both and
2. Promoting eco-friendly travel habits also supports health.



Notes

MODULE-6

Build an Environmental Friendly Workplace



Notes

Common Sources of Pollution and Ways to Minimize Them



WHAT HAVE YOU LEARNT

Dear learners, in this unit you have learnt:

- Reducing pollution in Yoga centres not only benefits the environment but also enhances the air quality, cleanliness, and overall well-being of everyone who practices in the environment or space.
- The common sources of pollution in Yoga settings can be air pollution, plastic pollution, energy waste, odor pollution, e-waste pollution and so forth.
- The strategies to minimize pollution in Yoga environment include sustainable practices, reducing plastic usages and water conservation.



TERMINAL QUESTIONS

1. State the common sources of pollution in the Yoga practice setting.
2. Describe the strategies to minimize pollution in Yoga environment.



ANSWER TO INTEXT QUESTIONS

23.1

- (i) (c) (ii) (a) (iii) (d) (iv) (b)

23.2

1. physical and mental well-being
2. cardio-vascular

YOGA TRAINER – SPORTS

REVISIONAL EXERCISE

Module–1: Introduction to Yoga Training

Multiple-choice questions:

1. A Yoga Trainer – Sports notices that one athlete is straining during a balancing posture, while the others are comfortable. What is the most appropriate response?
 - (a) Ask the athlete to keep trying until they succeed
 - (b) Ignore it since most participants are doing well
 - (c) Offer a modified version of the posture to reduce strain
 - (d) Pause the session and start a different asana entirely
2. A Yoga Trainer – Sports has been working with athletes for 5 years and wants to now design educational content. Which advanced role best fits this transition?
 - (a) Yoga therapist
 - (b) Yoga curriculum developer
 - (c) Online content creator
 - (d) Corporate fitness consultant
3. An athlete has just completed an intense tournament and reports fatigue, poor sleep, and elevated stress levels. Which training method should be prioritized during this phase?
 - (a) High-intensity resistance training to rebuild strength
 - (b) Structured plyometric circuits for neuromuscular stimulation
 - (c) Fitness-based endurance training to maintain stamina
 - (d) Yoga sessions with restorative poses and breathwork
4. During a group Yoga session, a Yoga Trainer – Sports notices that one athlete is returning from a knee injury. What should the trainer do to ensure both individual support and group progress?
 - (a) Ask the injured athlete to sit out and watch the session
 - (b) Continue with a standard session plan for the whole group
 - (c) Offer regressions for the injured athlete and progressions for the others, using props where needed
 - (d) Conduct a separate session later for the injured athlete

5. A sprinter's coach notices, athlete frequently complains of tight hamstrings and struggles with pre-race anxiety. How can a Yoga Trainer – Sports contribute in this situation?
- (a) Design a strength-based routine to improve explosive power
 - (b) Recommend plyometric drills to enhance sprint start
 - (c) Use Yoga stretches to ease hamstrings and guide breathwork for anxiety
 - (d) Shift the focus entirely to cardiovascular endurance training

Answer the following questions:

1. Why should a Yoga Trainer – Sports inspect the environment before starting a session?
.....
.....
.....
2. How do interpersonal skills influence the emotional tone of a Yoga session?
.....
.....
.....
3. What are common athletic scenarios and best approach?
.....
.....
.....
4. List 3 advanced professional roles.
.....
.....
.....
5. How can understanding fitness principles benefit a Yoga Trainer – Sports working with athletes?
.....
.....
.....

Module–2: Create Yoga Sessions Plan for Athletes/Clients**Multiple-choice questions:**

1. A Yoga Trainer – Sports is leading a session without a structured plan. What is the most likely negative outcome of such unplanned sessions?
 - (a) Participants will enjoy the spontaneity and feel energized
 - (b) Athletes may develop advanced postures more quickly
 - (c) The risk of injury increases and performance gains become inconsistent
 - (d) The session may naturally adjust to each individual's need
2. How to handle fewer players and new ones in a session?
 - (a) Cancel the session and reschedule for full attendance
 - (b) Stick strictly to the original plan without changes
 - (c) Modify the session using a core sequence and flexible add-ons to suit the current group
 - (d) Focus only on restorative breathing and ignore movement-based practices
3. After a demanding tournament, a coach appears mentally drained and low on focus. What should the Yoga Trainer – Sports prioritize to best support the group?
 - (a) Introduce fast-paced vinyasa sequences to re-energize the mind
 - (b) Focus on grounding postures and slow-paced breathing to reduce mental fatigue
 - (c) Use competitive partner poses to boost motivation
 - (d) Schedule a session with advanced-level asanas to regain sharpness
4. A Yoga trainer is assigned to conduct a session for a mixed group of sprinters, weightlifters, and swimmers. What is the best approach?
 - (a) Teach only basic meditation since it requires no space
 - (b) Use advanced-level sequences to challenge all athletes equally
 - (c) Conduct a quick bodyweight-only routine using sport-specific variations and compact formations
 - (d) Focus entirely on flexibility and ignore the athletes' sport backgrounds

5. A Yoga Trainer – Sports is documenting an athlete’s injury recovery notes to refine future session plans. What is the most responsible way to handle this information?
- (a) Use the athlete’s full name and share progress with other clients for learning
 - (b) Store the notes on a personal phone without password protection
 - (c) Discuss the athlete’s progress casually with another trainer during break time
 - (d) Use coded initials, store records securely, and seek consent before sharing any details

Answer the following questions:

1. What confidentiality means?

.....

.....

.....

2. Write any 4 key elements of effective Yoga planning.

.....

.....

.....

3. How can a Yoga Trainer – Sports manage a session effectively when equipment or space is limited?

.....

.....

.....

4. Why is it important for a Yoga Trainer – Sports to assess an athlete’s mental state before or during a session?

.....

.....

.....

5. What are two key factors a Yoga Trainer – Sports should assess before designing a personalized session?

.....

.....

.....

