



Open Vocational Education Programme
Course Code: 742

YOGA INSTRUCTOR SPORTS

Sector: Sports | Sub-Sector: Sports Coaching and Fitness
Occupation: Sports Coaching
Reference ID: NCO-2015/3423.0205
QP, Version 1.0 | NSQF Level 5



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



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LEISURE SKILLS COUNCIL (SPEFL-SC)**

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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. ”

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ACKNOWLEDGEMENT

Yoga Instructor – Sports (NSQF Level-5)

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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 Instructor-Sports Course of NIOS. Yoga Instructor-Sports is a NCVET approved professional course at NSQF level – 5 for highly trained and experienced yoga professional who specializes in working with athlete/clients to help them achieve their highest level of physical and mental performance. This role requires a deep understanding of Yogasana and Meditation Techniques, Anatomy, Sports Medicine, and Sports Performance, as well as excellent Communication and Teaching Skills. 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 Instructor-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 Instructor – Sports Courses. SPEFL-SC is offering Yoga Sports Courses in association with National Institute of Open Schooling (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 Instructor – Sports is a professional course at NSQF level – 5 for highly trained and experienced yoga professional who specializes in working with athlete/clients to help them achieve their highest level of physical and mental performance. This role requires a deep understanding of Yogasna and Meditation Techniques, Anatomy, Sports Medicine, and Sports Performance, as well as excellent Communication and Teaching Skills. The Course has been designed by Sports Physical Education Fitness & Leisure Skill Council New Delhi and NIOS, and in gaining a comprehensive understanding of a specific Qualification Pack (QP-5) 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 Instructor – 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 INSTRUCTOR – SPORTS

Course Code: 742

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 Instructor – Sports is a professional course at NSQF level – 5 for highly trained and experienced yoga professional who specializes in working with athlete/clients to help them achieve their highest level of physical and mental performance. This role requires a deep understanding of yogasana and meditation techniques, anatomy, sports medicine, and sports performance, as well as excellent communication and teaching skills.

2. TRAINING OUTCOMES

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

- Conduct performance analysis of athletes.
- Create an advance sports specific yoga program for athletes.
- Guide athletes with correct intensity, frequency, and techniques to make yoga program effective and injury-free.
- Create advance meditation program for athletes to enhance performance.
- Follow safety protocols for injury prevention and medical emergency.

3. JOB OPPORTUNITIES

Successful learners of the Yoga Instructor – Sports job role can get the jobs as a Yoga Instructor – 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

Completed 2nd year of 3-year/ 4-years UG

OR

Pursuing 2nd year of 3-year/ 4-years UG and continuing education

OR

Certificate-NSQF, Level 4- Yoga Trainer- Sports with 3 Years of relevant experience

OR

12th grade Pass with 2 Years of relevant experience

OR

12th pass with 2 year of any combination of NTC/NAC/CITS or equivalent

OR

10th grade pass with 4 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 540 Hours** (Theory – 165 Hrs., Practical – 285 Hrs. and OJT – 90 Hrs.)
- Approximate 05 months × 04 weeks × 02 days × 5 Hrs. = 42 days × 5 Hrs = 210 Hrs.
- 10 days workshop × 04 × 06 Hrs. = 240 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 & Practical Training

S. No.	Modules and Units	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 Instructor-Sports Job Role - Understanding the Role of an Advanced Sports Yoga Instructor - How an Advanced Sports Yoga Instructor is Different from a Sports Coach, Personal Fitness Trainer, or Sports Doctor - Career Opportunities of an Advanced Sports Yoga Instructor	05:00	10:00	-	15.00
2.	Module 2: Design a Need Based Sports Specific Advance Yoga Program - Types of Performance Analysis to be Conducted Before Planning an Advanced Sports Yoga Program - Importance of Gathering Medical and Training History of the Athletes - Importance of Designing a Yoga Program in Conjunction with the Sports Coaching Staff/Team Manager - Ways to Analyze Athlete's Emotional Condition - Importance of Maintaining the Athlete's Information Confidential	35:00	10:00	-	45.00
3.	Module 3: Execute an Advance Yoga Program - Most Effective Advance Yoga Practices for Athletes and their Specific Training Outcomes - Importance of Warm-up, Cool-down, usage of Proper Equipment, and Clothing to Minimize Injuries during the Yoga Sessions - Significance of Core Stability in Athletes - Benefits of Selected Asanas - Ways to Identify if the Athlete is Uncomfortable to Perform the Physical Activities - Inappropriate Behaviour and Sexual Harassment at Practice Place	30:00	60:00	45:00	135.00

4.	Module 4: Execute an Advance Meditation Program 15. Attire and Environment Setup for Meditation 16. Types of Meditation and their Benefits for Athletes 17. Interlink between Breath, Posture, and Focus in Meditation 18. Designing an Effective Meditation Session 19. Mindfulness and its Applications in Sports Performance	30:00	90:00	30:00	150.00
5.	Module 5: Maintain Safety, Hygiene and Sanitation at Workplace 20. Preparing for a Safe and Effective Yoga Session 21. Understanding Labels on Yoga Props and Equipments 22. Maintaining Personal Hygiene before and after Yoga Sessions 23. Workplace Hygiene and Sanitation Regulations in Yoga Spaces 24. Sanitizing Practices for Equipment and Athlete Safety 25. Creating a Safe and Interactive Yoga Environment 26. Understanding and Preventing Common Yoga Injuries 27. Responding to Medical Emergencies and Identifying Risk Factors	05:00	55:00	15:00	75.00
6.	Module 6: Build an Environmental-Friendly Workplace 28. Environment-friendly Materials Available to Replace Conventional Materials 29. Ways of Disposing Non-recyclable Waste Appropriately 30. Common Sources of Pollution and Ways to Minimize Them	15:00	15:00	-	30.00
7.	Module 7: Employability skills Employability skills is available at the following location: https://www.skillindiadigital.gov.in/content/list	5:00	45:00	-	90.00
	Total Duration	165	285	90	540

MODULE DETAILS

Module 1: Introduction to Yoga Instructor-Sports Job Bridge Module

Mapped to SPF/N1188, v1.0

Terminal Outcomes:

- Describe the job role of an advance sports yoga instructor
- Discuss the career opportunities of an advance sports yoga instructor

Duration: 05:00	Duration: 10:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
• State the role and responsibilities of an advance sports yoga instructor • Discuss how an advance sports yoga instructor is different from a sports coach, personal fitness trainer, sports doctor, etc. • List the career opportunities of an advance sports yoga instructor	• Role-play to highlight the specific technical responsibilities of an advance sports yoga instructor in comparison to a Fitness Trainer. • Create a career progression chart of an advance Sports Yoga Instructor
Classroom Aids: Laptop, whiteboard, marker, projector, chart paper, clipboards	
Tools, Equipment and Other Requirements NA	

Module 2: Design a Need Based Sports Specific Advance Yoga Program

Mapped to SPF/N1188, v1.0

Terminal Outcomes:

- Conduct performance analysis tests.
Design an advance sports yoga program.