Module–3: Conduct Yoga Sessions to Improve Athletic Performance

Multiple-choice questions:

1. A Yoga Trainer – Sports is leading an early morning session with athletes struggling with stiffness, low morning energy, and poor focus. Which sequence should the trainer begin with?
 - (a) Static seated meditation for 30 minutes
 - (b) Only pranayama techniques without movement
 - (c) Surya Namaskar to energize the body, regulate breath, and calm the mind
 - (d) Restorative Yoga poses to encourage stillness and passive stretch
2. Which Yoga style suits a runner recovering from hamstring strain?
 - (a) Vinyasa Yoga for dynamic movement and flow
 - (b) Hatha Yoga for posture alignment, breath control, and recovery
 - (c) Power Yoga for strength and stamina building
 - (d) Bikram Yoga for endurance under heat stress
3. After a high-intensity training session, Which approach best supports the transition from exertion to recovery?
 - (a) Introduce challenging balance postures to improve focus
 - (b) Start pranayama immediately to build lung capacity
 - (c) Use static stretches and restorative poses like Child’s Pose and Reclined Twists
 - (d) End the session with a fast-paced vinyasa flow to energize the body
4. What’s the best way to give physical adjustments in Yoga?
 - (a) Ignore the concern and continue with adjustments as planned
 - (b) Explain that physical adjustments are normal and necessary
 - (c) Ask for the athlete’s consent before making any physical contact
 - (d) Avoid giving feedback to prevent further issues
5. During a group Yoga session, several athletes struggle with a challenging balancing pose. What is the most effective way for the trainer to maintain motivation and group cohesion?
 - (a) Remind them that failure is expected and move on quickly
 - (b) Ask them to hold the pose longer to build discipline
 - (c) Reassure them that showing up and trying is already progress, emphasizing effort over perfection
 - (d) Demonstrate the correct pose again and ask everyone to retry until they get it right

Answer the following questions:

1. According to the POSH Act, name two behaviors that are considered sexual harassment in a Yoga training environment.

.....

.....

.....

2. What is Vinyasa Yoga and its benefits?

.....

.....

.....

3. How does mindfulness meditation benefit athletes in high-pressure situations?

.....

.....

.....

4. Why is dynamic stretching important during the warm-up phase of a Yoga session?

.....

.....

.....

5. What are the two main types of motivation a Yoga Trainer – Sports should recognize in athletes?

.....

.....

.....

Module–4: Review Yoga Training Program

Multiple-choice questions:

1. How should a Yoga Trainer – Sports fix an athlete’s back arching in forward bend without breaking flow, during a group session?
 - (a) Immediately stop the session and ask the athlete to demonstrate in front of others
 - (b) Use visual observation and offer verbal cues like “Try softening your knees to protect your back” while continuing the flow
 - (c) Walk over and adjust the athlete physically without asking, so they learn quickly
 - (d) Ignore the issue to avoid disrupting the group dynamic
2. During a Yoga session, What should a Yoga Trainer – Sports do if an athlete feels knee pain in high lunge and their front knee is past the ankle?
 - (a) Ask the athlete to hold the position longer to strengthen the knee
 - (b) Guide the athlete to align the knee directly over the ankle and in line with the hip
 - (c) Tell the athlete to straighten the back leg more forcefully
 - (d) Shift the athlete into a completely different posture
3. What should a Yoga Trainer – Sports do first if bags and bottles are near Yoga mats?
 - (a) Begin with breathwork to center the group before moving any items
 - (b) Ignore the clutter if no one has complained
 - (c) Ask everyone to clear the space of obstructions before starting warm-up
 - (d) Start with static stretches to avoid sudden movement around the clutter
4. During a group Yoga session, what might it mean if an athlete shifts, clenches their jaw, and avoids eye contact in Warrior II?
 - (a) The athlete is likely experiencing discomfort and may need support or a modification
 - (b) The athlete is simply trying to push themselves harder
 - (c) The athlete is fully focused and in deep concentration
 - (d) The athlete is demonstrating proper technique and should be left alone

5. If most athletes say the pace was too fast but some liked the music, what should the trainer adjust first?
- (a) Immediately change the playlist to suit more people
 - (b) Ignore the comments unless they come from senior athletes
 - (c) Group and prioritize the pacing concern as it affects participation and learning
 - (d) Respond to everyone individually but avoid making any changes for now

Answer the following questions:

1. How can a Yoga Trainer – Sports create a supportive environment while monitoring athletes during a session?

.....

.....

.....

2. Why is it important to conduct an athlete briefing before starting a Yoga session?

.....

.....

.....

3. What can shaking muscles or holding the breath during an asana indicate about an athlete's condition?

.....

.....

.....

4. How does performance evaluation help prevent injuries in sports Yoga sessions?

.....

.....

.....

5. Why is it important for a Yoga Trainer – Sports to consider both physical and psychological factors when working with athletes?

.....

.....

.....

Module–5: Maintain Safety, Hygiene and Sanitation at Workplace

Multiple-choice questions:

1. Why might an athlete pull away during breathwork, and how should the Yoga Trainer – Sports respond?
 - (a) Consider that breath hygiene may be an issue and adopt mint or rinse practices before close instruction
 - (b) Assume the athlete doesn't enjoy feedback and stop giving cues altogether
 - (c) Continue as usual since the athlete hasn't formally complained
 - (d) Avoid going near the athlete for the rest of the session to respect boundaries
2. How should a Yoga Trainer – Sports handle an athlete not cleaning a shared Yoga block?
 - (a) Announce the athlete's name and remind them to clean the block
 - (b) Gently remind the whole group to wipe down shared props before and after use
 - (c) Privately scold the athlete after the session to avoid embarrassment
 - (d) Replace all props immediately to avoid future hygiene issues
3. What should a Yoga Trainer – Sports do if tissues and sanitizer are missing before class?
 - (a) Start the session and inform athletes to bring their own supplies next time
 - (b) Wait until the session ends to address the issue
 - (c) Quickly restock or coordinate with housekeeping before athletes enter the room
 - (d) Cancel the session due to hygiene non-compliance
4. What hygiene step should a Yoga Trainer – Sports take after props are used by multiple athletes?
 - (a) Spray the straps and bolsters lightly and store them immediately
 - (b) Store the props in a closed cabinet to avoid dust exposure
 - (c) Soak foam blocks and cloth straps together in detergent water overnight
 - (d) Air out the bolsters and spray the straps, then schedule a full wash of covers and cloth props later in the week

5. If an athlete feels a thigh pull copying a flexible teammate, what's the likely injury and what should the Yoga Trainer – Sports do next time?
- (a) Wrist strain from weight-bearing postures
 - (b) Knee misalignment from poor squatting technique
 - (c) Hamstring pull from overstretching tight leg muscles
 - (d) Shoulder tension from poor scapular control

Answer the following questions:

1. How does maintaining hand hygiene influence an athlete's response to physical adjustments in Yoga sessions?

.....

.....

.....

2. Why sanitation is essential in sports Yoga?

.....

.....

.....

3. What are two qualities that make a sanitizing agent suitable for use in sports Yoga settings?

.....

.....

.....

4. Why are joints like the wrists, knees, and shoulders considered high-risk zones in sports Yoga practice?

.....

.....

.....

5. How can poor room layout affect the safety and effectiveness of a sports Yoga session?

.....

.....

.....

Module–6: Build an Environmental-Friendly Workplace**Multiple-choice questions:**

1. What's the best way a Yoga Trainer – Sports can convince a studio to buy eco-friendly props?
 - (a) Eco-friendly materials are trendy and improve brand visibility
 - (b) Synthetic materials are better for long-term durability
 - (c) It's acceptable to use any material as long as the space is kept clean
 - (d) Eco-friendly materials reduce allergens, support athlete safety, and reflect yogic values
2. What skill should a Yoga Trainer – Sports use to switch to natural cleaners when the manager is concerned?
 - (a) Problem-solving to find an affordable, natural alternative that satisfies both sides
 - (b) Awareness to understand how commercial cleaners impact health and environment
 - (c) Clear communication to explain the benefits and gain the manager's support
 - (d) All of the above combined to evaluate, explain, and collaborate effectively
3. What should a Yoga Trainer – Sports do to reduce plastic bottle use in sessions?
 - (a) Start bringing and visibly using a reusable bottle as a model for others
 - (b) Announce a fine for using single-use plastic bottles
 - (c) Ignore the issue unless the athletes complain
 - (d) Request the facility to ban all plastic bottles immediately
4. What's the first step a Yoga Trainer – Sports should take to stop litter like masks and wrappers after class?
 - (a) Place clearly marked waste bins and educate athletes on proper disposal practices
 - (b) Start collecting all trash personally at the end of each session without informing the group
 - (c) Ask the cleaning staff to increase their frequency of visits
 - (d) Assume it's the facility's responsibility and continue as usual
5. What should a Yoga Trainer – Sports do first to fix a musty smell after back-to-back sessions?
 - (a) Replace the mats with synthetic materials that hold less moisture
 - (b) Use natural deodorizers and ensure mats are cleaned regularly
 - (c) Turn off the ventilation to contain the odor
 - (d) Light incense to mask the smell

Answer the following questions:

1. Name two eco-friendly alternatives to conventional Yoga materials and one benefit of each.
.....
.....
.....
2. What is one environmental risk of using non-recyclable items like plastic or damaged Yoga props in a Yoga studio?
.....
.....
.....
3. Why is role modelling important when promoting eco-friendly practices in a sports Yoga environment?
.....
.....
.....
4. How does sealing hazardous waste before disposal contribute to safety in a shared Yoga space?
.....
.....
.....
5. What is one way Yoga Trainers – Sports can reduce plastic pollution in a Yoga environment?
.....
.....
.....

EMPLOYABILITY SKILLS

Employability skills- 60 hours (DGT/VSQ/N0102)

Employability skills is available at the following location:

<https://www.skillindiadigital.gov.in/content/list>

Scan the QR code below to access the e book

Scan the QR code for Employability skills for 60 hr



<https://www.skillindiadigital.gov.in/content/list>

Employability and entrepreneurship module

Yoga Trainer - Sports

Guidelines for Practical Examination

Practical Paper - Yoga Trainer - Sports

Maximum marks: 50

Time: 3.00 hrs

Marking Scheme:

Activities	Marks Allotted	Remarks
Practical job - any two (one for writing on answer sheet and other for demonstration/performance)	20	(10 × 2)
Practical Record/File & chart (flex)	10	
Viva-Voce	10	
Internal Assessment i.e. Discipline, Performance, Personality etc. (during the training period)	10	(given by centre)
Total Marks	50	

Breakup of Practical Activities:

(i) Written practical activity

- Understanding the objective 02
- Principles and Methods 05
- Overview 01
- Result 02

Total marks 10

(ii) Demonstration/Performance activity

- Guidance for preparation 02
- Perfection during demonstration/performance 02
- Correction in posture/performance 02
- Time management & effective communication skills 04

Total marks 10

Grand total marks 20

Guidelines for Practical Examiner

- Four practical activities should be given to the students from the list of practicals, and they have the option to perform any two activities.
- All required material (Tools, equipments etc.) should be available at the disposal of the examiner.
- Different sets of practical exercises can be given to different examinees.

List of Practical Activities

S.No.	Practical	Practical – Key Learning Outcomes	Remarks
Module 1: Introduction to Yoga Training Duration: 5:00 Hrs.			
1.	To create a career progression chart of a Yoga trainer- sports	Create a career progression chart of a Yoga trainer- sports	
2.	To role-play to highlight the important non-technical skills required to succeed as a Yoga trainer- sports (communication, presentation, grooming, etiquette, etc.)	Role-play to highlight the important non-technical skills required to succeed as a Yoga trainer- sports (communication, presentation, grooming, etiquette, etc.)	
Module 2: Create Yoga Sessions Plan for Athletes/Clients Duration: 40:00 Hrs.			
3.	To create a sample physical activity readiness chart of athletes/ clients.	Create a sample physical activity readiness chart of athletes/ clients.	
4.	To prepare a sample plan for Yoga program.	Prepare a sample plan for Yoga program.	
5.	To demonstrate the ways to categorize athletes/clients into different groups based on their goals and fitness levels.	Demonstrate the ways to categorize athletes/clients into different groups based on their goals and fitness levels.	
Module 3: Conduct Yoga Sessions to Improve Athletic Performance Duration: 60:00 Hrs.			
6.	To demonstrate proper warm up and cool down exercises.	Demonstrate proper warm up and cool down exercises.	
7.	To demonstrate Yoga asanas (pose) to develop different components of fitness (endurance, strength, flexibility, etc.)	Demonstrate Yoga asanas (pose) to develop different components of fitness (endurance, strength, flexibility, etc.)	
8.	To demonstrate diaphragmatic breathing technique to deepen breath and increase lung capacity.	To demonstrate diaphragmatic breathing technique to deepen breath and increase lung capacity.	
9.	To demonstrate specific breathing requirements and techniques.	To demonstrate specific breathing requirements and techniques.	
10.	To demonstrate meditation techniques to enhance focus, mental clarity, and emotional well-being for optimal sports performance	To demonstrate meditation techniques to enhance focus, mental clarity, and emotional well-being for optimal sports performance	

11.	To demonstrate correct patterns, movements, posture, and techniques to make sessions effective and injury free.	To demonstrate correct patterns, movements, posture, and techniques to make sessions effective and injury free.	
12.	To role play ways to address the entire group using effective volume, pitch and voice projection.	To role play ways to address the entire group using effective volume, pitch and voice projection.	
13.	To apply gender-sensitive, non-discriminatory language.	To apply gender-sensitive, non-discriminatory language.	

Module 4: Review Yoga Training Program

Duration: 30:00 Hrs.