Duration: 15:00	Duration: 30:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
• Explain the types of performance analysis to be conducted before planning an advance sports yoga program. • Discuss the importance of gathering medical and training history of the athletes. • Explain the importance of designing a yoga program in conjunction with the sports coaching staff/team manager	• Demonstrate how to evaluate the requirements of a sport and assess the athlete to design an advance sports yoga program. • Prepare a sample PAR-Q (Physical Activity Readiness Questionnaire) • Prepare a questionnaire to gather information about athlete's dietary habits.

- Discuss ways to analyze athlete's emotional condition
- Discuss the importance of maintaining the athlete's information confidential.

- Demonstrate tests to assess mobility and range of motion.
- Demonstrate Functional Performance Tests (FPT)
- Demonstrate tests to assess the strength, power, hypertrophy, and muscular endurance.

Classroom Aids:

Laptop, whiteboard, marker, projector, chart paper, clipboards, height & weight chart.

Tools, Equipment and Other Requirements

Stopwatch, whistle, marking cones, training hurdles, plyometric boxes, agility ladder, flexi-poles, speed-chute, heart-rate monitor, skipping rope, gym mats, treadmill, stationary bikes, free weights, machine-assisted weights, wearable weights, medicine ball, swiss ball, clapper, bibs, first aid kit

Module 3: Execute an Advance Yoga Program

Mapped to SPF/N1188, v1.0

Terminal Outcomes:

- Conduct yoga sessions to develop different aspects of performance (stability, flexibility, range of motion, strength, endurance etc.)
- Monitor training sessions to ensure athletes comply with the best practices of a yoga program.

Duration: 30:00

Theory – Key Learning Outcomes

- List the most effective advance yoga practices for athletes and their specific training outcomes.
- Explain the importance of warm-up, cool-down, usage of proper equipment, and clothing to minimize injuries during the yoga sessions.
- Explain the significance of core stability in athletes.
- Explain benefits of Setu Bandhasana, Uttanasana, Adho Mukha Svanasana, Utthita Trikonasana, Parighasana, Paschimottanasana, Parivrtta Trikonasana, Supta Matsyendrasana, Vrksasana, Virabhadrasana, Utthita Hasta Padangusthasana, Garudasana.
- Discuss ways to identify if the athlete is uncomfortable to perform the physical activities.
- Discuss inappropriate behaviour and sexual harassment in the workplace.

Duration: 60:00

Practical – Key Learning Outcomes

- Demonstrate advance warm-up, cool-down exercises with dynamic and static stretching
- Calculate VO2 max (maximum rate of oxygen consumption).
- Demonstrate yoga asanas to develop core stability
- Demonstrate yoga asanas to develop flexibility and range of motion
- Demonstrate yoga asanas to develop balance and coordination
- Demonstrate yoga asanas to develop strength and endurance
- Apply gender-sensitive, non-discriminatory language.
- Demonstrate athlete interaction– usage of motivational techniques such as positive phrases, feedbacks on areas of improvement, etc.

Classroom Aids:

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

Tools, Equipment and Other Requirements

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

Module 4: Execute an Advance Meditation Program

Mapped to SPF/N1189, v1.0

Terminal Outcomes:

- Conduct, editation sessions to develop emotional wellbeing of athletes/clients.

Duration: 30:00	Duration: 90:00
Theory – Key Learning Outcomes ● Recall the attire requied to conduct meditation session for athletes. ● Explain the types of meditation ● Discuss the factors affecting an effective meditation sessions for the athlets. ● Explain pre-meditation routine ● Discuss the tinhs to avoid during meditation session. ● Explain the benefits of meditation to athletes. ● Explain the co-relation between breathing techinques, posture and concentration in meditation. ● Explain mindfulness. ● Explain Mindfulness-Based Stress Reduction (MBSR) or Mindfulness-Based Performance Enhancement (MBPE), that can complement the meditation program for athletes	Practical – Key Learning Outcomes ● List pre-meditation requirements ● Demonstrate common meditation portures ● Demonstrate pre-meditation routines ● Demonstrate how to overcome distraction during a meditation session ● Demonstrate guided visualizations meditation techinque to help athletes create positive mental imagery related to their sport ● Conduct open awareness meditation routine to develop a broad, open awareness ● Conduct meditation techniques to calm nerves, enhance focus, and visualize success ● Conduct meditation techniques to bring mindfulness and presence into their training sessions and daily activities ● Conduct lead chakra meditation and instruct athletes to focus on the energy centers in their body, visualizing each chakra and promoting balance and alignment within the energy system ● Demonstrate techniques to improve concentration and focus during meditation ● Create a sample remedial training plan for athletes who need improvement.
Classroom Aids: Laptop, whiteboard, marker, projector, chart paper, clipboards, writing pads	
Tools, Equipment and Other Requirements Yoga mat, incense sticks, essential oil, natural auromatic aids, candle, lamp, water, music player, prayer beads	

Module 5: Maintain Safety, Hygiene and Sanitation at Workplace

Mapped to SPF/N1186, v1.0

Terminal Outcomes:

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

Duration: 15:00	Duration: 30:00
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. - 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.	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 in 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 7: Employability Skills

Mapped to DGT/VSQ/N0103, 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: 45:00	Duration: 45:00
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 • Identify different types of customers and their needs • Explain skills required to become a 21st century professional • Teach to read and write basic English • Explain effective communication skills • Teach basic financial and legal knowledge	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.
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 Instructor- Sports

Mandatory Duration: 90:00	Recommended Duration: 00:00
Location: On Site	
Terminal Outcomes • Conduct training sessions as per the different stages of periodization. • Conduct performance analysis of athletes. • Create an advance sports specific yoga program for athletes. • Guide athletes with correct intensity, frequency, and techniques to make yoga program effective and injury-free. • Create advance meditation program for athletes to enhance performance. • Follow safety protocols for injury prevention and medical emergency.	

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 \$ 500 for the foreign nationals and Rs. 10,000 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 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 Instructor – Sports		30	2	50	3	20	100
Grand Total								100

14. PASSING CRITERIA

Pass % aggregate for QP: 70 for certification.

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Module 7: Employability Skills

**MODULE-1: INTRODUCTION TO YOGA
INSTRUCTOR – SPORTS JOB ROLE**

1. Understanding the Role of an Advanced Sports Yoga Instructor
2. How an Advanced Sports Yoga Instructor is Different from a Sports Coach, Personal Fitness Trainer, or Sports Doctor
3. Career Opportunities of an Advanced Sports Yoga Instructor

KEY LEARNING OUTCOMES

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

- Understand the scope, responsibilities, and expectations of a Yoga Instructor – Sports
- Differentiate between the role of a Yoga Instructor – Sports and other allied professionals
- Explore career opportunities across sports academies, institutions, and entrepreneurship
- Recognize the progression path from Yoga Assistant to advanced Instructor roles



Notes

1

UNDERSTANDING THE ROLE OF AN ADVANCED SPORTS YOGA INSTRUCTOR

Yoga instructors play a vital role in helping individuals experience the myriad holistic benefits of Yoga to the mind and body. An advanced sports Yoga Instructor guides athletes and sports teams, designing Yoga programs to enhance performances, promote recovery, improve flexibility and build core strength while ensuring safety and supporting recovery. Their roles include adapting complex poses, integrating breathwork (Pranayama) and meditation providing feedback on form and creating progressive unit plans that connect to longer term goals.