14.	To role-Play trainer and athlete/client interaction– usage of motivational techniques such as positive phrases, feedbacks on areas of improvement, etc. to help athletes/clients retain interest in Yoga training.	Role-play trainer and athlete/client interaction– usage of motivational techniques such as positive phrases, feedbacks on areas of improvement, etc. to help athletes/clients retain interest in Yoga training.	
15.	To create samples of self-evaluation form for the athletes/clients.	Create samples of self-evaluation form for the athletes/ clients.	
16.	To analyze the athletes’/clients’ progress against the goal and recommend the next steps.	Analyze the athletes’/clients’ progress against the goal and recommend the next steps.	
17.	To design a sample feedback form to collect feedback from athletes/clients on methods of Yoga training delivery.	Design a sample feedback form to collect feedback from athletes/clients on methods of Yoga training delivery.	
18.	To prepare sample development plans based on the analysis of strengths & weaknesses of a athletes/clients.	Prepare sample development plans based on the analysis of strengths & weaknesses of a athletes/clients.	

Module 5: Maintain Safety, Hygiene and Sanitation at Workplace

Duration: 55:00 Hrs.

19.	To classify equipment as per their usage.	Classify equipment as per their usage.	
20.	To prepare a Yoga facility readiness checklist.	Prepare a Yoga facility readiness checklist.	
21.	To prepare a sample report on maintenance of Yoga equipment.	Prepare a sample report on maintenance of Yoga equipment.	
22.	To demonstrate hygiene and sanitation checks of work area and equipment.	Demonstrate hygiene and sanitation checks of work area and equipment.	
23.	To prepare a sample report on maintenance of hygiene and sanitation at workplace.	Prepare a sample report on maintenance of hygiene and sanitation at workplace.	
24.	To demonstrate ways to sanitize equipment and machinery before and after the usage.	Demonstrate ways to sanitize equipment and machinery before and after the usage.	
25.	To draft a sample report for advanced hygiene and sanitation issues to appropriate authority.	Draft a sample report for advanced hygiene and sanitation issues to appropriate authority.	

26.	To demonstrate ways to find if the injury is major or minor.	Demonstrate ways to find if the injury is major or minor.	
27.	To demonstrate the process of administering first aid for common injuries.	Demonstrate the process of administering first aid for common injuries.	
28.	To perform CPR (Cardio-Pulmonary Resuscitation)	Perform CPR (Cardio-Pulmonary Resuscitation)	
29.	To demonstrate emergency evacuation procedure and protocol in case of fire or natural disaster.	Demonstrate emergency evacuation procedure and protocol in case of fire or natural disaster.	

Module 6: Build an Environmental-Friendly Workplace

Duration: 55:00 Hrs.

30.	To prepare statutory documents relevant to safety and hygiene.	Prepare statutory documents relevant to safety and hygiene.	
31.	To exhibit the methods of disposing non-recyclable waste.	Exhibit the methods of disposing non-recyclable waste.	
32.	To report malfunctioning. (fumes/sparks/ emission/vibration/ noise) and lapse in maintenance of equipment.	Report malfunctioning. (fumes/sparks/emission/ vibration/ noise) and lapse in maintenance of equipment.	

Module 7: Employability Skills

Duration: 20:00 Hrs.

33.	To create a career plan	Create a career plan	
34.	To implement Self-awareness, time management, critical thinking, problem solving	Implement Self-awareness, time management, critical thinking, problem solving	
35.	To create sample word documents, excel sheets and presentations using basic features, utilize virtual collaboration tools to work effectively wherever necessary	Create sample word documents, excel sheets and presentations using basic features, utilize virtual collaboration tools to work effectively wherever necessary	
36.	To implement communication skills while handling different customers	Implement communication skills while handling different customers	
37.	To use appropriate basic English sentences/ phrases while speaking. Differentiate between types of customers.	Use appropriate basic English sentences/ phrases while speaking. Differentiate between types of customers.	
38.	To create a bio-data.	Create a bio-data.	
39.	To use various sources to search and apply for jobs.	Use various sources to search and apply for jobs.	

Yoga Trainer – Sports

Guidelines for OJT

Practical Paper - Yoga Trainer - Sports

Maximum marks: 20

15 days Workshop / Yoga Session

Time: 6.00 hrs

Marking Scheme:

• Understanding and planning of Yoga Session	05
• Demonstration of Yoga practices and proper voice modulation during instruction	05
• Perfection & knowledge of yoga practices theory during demonstration	03
• Supervision & Correction in posture & performance during Yoga Practices	03
• Behaviour & effective communication and motivational skills	04
Total marks	20

Guidelines for Head of Institution to evaluate the Learners

The internal and external evaluation of learners shall be conducted on the basis of the following parameters:

1. Completeness of Check list
According to the Training Activities, a check list will be prepared by Trainee such as Props, Equipment, and Post Session activities.
2. Practical Applications
Performance of CPR (Cardio-Pulmonary Resuscitation)
Demonstration of Yoga Practices; Effective Techniques, Usages of Props and Equipment safely & effectively, First Aid in Emergency during Training, Hygiene & Sanitation etc.
3. Qualities and Personality of a Yoga Trainer Sports
Behaviour & Ethics & Values - Discipline, Performance, Punctuality, Communication, motivational Skills etc.
4. Execute Yoga session to improve athlete performance
Proper warm up & cool down exercises, proper breathing techniques, meditation techniques, correct patterns, postures and techniques for injury free session.
5. Yoga Lifestyle
6. Voice Projection
7. Observation and Assistance
8. Correction during Practice
9. Safety Measures and Precautions

On the Job Training (OJT)

S.No.	Practical	Practical – Key Learning Outcomes	Remarks
Module 3: Conduct Yoga Sessions to Improve Athletic Performance Duration: 30:00 hrs.			
1.	To demonstrate proper warm up and cool down exercises.	Demonstrate proper warm up and cool down exercises.	
2.	To demonstrate Yoga Asanas (pose) to develop different components of fitness (endurance, strength, flexibility, etc.)	Demonstrate Yoga Asanas (pose) to develop different components of fitness (endurance, strength, flexibility, etc.)	
3.	To demonstrate diaphragmatic breathing technique to deepen breath and increase lung capacity.	To demonstrate diaphragmatic breathing technique to deepen breath and increase lung capacity.	
4.	To demonstrate specific breathing requirements and techniques.	To demonstrate specific breathing requirements and techniques.	
5.	To demonstrate meditation techniques to enhance focus, mental clarity, and emotional well-being for optimal sports performance	To demonstrate meditation techniques to enhance focus, mental clarity, and emotional well-being for optimal sports performance	
6.	To demonstrate correct patterns, movements, posture, and techniques to make sessions effective and injury free.	To demonstrate correct patterns, movements, posture, and techniques to make sessions effective and injury free.	
7.	To role play ways to address the entire group using effective volume, pitch and voice projection.	To role play ways to address the entire group using effective volume, pitch and voice projection.	
8.	To apply gender-sensitive, non-discriminatory language.	To apply gender-sensitive, non-discriminatory language.	
Module 4: Review Yoga Training Program Duration: 45:00 hrs.			
9.	To role-Play trainer and athlete/client interaction– usage of motivational techniques such as positive phrases, feedbacks on areas of improvement, etc. to help athletes/clients retain interest in Yoga training.	Role-play trainer and athlete/client interaction– usage of motivational techniques such as positive phrases, feedbacks on areas of improvement, etc. to help athletes/clients retain interest in Yoga training.	
10.	To create samples of self-evaluation form for the athletes/ clients.	Create samples of self-evaluation form for the athletes/ clients.	
11.	To analyze the athletes’/clients’ progress against the goal and recommend the next steps.	Analyze the athletes’/clients’ progress against the goal and recommend the next steps.	
12.	To design a sample feedback form to collect feedback from athletes/clients on methods of Yoga training delivery.	Design a sample feedback form to collect feedback from athletes/clients on methods of Yoga training delivery.	

13.	To prepare sample development plans based on the analysis of strengths & weaknesses of a athletes/clients.	Prepare sample development plans based on the analysis of strengths & weaknesses of a athletes/clients.	
Module 5: Maintain Safety, Hygiene and Sanitation at Workplace Duration: 15:00 hrs.			
14.	To classify equipment as per their usage.	Classify equipment as per their usage.	
15.	To prepare a Yoga facility readiness checklist.	Prepare a Yoga facility readiness checklist.	
16.	To prepare a sample report on maintenance of Yoga equipment.	Prepare a sample report on maintenance of Yoga equipment.	
17.	To demonstrate hygiene and sanitation checks of work area and equipment.	Demonstrate hygiene and sanitation checks of work area and equipment.	
18.	To prepare a sample report on maintenance of hygiene and sanitation at workplace.	Prepare a sample report on maintenance of hygiene and sanitation at workplace.	
19.	To demonstrate ways to sanitize equipment and machinery before and after the usage.	Demonstrate ways to sanitize equipment and machinery before and after the usage.	
20.	To draft a sample report for advanced hygiene and sanitation issues to appropriate authority.	Draft a sample report for advanced hygiene and sanitation issues to appropriate authority.	
21.	To demonstrate ways to find if the injury is major or minor.	Demonstrate ways to find if the injury is major or minor.	
22.	To demonstrate the process of administering first aid for common injuries.	Demonstrate the process of administering first aid for common injuries.	
23.	To perform CPR (Cardio-Pulmonary Resuscitation)	Perform CPR (Cardio-Pulmonary Resuscitation)	
24.	To demonstrate emergency evacuation procedure and protocol in case of fire or natural disaster.	Demonstrate emergency evacuation procedure and protocol in case of fire or natural disaster.	

Certificate of OJT

Date:

*Certify that Mr./Ms.
completed the **OJT on NIOS Yoga Trainer-Sports Programme** in our School/ College/
Organisation/Institute of Yoga & Naturopathy
from to*

*Her/His OJT Yoga Trainer-Sports Programme was (Excellent/
Good/ Satisfactory).*

I wish him/her for best future.

Signature

Name of HOD/Principal

Seal of School/College/Institution

National Institute of Open Schooling, Noida
Practical Training/Workshop Schedule (PCP)
Yoga Trainer – Sports (741)

Duration of the Course: 460 Hours (Theory – 120 Hrs., Practical – 240 Hrs. and OJT – 90 Hrs)

Approximate 5 months = (5months × 4 weeks × 02 days) × 4 Hrs. = 160 Hrs.

And 10 days workshop × 03 × 07 Hrs. = 210 Hrs.

S.No.	Day & Duration	Practical Training: Topics	Instructions to the Teacher/ Faculty in First Session	Theory/Practical Training: Topics	Instructions to the Teachers/ Faculty in Second Session
Module–1: Introduction to Yoga Training -10:00 hrs.					
Day-1	Saturday	To create a career progression chart of a Yoga trainer- sports	- Will provide training in the practice according to the prescribed methodology. - Will facilitate to create a career progression chart of participants' competence and skills in the practice.	- Roles and Responsibilities of a Group Yoga Trainer – Sports - Understanding the Difference – Yoga Trainer – Sports vs. Other Fitness Roles	- Will elaborate on the subject from a theoretical perspective. - Will clarify importance and necessity
Day-2	Sunday	To role-play to highlight the important non technical skills required to succeed as Yoga trainer-sports (communication, presentation, grooming, etiquette, etc.)	- Will provide training in the practice according to the prescribed methodology. - Will highlight the requirement of the important non-technical skills	- Career Opportunities for a Yoga Trainer – Sports - Revision of module 1	- Will elaborate on the subject from a theoretical perspective. - Will clarify importance and from a theoretical perspective. - Will clarify importance and necessity - Will solve doubts and difficulties of the learners faced during self study.
Module–2: Create Yoga Sessions Plan for Athletes/Clients-50:00 hrs.					
Day-3	Saturday	To create a sample physical activity readiness chart of athletes/ clients.	- Will provide training in the practice according to the prescribed methodology. - Will facilitate the development of participants' competence and skills in the practice.	Significance of Planning Yoga Sessions	- Will elaborate on the subject from a theoretical perspective. - Will clarify importance and necessity
Day-4	Sunday	To prepare a sample plan for Yoga program.	- Will provide training in the practice according to the prescribed methodology. - Will facilitate the development of participants' competence and skills in the practice.	Importance of Maintaining Athlete/ Client Information Confidential	- Will elaborate on the subject from a theoretical perspective. - Will clarify importance and necessity of Athlete's Confidential

Day-5	Saturday	To demonstrate the ways to categorize athletes/clients into different groups based on their goals and fitness levels.	● Will provide training in the practice according to the prescribed methodology. ● Will demonstrate the practice through practical demonstration (demo). ● Will facilitate the development of participants' competence and skills in the practice.	Factors to be Considered While Designing Yoga Session for Athletes/ Clients	● Will enlighten on the subject from a theoretical perspective. ● Will clarify importance and necessity
-------	----------	---	--	---	--

Module-3: Conduct Yoga Sessions to Improve Athletic Performance- 90:00 hrs.