In this unit, you will study about the multifaceted role of Yoga Instructor; and their duties and behavioral expectations from a professional Yoga Instructor.

**OBJECTIVES**

After studying this unit, you will be able to:

- define the multifaceted role of a Yoga Instructor – Sports in modern sports settings;
- describe the primary duties, competencies, and behavioral expectations from a professional Yoga Instructor – Sports;
- explain how Yoga is integrated into the performance, recovery, and well-being cycles of athletes;
- identify tools, schedules, and case applications associated with this role.

MODULE-1

Introduction to Yoga Instructor-Sports Job Role



Notes

Understanding the Role of an Advanced Sports Yoga Instructor

1.1 DEFINITION AND SCOPE OF THE ROLE

A Yoga Instructor – Sports is a technically trained professional who integrates classical Yoga practices with sports science to support athletes across various stages of their training. Their job is not limited to teaching asanas but extends to injury prevention, physiological performance enhancement, breath optimization, and mental discipline. The role is structured, data-informed, and aligned with specific outcomes such as increased mobility, faster recovery, and improved movement efficiency.

A Yoga Instructor – Sports is embedded within the athlete development ecosystem. They work closely with strength and conditioning coaches, physiotherapists, nutritionists, and team managers. Their sessions are designed according to training loads, competition schedules, and athlete feedback. For example:

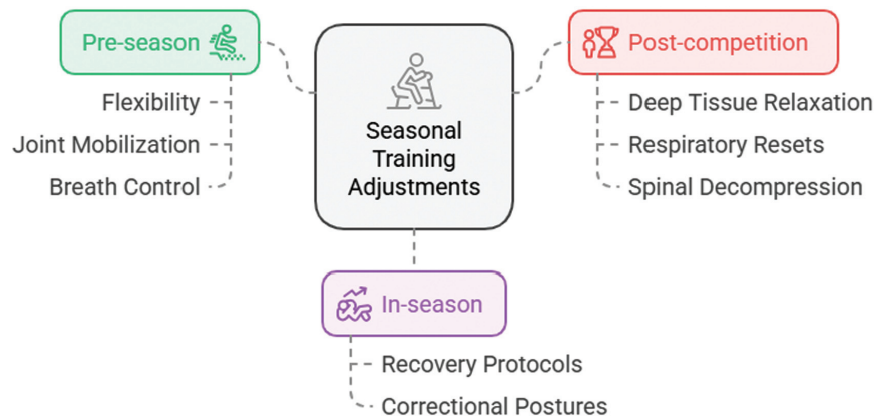


Fig. 1.1: Season Training Adjustments

1.2 KEY FUNCTIONS IN SPORTS SETTINGS

In modern sports, the role of a Yoga Instructor – Sports extends far beyond traditional Yoga teaching. Positioned as a performance enhancer, injury prevention specialist, and mental conditioning guide, the instructor works in tandem with coaches and medical teams to support an athlete's holistic development. Their responsibilities are deeply integrated into the training ecosystem, where precision in posture correction, breath regulation, mental focus, and recovery planning directly influences competitive outcomes. From conducting assessments to curating sport-specific Yoga flows, their functions are science-informed and athlete-centered, ensuring every session adds measurable value to performance, resilience, and overall sports longevity.



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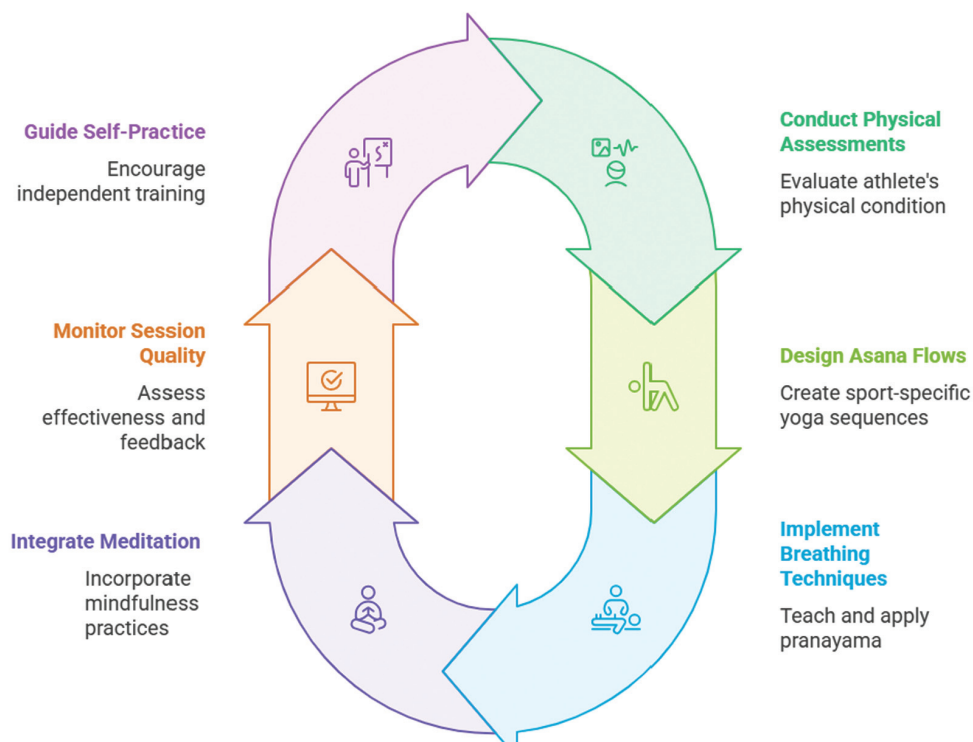


Fig. 1.2: Athlete Training Cycle

1. Conduct physical assessments

A Yoga Instructor – Sports plays a critical role in understanding the athlete's physical status through structured assessments. These assessments include:

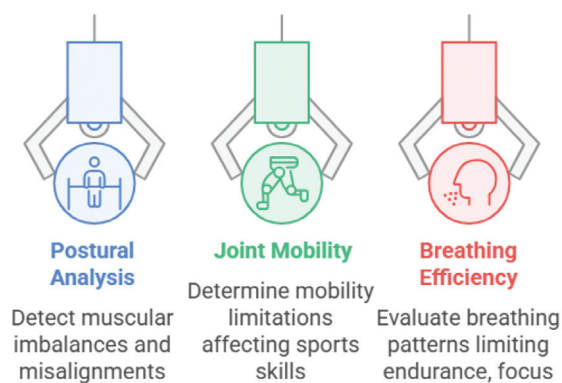


Fig. 1.3: Components of Physical Assessments

These evaluations form the basis for personalized Yoga programming and are often done in coordination with sports coaches and physiotherapists.