Day-6	Sunday	To demonstrate proper warm up and cool down exercises.	● Will provide training in the practice according to the prescribed methodology. ● Will demonstrate the practice through practical demonstration (demo). ● Will enlighten proper warm up and cool down exercises.	Yoga, Asanas, and their Specific Athletic Needs	● Will elaborate on the subject from a theoretical perspective. ● Will clarify importance and necessity of Yoga, Asanas, and their Specific Athletic Needs
Day-7	Saturday	To demonstrate Yoga asanas (pose) to develop different components of fitness (endurance, strength, flexibility, etc.)	● Will provide training in the practice according to the prescribed methodology. ● Will demonstrate the practice through practical demonstration (demo). ● Will enlighten Yoga asanas (pose) to develop components of fitness	Yoga, Asanas, and Their Specific Athletic Needs	● Will elaborate on the subject from a theoretical perspective. ● Will clarify importance and necessity Yoga, Asanas, and their Specific Athletic Needs
Day-8	Sunday	To demonstrate diaphragmatic breathing technique to deepen breath and increase lung capacity.	● Will enlighten the practice according to the prescribed methodology. ● Will demonstrate the practice through practical demonstration (demo). ● Will facilitate the development of participants' competence & skills in the practice.	Breathing and Meditation Techniques for Performance	● Will elaborate on the subject from a theoretical perspective. ● Will clarify importance and necessity of breathing techniques.
Day-9	Saturday	To demonstrate specific breathing requirements and techniques.	● Will enlighten the practice according to the prescribed methodology ● Will demonstrate the practice through practical demonstration (demo). ● Will facilitate the development of participants' competence and skills in the practice.	Breathing and Meditation Techniques for Performance (Revision)	● Will elaborate on the subject from a theoretical perspective. ● Will clarify importance and necessity of breathing techniques. ● Will solve doubts and difficulties of the learners faced during self study.

Day-10	Sunday	To demonstrate meditation techniques to enhance focus, mental clarity, and emotional well-being for optimal sports performance	● Will provide training in the practice according to the prescribed methodology. ● Will demonstrate the practice through practical demonstration (demo). ● Will facilitate the enhance focus, mental clarity, and emotional well-being of participants' competence and skills in the practice.	Structuring Effective and Injury Free Yoga Sessions	● Will elaborate on the subject from a theoretical perspective. ● Will clarify importance and necessity of meditation techniques.
Day-11	Saturday	To demonstrate correct patterns, movements, posture, and techniques to make sessions effective and injury free.	● Will provide training in the practice according to the prescribed methodology. ● Will demonstrate the practice through practical demonstration (demo). ● Will facilitate the development of participants' competence and skills in the practice.	Structuring Effective and Injury Free Yoga Sessions (Revision)	● Will elaborate on the subject from a theoretical perspective. ● Will clarify importance and necessity ● Will solve doubts and difficulties of the learners faced during self study.
Day-12	Sunday	To role play ways to address the entire group using effective volume, pitch and voice projection.	● Will provide training in the practice according to the prescribed methodology. ● Will demonstrate the practice through practical demonstration (demo). ● Will facilitate the development of participants' competence and skills in the practice.	Motivation and Communication in Group Yoga Session	● Will elaborate on the subject from a theoretical perspective. ● Will clarify importance and necessity. ● Will solve doubts and difficulties of the learners faced during self study.
Day-13	Saturday	To apply gender-sensitive, non-discriminatory language.	● Will provide training in the practice according to the prescribed methodology. ● Will enlighten the development of participants' competence and skills in the practice.	Professional Conduct and Workplace Safety	● Will elaborate on the subject from a theoretical perspective. ● Will clarify importance and necessity. ● Will solve doubts and difficulties of the learners faced during self study.

Module-4: Review Yoga Training Program-60:00 hrs.

Day-14	Sunday	To role-Play trainer and athlete/client interaction– usage of motivational techniques such as positive phrases, feedbacks on areas of improvement, etc. to help athletes/ clients retain interest in Yoga training.	● Will provide training in the practice according to the prescribed methodology. ● Will demonstrate the practice through practical demonstration (demo). ● Will enlighten the motivational techniques to development of participants' competence and skills in the practice.	Monitoring Sessions to Ensure Best Practices	● Will elaborate on the subject from a theoretical perspective. ● Will clarify importance and necessity.
--------	--------	---	--	--	---

Day-15	Saturday	To create samples of self-evaluation form for the athletes/clients.	● Will provide training of self-evaluation according to the prescribed methodology. ● Will demonstrate the practice through practical demonstration (demo). ● Will facilitate the development of participants' competence and skills in the practice.	Ensuring Safety and Correct Execution of Yoga asanas	● Will elaborate the Safety and Correct Execution of Yoga asanas from a theoretical perspective. ● Will clarify importance and necessity
Day-16	Sunday	To analyze the athletes'/clients' progress against the goal and recommend the next steps.	● Will provide training in the practice according to the prescribed methodology. ● Will demonstrate the practice through practical demonstration (demo). ● Will facilitate the development of participants' competence and skills in the practice.	Identifying Discomfort and Body Language in Athletes/Clients	● Will discuss on the subject from a theoretical perspective. ● Will clarify importance and necessity ● Will solve doubts and difficulties of the learners faced during self study.
Day-17	Saturday	To design a sample feedback form to collect feedback from athletes/clients on methods of Yoga training delivery.	● Will provide training to design a sample feedback form according to the prescribed methodology. ● Will facilitate the development of participants' competence and skills in the practice.	Performance Evaluation in Yoga Training	● Will elaborate on the subject from a theoretical perspective. ● Will clarify importance and necessity performance evaluation ● Will solve doubts and difficulties of the learners faced during self study.
Day-18	Sunday	To prepare sample development plans based on the analysis of strengths & weaknesses of a athletes/clients.	● Will provide training in the practice according to the prescribed methodology. ● Will demonstrate the practice through practical demonstration (demo). ● Will enlighten the development of participants' competence and skills in the practice.	Utilizing Feedback to Improve Yoga Training Programs	● Will elaborate on the subject from a theoretical perspective. ● Will clarify importance and necessity. ● Will solve doubts and difficulties of the learners faced during self study.
Module-5: Maintain Safety, Hygiene and Sanitation at Workplace- 60:00 hrs.					
Day-19	Saturday	To classify equipment as per their usage.	● Will provide training in the practice according to the prescribed methodology. ● Will demonstrate the practice through practical demonstration (demo). ● Will facilitate the development of participants' competence and skills in the practice.	Hygiene Practices for Safe Yoga Sessions	● Will elaborate on the subject from a theoretical perspective. ● Will clarify importance and necessity of hygiene
Day-20	Sunday	To prepare a Yoga facility readiness checklist.	● Will provide training in the practice according to the prescribed methodology. ● Will demonstrate the practice through practical demonstration (demo). ● Will facilitate the development of participants' competence and skills in the practice.	Hygiene Practices for Safe Yoga Sessions (Revision)	● Will elaborate on the subject from a theoretical perspective. ● Will clarify importance and necessity of hygiene. ● Will solve doubts and difficulties of the learners faced during self study.