MODULE-1

Introduction to Yoga Instructor-Sports Job Role



Notes

Understanding the Role of an Advanced Sports Yoga Instructor

2. Design sport-specific Asana flows

An instructor develops asana sequences that are tailored not only to the athlete's body but also to their sport. For instance:

- A cricketer may require enhanced spinal rotation and shoulder mobility.
- A runner may need focused work on hamstring flexibility, ankle stability, and breath rhythm.

Yoga flows are designed to:

- Improve sport-specific functional capacity (stability, balance, coordination).
- Support recovery and reduce injury risk.
- Integrate with the larger training cycle (pre-season, in-season, tapering phases).

3. Implement breathing techniques (Pranayama)

Breathing techniques form a core part of an athlete's internal training. The Yoga Instructor – Sports selects and adapts Pranayama based on sport intensity, athlete temperament, and training goals.

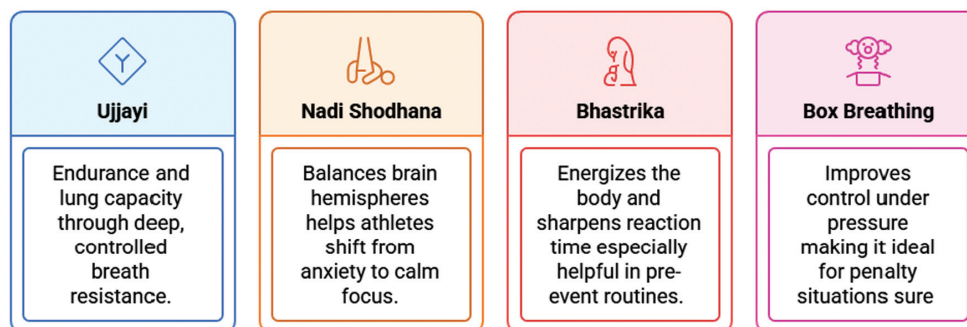


Fig. 1.4: Key Benefits of Breathing Techniques

These techniques are also used to correct shallow breathing habits and aid vocal control in team sports or leadership roles.

4. Integrate meditation and visualization practices

Mental discipline is just as critical as physical form. The Yoga Instructor – Sports uses meditation and visualization to enhance emotional regulation and mental sharpness.



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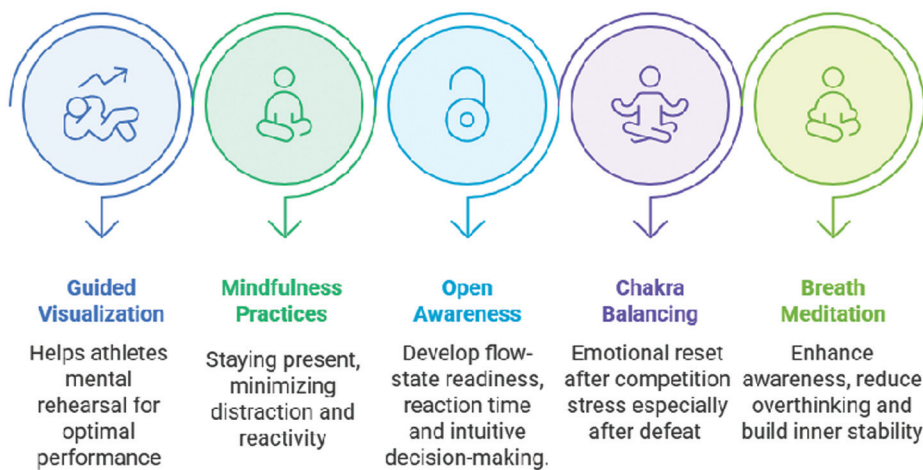


Fig. 1.5: Benefits of Meditation and Visualization

5. Monitor session quality and athlete responses

The Yoga instructor is actively involved in optimizing outcomes by observing and adjusting sessions in real time.

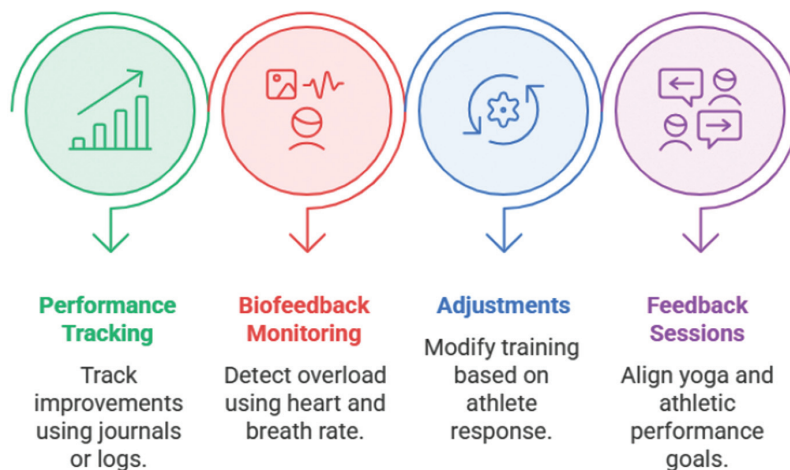


Fig. 1.6: Monitoring and Adapting

6. Guide athletes in self-practice and recovery routines

Empowering athletes to self-regulate is one of the most valuable contributions of a Yoga Instructor.

MODULE-1

Introduction to Yoga Instructor-Sports Job Role



Notes

Understanding the Role of an Advanced Sports Yoga Instructor

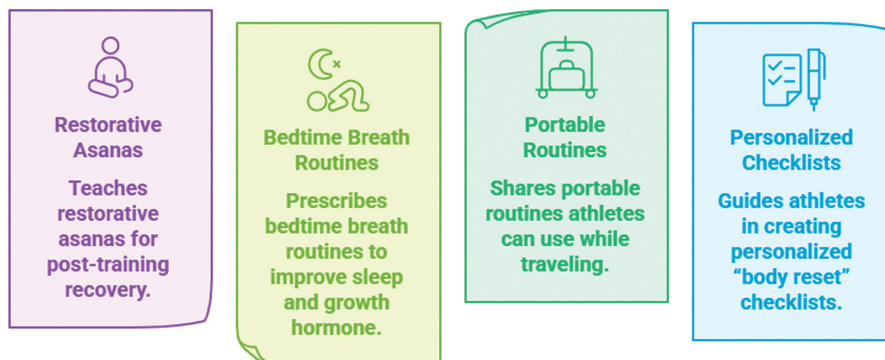


Fig. 1.7: Recovery Routines

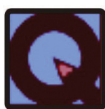
The Yoga Instructor – Sports thus empowers the athlete to manage their own recovery between formal sessions, enhancing autonomy and consistency

1.3 PERFORMANCE ENHANCEMENT THROUGH YOGA

Yoga enhances multiple aspects of sports performance:

- **Physiological:** Increases flexibility, neuromuscular coordination, and energy efficiency
- **Biomechanical:** Improves balance, joint stability, and core strength
- **Psychological:** Sharpens concentration, reduces pre-competition anxiety, builds emotional control
- **Recovery:** Reduces muscle soreness, improves circulation, and accelerates tissue healing

By tailoring Yoga to specific energy systems (e.g., anaerobic for sprinters, aerobic for swimmers), instructors ensure functional gains.



INTEXT QUESTIONS 1.1

Match the following:

Group A

- (i) Ujjayi
- (ii) Nadi Shodhana
- (iii) Bhastrika
- (iv) Box breathing

Group B

- (a) Balances brain hemispheres
- (b) Energize the body and sharpens reaction time especially helpful in prevent routines.
- (c) Endurance and lung capacity through deep controlled breath resistance.
- (d) Improves control under pressure making it ideal for penalty situations sure.



Notes

1.4 CREATING SPORT – SPECIFIC YOGA FLOWS

Sports Yoga is not “one-size-fits-all.” A footballer’s needs differ from those of a gymnast. The Yoga instructor:

- Assesses game demands (explosive movement vs. sustained effort)
- Modifies Asanas to suit skill levels and limitations
- Aligns sessions with training phases (off-season, in-season, peak season)
- Addresses joint stress areas unique to each sport

Table 1.1: Asanas for Type and Focus of Athlete

Athlete type	Focus areas	Suggested asanas
Endurance runner	Hip openers, hamstring stretch	Anjaneyasana, Supta Padangusthasana
Weightlifter	Spinal mobility, core control	Setu Bandhasana, Navasana, Malasana
Tennis player	Shoulder release, rotation	Gomukhasana arms, Ardha Matsyendrasana
Archer	Focus, wrist strength, stillness	Vajrasana, Dhyana mudra, Ujjayi breathing

1.5 FUNCTIONAL DOMAINS COVERED BY A YOGA INSTRUCTOR – SPORTS

The role of Yoga Instructor – Sports spans across four core domains:

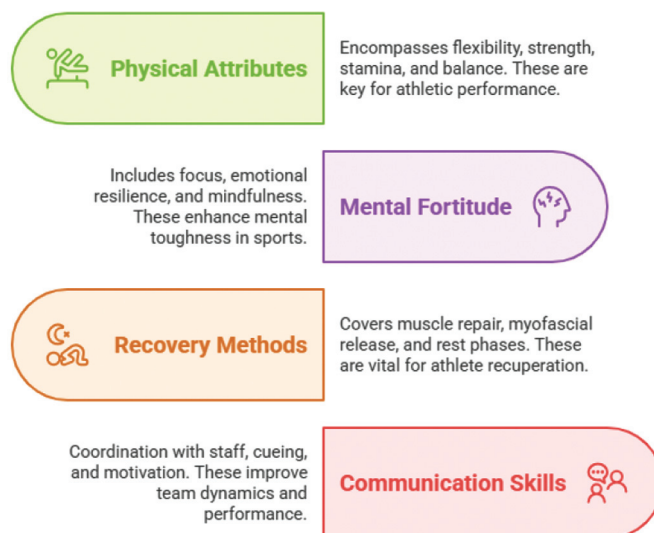


Fig. 1.8: Aspects of Athletic Training

MODULE-1

Introduction to Yoga Instructor-Sports Job Role



Notes

Understanding the Role of an Advanced Sports Yoga Instructor

Physical Attributes

The Yoga Instructor – Sports designs physical practices that directly support an athlete's bodily performance:

- **Flexibility** training includes dynamic and static stretching through asanas like Paschimottanasana and Trikonasana to improve joint mobility and prevent injuries.
- **Strength** development is promoted using bodyweight resistance poses such as Vrikshasana or Navasana, enhancing core and postural strength vital for explosive movements and balance.
- **Stamina** is improved through repeated flows (vinyasas) linked with controlled breathing, which conditions the muscles and lungs to endure prolonged sports effort.
- **Balance** training involves single-leg poses and proprioceptive drills, helping athletes stabilize during quick transitions or uneven terrains in their sport.

Mental Fortitude

Mental performance techniques embedded in Yoga practice are crucial in high-pressure environments:

- **Focus** is cultivated using breath control and visual concentration techniques (like Trataka or gaze anchoring in poses), improving attention during competitive moments.
- **Emotional resilience** is built through stress-reduction techniques like mindfulness meditation or guided body scans, which help athletes rebound quickly from failure or injury.
- **Mindfulness** training helps athletes develop self-awareness, regulate reactions, and remain composed – especially under crowd pressure, fatigue, or intense decision-making situations.

Recovery Methods

Recovery is an essential part of progress and injury prevention, and Yoga facilitates this through targeted tools:

- **Muscle repair** is supported by gentle restorative poses that increase blood flow and reduce lactic acid buildup.

- **Myofascial release** is achieved through long-held stretches and supported poses, helping relieve tight connective tissues.
- **Rest phases** are enhanced by integrating Yoga nidra, breath-led meditation, and deep relaxation techniques that stimulate the parasympathetic nervous system, improving both mental and cellular recovery between events or training cycles.

Communication Skills

Yoga Instructors – Sports play an active role in the wider athlete ecosystem, which depends on clear and professional communication:

- **Coordination with support staff** such as physiotherapists, coaches, and nutritionists ensures Yoga practices complement other elements of the athlete's regimen and avoid overlap or contraindications.
- **Verbal cueing** is essential for safe and effective session delivery—using motivational language, correctional guidance, and anatomical instructions that are sport-specific and clear.
- **Athlete motivation** is nurtured through consistent encouragement, positive reinforcement, and the ability to adapt sessions based on individual moods, energy levels, and performance cycles.



INTEXT QUESTIONS 1.2

Fill in the blanks:

1. and Asanas promote strength development.
2. is recovery method supported by gentle restorative poses that increase blood flow.

1.6 DIFFERENCES BETWEEN GENERAL YOGA AND PERFORMANCE-ORIENTED YOGA

While general Yoga focuses on enhancing overall health, inner peace, and spiritual growth, performance-oriented or sports Yoga is purpose-built to meet the demands of sports training. A Yoga Instructor – Sports customizes techniques not just for flexibility or relaxation but to actively support the athlete's sport-specific goals, injury prevention, and mental readiness. Unlike generic Yoga classes, sports Yoga is strategically planned, assessed, and integrated into the athlete's larger training cycle – making it both outcome-focused and performance-driven.