Day-21	Saturday	To prepare a sample report on maintenance of Yoga equipment.	● Will provide training to maintenance of Yoga equipment according to the prescribed methodology. ● Will demonstrate the practice through practical demonstration (demo). ● Will enlighten the development of participants' competence and skills in the practice.	Hygiene Practices for Safe Yoga Sessions (Revision)	● Will elaborate on the subject from a theoretical perspective. ● Will clarify importance and necessity of Sanitization Protocols ● Will solve doubts and difficulties of the learners faced during self study.
Day-22	Sunday	To demonstrate hygiene and sanitation checks of work area and equipment.	● Will provide training in the practice according to the prescribed methodology. ● Will demonstrate the practice through practical demonstration (demo). ● Will facilitate the development of participants' competence and skills in the practice.	Sanitization Protocols for Equipment and Clients	● Will elaborate on the subject from a theoretical perspective. ● Will facilitate the development of participants' competence and skills in the practice. ● Will clarify importance and necessity of Sanitization Protocols
Day-23	Saturday	To prepare a sample report on maintenance of hygiene and sanitation at workplace.	● Will provide training in the practice according to the prescribed methodology. ● Will demonstrate the practice through practical demonstration (demo). ● Will facilitate the development of participants' competence and skills in the practice	Sanitization Protocols for Equipment and Clients (Revision)	● Will elaborate on the subject from a theoretical perspective. ● Will facilitate the development of participants' competence and skills in the practice. ● Will clarify importance and necessity of Sanitization Protocols
Day-24	Sunday	To demonstrate ways to sanitize equipment and machinery before and after the usage.	● Will provide training to sanitize equipment and machinery according to the prescribed methodology. ● Will demonstrate the practice through practical demonstration (demo). ● Will enlighten the development of participants' competence and skills in the practice.	Sanitization Protocols for Equipment and Clients (Revision)	● Will facilitate the development of participants' competence and skills in the practice. ● Will clarify importance and necessity of Sanitization Protocols
Day-25	Saturday	To draft a sample report for advanced hygiene and sanitation issues to appropriate authority.	● Will provide training in the practice according to the prescribed methodology. ● Will demonstrate the practice through practical demonstration (demo). ● Will facilitate the development of participants' competence and skills in the practice	Injury Prevention and Emergency Response	● Will elaborate on the subject from a theoretical perspective.

Day-26	Sunday	To demonstrate ways to find if the injury is major or minor.	● Will provide training in the practice according to the prescribed methodology. ● Will demonstrate the practice through practical demonstration (demo). ● Will facilitate the development of participants' competence and skills in the practice.	Injury Prevention and Emergency Response (Revision)	● Will enlighten on the subject from a theoretical perspective. ● Will clarify importance and necessity. ● Will solve doubts and difficulties of the learners faced during self study.
Day-27	Saturday	To demonstrate the process of administering first aid for common injuries.	● Will provide training of first aid for common injuries according to the prescribed methodology. ● Will demonstrate the practice through practical demonstration (demo). ● Will facilitate the development of participants' competence and skills in the practice.	Injury Prevention and Emergency Response (Theory)	● Will elaborate on the subject from a theoretical perspective.
Day-28	Sunday	To perform CPR (Cardio-Pulmonary Resuscitation)	● Will demonstrate CPR the practice through practical demonstration (demo). ● Will clarify importance and necessity of Injury Prevention and Emergency Response	Safe Environment and Equipment Labeling	● Will enlighten on the subject from a theoretical perspective. ● Will clarify importance and necessity. ● Will solve doubts and difficulties of the learners faced during self study
Day-29	Saturday	To demonstrate emergency evacuation procedure and protocol in case of fire or natural disaster.	● Will provide training of fire or natural disaster according to the prescribed methodology. ● Will demonstrate the practice through practical demonstration (demo). ● Will enlighten the development of participants' competence and skills in the practice.	Safe Environment and Equipment Labeling (Revision)	● Will enlighten on the subject from a theoretical perspective. ● Will clarify importance and necessity. ● Will solve doubts and difficulties of the learners faced during self study.

Module-6: Build an Environmental-Friendly Workplace-30:00 hrs.

Day-30	Sunday	To prepare statutory documents relevant to safety and hygiene.	● Will provide training in the practice according to the prescribed methodology. ● Will demonstrate the practice of safety and hygiene through practical demonstration (demo). ● Will enlighten the development of participants' competence and skills in the practice.	Identify the Environment-Friendly Materials Available to Replace Conventional Materials	● Will elaborate on the subject from a theoretical perspective. ● Will clarify importance and necessity of Environment-Friendly Materials
Day-31	Saturday	To exhibit the methods of disposing non-recyclable waste.	● Will provide training disposing non-recyclable waste according to the prescribed methodology. ● Will demonstrate the practice through practical demonstration (demo). ● Will facilitate the development of participants' competence and skills in the practice.	Explain Ways of Disposing Non-recyclable Waste Appropriately	● Will provide training disposing non-recyclable waste according to the prescribed methodology. ● Will elaborate on the subject from a theoretical perspective.

Day-32	Sunday	To report malfunctioning. (fumes/sparks/ emission/vibration/ noise) and lapse in maintenance of equipment.	● Will provide training in the practice according to the prescribed methodology. ● Will demonstrate the practice through practical demonstration (demo). ● Will facilitate the development of participants' competence and skills in the practice.	Common Sources of Pollution and Ways to Minimize Them	● Will elaborate on the subject from a theoretical perspective. ● Will clarify importance and necessity
Module 7: Employability Skills-60:00 hrs.					
Day-33	Saturday	To create a career plan	● Will provide training in the practice according to the prescribed methodology. ● Will demonstrate the practice through practical demonstration (demo). ● Will facilitate the development of participants' competence and skills in the practice.	Employability Skills (Theory)	● Will provide training to create a career plan to the prescribed methodology. ● Will enlighten on the subject from a theoretical perspective. ● Will clarify importance and necessity
Day-34	Sunday	To implement Self-awareness, time management, critical thinking, problem solving	● Will provide training in the practice according to the prescribed methodology. ● Will enlighten the development of participants' competence and skills in the practice.	Employability Skills (Theory)	● Will elaborate on the subject from a theoretical perspective. ● Will clarify importance & necessity. ● Will solve doubts and difficulties of the learners faced during self study.
Day-35	Saturday	To create sample word documents, excel sheets and presentations using basic features, utilize virtual collaboration tools to work effectively wherever necessary	● Will provide training in the practice according to the prescribed methodology. ● Will demonstrate the practice through practical demonstration (demo). ● Will enlighten the development of participants' competence and skills in the practice.	Employability Skills (Theory)	● Will elaborate on the subject from a theoretical perspective. ● Will clarify importance and necessity Employability Skills ● Will solve doubts and difficulties of the learners faced during self study.
Day-36	Sunday	To implement communication skills while handling different customers	● Will provide training in the practice according to the prescribed methodology. ● Will demonstrate the practice through practical demonstration (demo). ● Will facilitate the development of participants' competence and skills in the practice.	Employability Skills (Theory)	● Will provide training in the practice according to the prescribed methodology. ● Will elaborate on the subject from a theoretical perspective. ● Will clarify importance and necessity Employability Skills
Day-37	Saturday	To use appropriate basic English sentences/phrases while speaking. Differentiate between types of customers.	● Will provide training in the practice according to the prescribed methodology. ● Will demonstrate the practice through practical demonstration (demo). ● Will facilitate the development of participants' competence and skills in the practice.	Employability Skills (Theory)	● Will elaborate on the subject from a theoretical perspective. ● Will clarify importance and necessity Employability Skills. ● Will solve doubts and difficulties of the learners faced during self study.