MODULE-1

Introduction to Yoga Instructor–Sports Job Role



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MODULE-1

Introduction to Yoga Instructor-Sports Job Role



Notes

Understanding the Role of an Advanced Sports Yoga Instructor

Table 1.2: General vs Sports Yoga

Aspect	General Yoga	Sports Yoga
Goal	Fitness and spiritual alignment	Sports performance and recovery
Format	Generic sequence	Sport- and goal-specific plans
Assessment	Rare or non-specific	Structured physical & performance analysis
Integration	Standalone practice	Integrated into training cycles
Feedback Mechanism	Minimal	Data-driven and athlete-specific

1.7 TOOLS AND TECHNIQUES USED BY A YOGA INSTRUCTOR – SPORTS – INTRODUCTION

A Yoga Instructor – Sports uses a specialized toolkit that blends traditional Yoga resources with modern assessment methods to meet the unique needs of athletes. These tools and techniques help enhance safety, effectiveness, and personalization during sessions. From physical props that aid posture alignment to professional screening tools that guide program design, each component plays a vital role in optimizing the training experience. Additionally, communication techniques such as motivational cueing and breath pacing enable deeper athlete engagement, better performance outcomes, and safer practice environments.

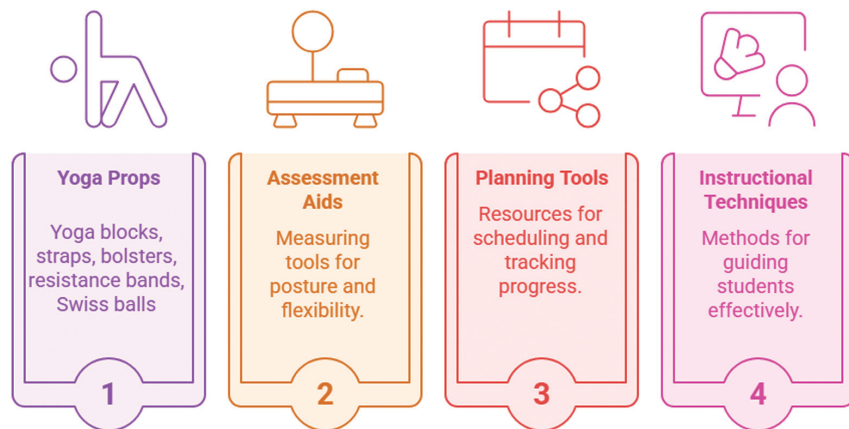


Fig. 1.9: Yoga Practice Resources

1.8 COMPETENCIES AND MINDSET OF A SUCCESSFUL SPORTS YOGA INSTRUCTOR

Dear learners, being a Yoga Instructor – Sports demands more than just teaching Yoga poses – it requires a multidimensional blend of technical, emotional, and ethical competencies. Working in high-performance environments, instructors

must navigate the physical intensity of sports, the emotional fluctuations of athletes, and the collaborative demands of multidisciplinary teams. To succeed, they must embody discipline, adaptability, and a learner's mindset, while upholding professionalism and inclusivity. Their ability to observe, connect, and evolve directly impacts the trust they build with athletes and the performance outcomes they help achieve.

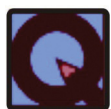
- Strong knowledge of human anatomy, Yoga science, and sport demands
- Confidence in leading mixed-level athlete groups
- Clarity in instruction and patience in posture correction
- Emotional intelligence to read athlete state and offer motivation
- Ethics in conduct, gender-sensitivity, and boundary-awareness
- Adaptability to work with different sports and coaching styles

1.9 SAMPLE DAILY RESPONSIBILITIES

A day in the life of a Yoga Instructor – Sports can include:

Table 1.3: Sample Daily Responsibilities

Time	Activity
6:30 AM	Recovery Yoga for team post-match
8:30 AM	Individual breathwork with a goalie preparing for selection trials
11:00 AM	Attend multidisciplinary team meeting with physio and S&C coach
1:00 PM	Design next week's personalized plan using feedback and assessment
4:00 PM	Core activation + flexibility drill session with sprinters



INTEXT QUESTIONS 1.3

1. Write the two qualities of sports Yoga Instructor.

.....

.....

2. Write the name of any two Yoga Props.

.....

.....

MODULE-1

Introduction to Yoga Instructor–Sports Job Role



Notes

MODULE-1

Introduction to Yoga Instructor-Sports Job Role



Notes

Understanding the Role of an Advanced Sports Yoga Instructor



WHAT HAVE YOU LEARNT

Dear learners, in this unit, you have learnt:

- The development of a high performance athlete requires a coordinate efforts from a multidisciplinary term of professionals.
- The term includes sports coach, personal fitness trainer, biomechanics analyst, Yoga Trainer – Sports, Yoga Assistant – Sports Physiotherapist, Nutritionist/Dietitian – Sports, Sports Psychologist, Massage Therapist and Yoga Instructor – Sports.
- All professionals should collaborate respectfully so that a high performance environment is created to realize high performances.
- Yoga Instructor, Yoga Trainer and Yoga Assistant should work in alignment to fulfill the desired goals.



TERMINAL QUESTIONS

1. Explain the role of personal fitness Trainer, Physiotherapist, and sports psychologist in sports.
2. What are duties of Yoga Assistant, Yoga Trainer, and Yoga Instructor – Sports.



ANSWER TO INTEXT QUESTIONS

1.1

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

1.2

1. Vrikshasana, Navasana
2. Muscle repair/Myofascial release/Rest phases

1.3

1. Strong knowledge of human anatomy, confidence in leading mixed level athlete groups.
2. Straps, swiss balls



Notes

2

HOW AN ADVANCED SPORTS YOGA INSTRUCTOR IS DIFFERENT FROM A SPORTS COACH, PERSONAL FITNESS TRAINER, OR SPORTS DOCTOR

In the previous unit, you have learnt about the multidimensional role and competencies of a Yoga Instructor – Sports along with integration of Yoga into performance and holistic well-being of athletes. You also studied about tools and schedules associated with the role of Yoga Instructor. An advanced Sports Yoga Instructor focuses on the mind body connection, using the Yogasana, Pranayama and Meditative aspects of Yoga to enhance an athlete's overall performance and well-being, where as a sports coach guides athletic technique and strategy a personal fitness trainer designs individualized physical exercise programs and a sport doctor provides medical diagnosis and treatment for injuries.

Dear learners, in this unit you will study about the distinct roles of various professionals in the sports ecosystem; and the scope and focus area of a Yoga Instructor – Sports.

**OBJECTIVES**

After studying this unit, you will be able to:

- identify the distinct roles of various professionals in the sports ecosystem;
- compare the scope, methods, and focus areas of a Yoga Instructor – Sports with those of a coach, fitness trainer, and sports doctor;

MODULE-1

Introduction to Yoga Instructor-Sports Job Role



Notes

How an Advanced Sports Yoga Instructor or Sports Doctor

- recognize how Yoga Instructors – Sports complement other professionals without overlapping their responsibilities;
- understand interdisciplinary coordination and referral boundaries.

2.1 OVERVIEW OF KEY ROLES IN ATHLETE DEVELOPMENT

Developing a high-performance athlete requires more than talent and hard work – it demands a coordinated effort from a multidisciplinary team of professionals. Each expert brings a distinct set of skills, tools, and knowledge to the athlete’s journey. While their collective goal is to enhance performance, prevent injuries, and extend longevity, their individual focus areas differ. For a Yoga Instructor – Sports to work effectively in this ecosystem, it is essential to understand these complementary roles and how Yoga integrates within the bigger picture.

Sports Coach

The sports coach is responsible for the strategic and technical growth of the athlete within their specific sport.



Fig. 2.1: Coaching Strategies

Personal Fitness Trainer

This role ensures that the athlete’s body is strong, resilient, and physically conditioned to meet the demands of the sport.

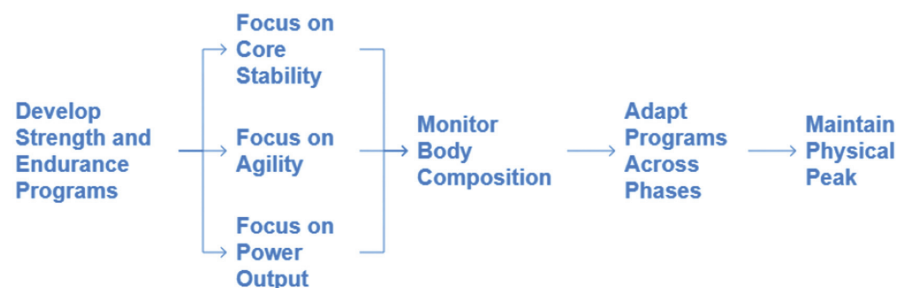


Fig. 2.2: Roles of Fitness Trainer

Biomechanist/Movement Analyst

With a data-driven lens, the biomechanist studies human movement to improve efficiency and reduce injury risk.

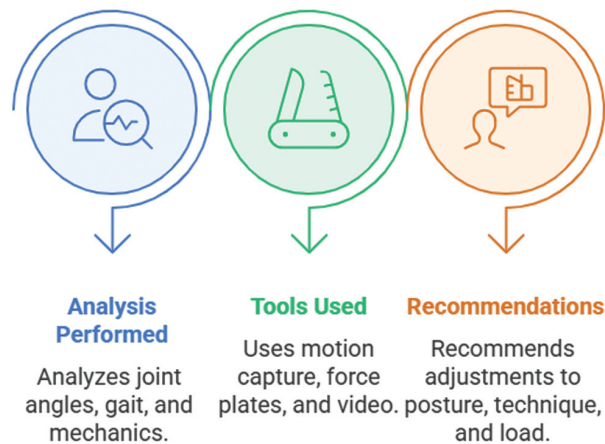


Fig. 2.3: Roles of Biomechanist

Yoga Trainer – Sports

A key operational link in the Yoga delivery team, the Yoga Trainer – Sports works under the guidance of the instructor to implement and manage sessions effectively.



Fig. 2.4: Roles of Yoga Trainer – Sports



Notes

MODULE-1

Introduction to Yoga Instructor-Sports Job Role



Notes

How an Advanced Sports Yoga Instructor or Sports Doctor

Yoga Assistant – Sports

The foundation of daily execution, the Yoga Assistant – Sports ensures the smooth physical functioning of every Yoga session.

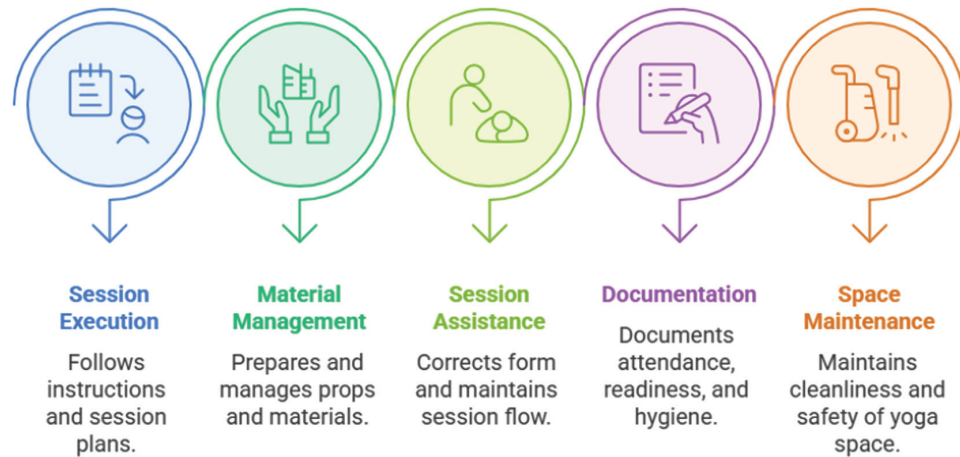


Fig. 2.5: Roles of Yoga Assistant – Sports

Physiotherapist

A rehabilitation specialist in the team, the physiotherapist restores movement, manages pain, and facilitates recovery from injuries.

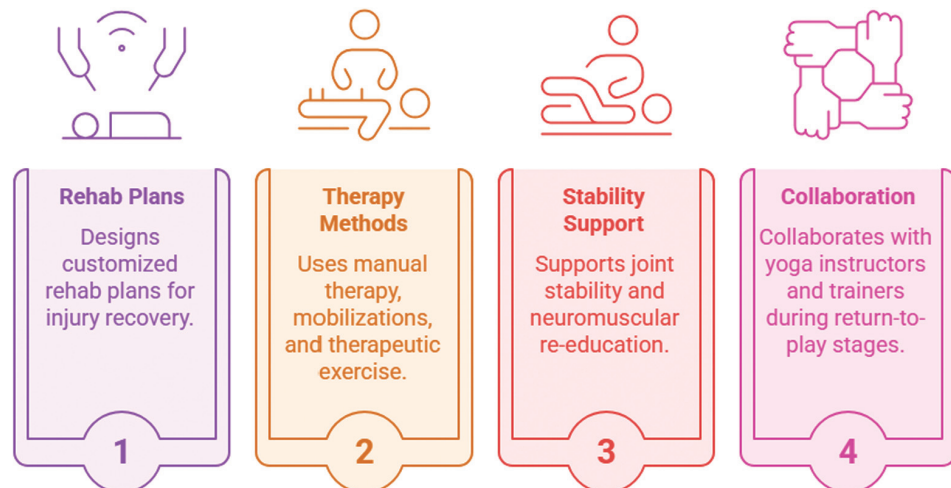


Fig. 2.6: Roles of Physiotherapist

Nutritionist/Dietitian – Sports

Responsible for fueling performance, the sports nutritionist ensures that athletes meet their energy, hydration, and recovery needs through precise dietary planning.