Day-38	Sunday	To create a biodata.	● Will provide training in the practice according to the prescribed methodology. ● Will demonstrate the practice through practical demonstration (demo). ● Will enlighten the development of participants' competence and skills in the practice.	Employability Skills (Theory)	● Will elaborate on the subject from a theoretical perspective. ● Will clarify importance and necessity Employability Skills ● Will solve doubts and difficulties of the learners faced during self study.
Day-39	Saturday	To use various sources to search and apply for jobs.	● Will provide training in the practice according to the prescribed methodology. ● Will demonstrate the practice through practical demonstration (demo). ● Will enlighten the development of participants' competence and skills in the practice.	Employability Skills (Theory)	● Will elaborate on the subject from a theoretical perspective. ● Will clarify importance and necessity Employability Skills. ● Will solve doubts and difficulties of the learners faced during self study.
Day-40	Sunday	Summary		Closing Session	

Yoga Trainer – Sports Program - 10 days workshop (First)

Yoga Trainer – Sports Program - 10 days workshop (First)				
10 days workshop (First)	Topic of PCP and practical training in first session	Necessary guidelines for Yoga teacher/expert	Topic of PCP and practical training in second session	Necessary guidelines for Yoga teacher/expert
1-10 Days	1. Create a career progression chart of a yoga trainer-sports 2. Prepare a sample plan for yoga program 3. To demonstrate proper warm up and cool down exercises 4. To demonstrate diaphragmatic breathing technique to deepen breath and increase lung capacity 5. To demonstrate meditation techniques to enhance focus, mental clarity, and emotional well-being for optimal sports performance 6. The usage of props and equipments safely and effectively 7. To demonstrate hygiene and sanitation checks of work area and equipment 8. To demonstrate ways to find injury is minor or major and process of administering first aid for common injuries 9. To implement self awareness, time management, critical thinking, problem solving 10. To role play ways to address the entire group using effective volume, pitch and voice projection	● Will elaborate on the subject from a theoretical perspective. ● Will provide training in the practice according to the prescribed methodology. ● Will demonstrate the practice through practical demonstration (demo). ● Will facilitate the development of participants' competence and skills in the practice.	● Theoretical part ● Project work/ assignment	● Will enlighten the theoretical part. ● Will help to identify the prescribed spots in the practical manual. ● Will highlight their main characteristics. ● Will conduct project work. ● Will assign practical/ sessional work for home. ● Will check the work in the next workshop.

Yoga Trainer – Sports Program - 10 days workshop (Second)

Yoga Trainer – Sports Program - 10 days workshop (Second)				
10 days workshop (Second)	Topic of PCP and practical training in (Second) session	Necessary guidelines for Yoga teacher/expert	Topic of PCP and practical training in second session	Necessary guidelines for Yoga teacher/expert
1-10 Days	1. To Role play to highlight the important non-technical skills required to succeed as a yoga trainer -sports. (communication, presentation, grooming, etiquette, etc.) 2. To demonstrate the ways to categorize athletes/clients into different groups based on their goals and fitness levels. 3. To demonstrate yoga asanas (pose) to develop different components of fitness(endurance, strength, flexibility, etc.) 4. To demonstrate specific breathing requirements and techniques 5. To demonstrate meditation techniques to enhance focus, mental clarity, and emotional well-being for optimal sports performance 6. To use appropriate basic English sentences/phrases while speaking 7. To demonstrate way to sanitize equipment and machinery before and after the usage 8. To demonstrate ways to find injury is minor or major and process of administering first aid for common injuries 9. To demonstrate ways to find injury is minor or major and process of administering first aid for common injuries 10. To exhibit the methods of disposing on recyclable waste	● Will elaborate on the subject from a theoretical perspective. ● Will provide training in the practice according to the prescribed methodology. ● Will demonstrate the practice through practical demonstration (demo). ● Will facilitate the development of participants' competence and skills in the practice.	● Theoretical part ● Project work/ assignment	● Will enlighten the theoretical part. ● Will help to identify the prescribed spots in the practical manual. ● Will highlight their main characteristics. ● Will conduct project work. ● Will assign practical/ sessional work for home. ● Will check the work in the next workshop.

Yoga Trainer – Sports Program - 10 days workshop (Third)

Yoga Trainer – Sports Program - 10 days workshop (Third)				
10 days workshop (Third)	Topic of PCP and practical training in (Third) session	Necessary guidelines for Yoga teacher/expert	Topic of PCP and practical training in (Third) session	Necessary guidelines for Yoga teacher/expert
1-10 Days	1. To demonstrate proper warm up and cool down exercises, yoga asanas (pose) to develop different components of fitness(endurance, strength, flexibility, etc.) 2. To demonstrate diaphragmatic breathing technique to deepen breath and increase lung capacity 3. To demonstrate correct patterns, posture, and techniques to make session effective and injury free. 4. To apply gender-sensitive, non discriminatory language. 5. To perform CPR (Cardio-Pulmonary Resuscitation) 6. To demonstrate emergency evacuation procedure and protocol in case of fire or natural disaster. 7. To report malfunctioning (fumes/sparks/emission/vibration/noise) and laps in maintenance of equipment 8. To implement communication skill while handling different customers 9. Use appropriate English sentences/phrases while speaking. Differentiate between types of customers	● Will elaborate on the subject from a theoretical perspective. ● Will provide training in the practice according to the prescribed methodology. ● Will demonstrate the practice through practical demonstration (demo). ● Will facilitate the development of participants' competence and skills in the practice.	● Theoretical part ● Project work/ assignment	● Will enlighten the theoretical part. ● Will help to identify the prescribed spots in the practical manual. ● Will highlight their main characteristics. ● Will conduct project work. ● Will assign practical/ sessional work for home. ● Will check the work in the next workshop.

Yoga Trainer – Sports

Guideline for OJT - 15 days Program (Time duration 90:00 hrs.)

- Plan a sports Yoga training program.
- Conduct Yoga sessions to develop specific fitness requirements of the athletes/clients.
- Demonstrate correct forms, posture, and techniques to make sessions effective and injury free.
- Conduct evaluation of the athlete to identify improvements.
- Follow safety protocols for injury prevention and medical emergency.
- Maintain hygiene and sanitation at workplace



NATIONAL INSTITUTE OF OPEN SCHOOLING