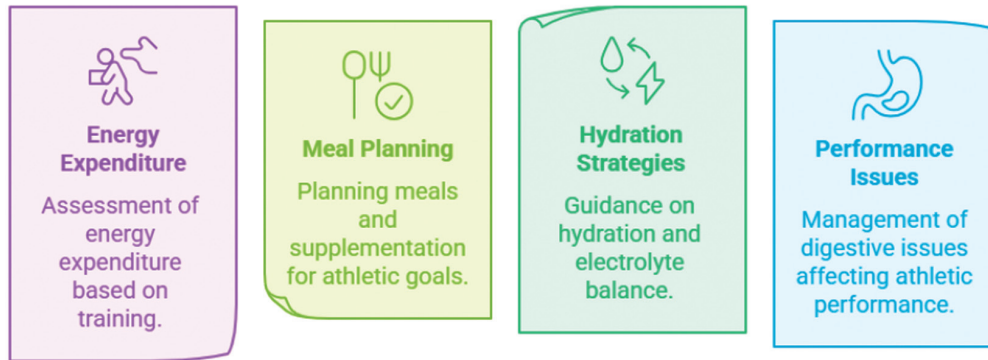


Fig. 2.7: Roles of Nutritionist

Mental Conditioning Coach/Sports Psychologist

A key figure in the athlete's inner game, the mental coach strengthens focus, resilience, and emotional control during high-pressure moments.

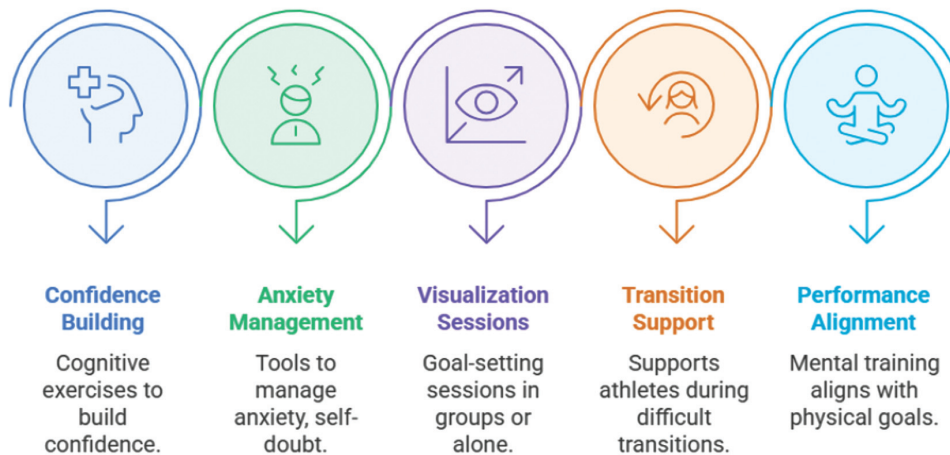


Fig. 2.8: Roles of Sports Psychologist



Notes

MODULE-1

Introduction to Yoga Instructor-Sports Job Role



Notes

How an Advanced Sports Yoga Instructor or Sports Doctor

Massage Therapist

Focused on physical recovery and comfort, the massage therapist enhances muscle function and helps prevent overuse injuries.

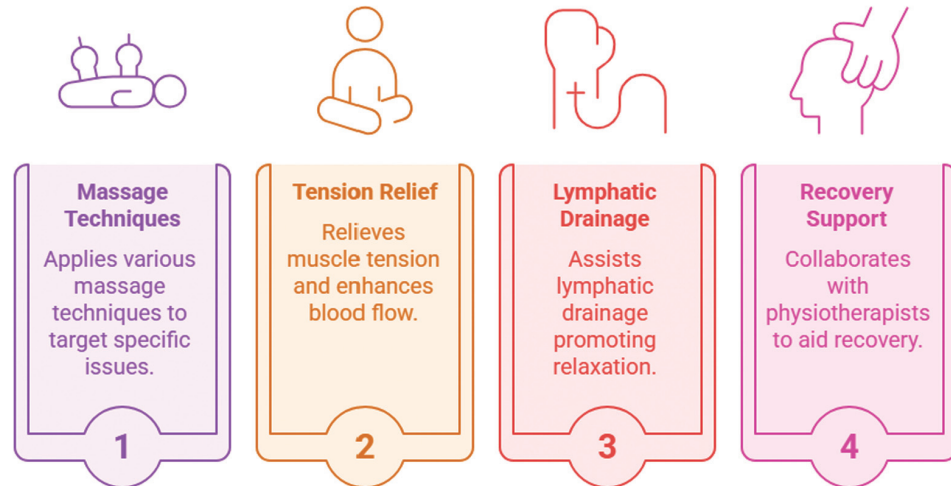


Fig. 2.9: Roles of Massage Therapist

Yoga Instructor – Sports

The Yoga Instructor – Sports supports the athlete's development on physical, respiratory, and mental levels.



Fig. 2.10: Roles of Yoga Instructor – Sports

Together, these job roles support team builds the physical foundation, strategic edge, medical safety net, and internal stability required for peak performance. The Yoga Instructor – Sports plays a unique integrative role within the sports performance team. Unlike other professionals who focus on either physical conditioning, medical care, or skill-building, the Yoga Instructor bridges the physical, mental, and recovery domains through techniques grounded in traditional Yoga science adapted for modern sports performance.



Notes

Yoga Instructor – Sports

- **Focus:** Enhancing flexibility, mobility, breath control, recovery, and mental clarity.
- **Approach:** Holistic – works on joints, breath, nervous system, and mental balance simultaneously.
- **Tools:** Asanas, Pranayama, meditation, and mindfulness techniques tailored for sport-specific needs.
- **Role:** Prevents injuries, accelerates recovery, supports mental calmness, and improves body awareness.

In essence, the Yoga Instructor – Sports provides body–breath–mind integration – an area often under-addressed by other roles – making it the most multi-dimensional contributor in athlete support.

2.2 DELEGATED DUTIES FOR YOGA ASSISTANT, TRAINER, AND INSTRUCTOR – SPORTS

When talking about Yoga sports job roles in Yoga Instructor – Sports plays a central role in designing and leading programs, real-world execution – especially in high-performance environments – often involves a support team. To maintain professionalism and avoid confusion, it's essential that responsibilities are clearly distributed among the Yoga Trainer and Yoga Assistant. These delegated duties ensure that each professional operates within their scope, enhancing both efficiency and safety across sessions.

Table 2.1: Delegated Duties

Function	Yoga Instructor – Sports	Yoga Trainer – Sports	Yoga Assistant – Sports
Interpret medical notes and adjust plan	Yes	May refer to notes with guidance	No
Coordinate with strength coach and physio	Yes	Supports communication	No
Lead breath and mental reset practices	Yes	Assists with cueing and feedback	Sets up the space
Refer athlete to doctor when issues arise	Yes	May report observations to instructor	No
Clarify roles to athletes	Yes	Reinforces clarity in sessions	Observes and documents setup tasks

MODULE-1

Introduction to Yoga Instructor-Sports Job Role



Notes

How an Advanced Sports Yoga Instructor or Sports Doctor

To maintain professional boundaries and uphold the integrity of the support system, a Yoga Instructor – Sports must understand not just what they are expected to do – but also what lies outside their scope. Clarity in role prevents overstepping and reinforces trust within the multidisciplinary team.

A Yoga Instructor – Sports must not:

- Diagnose injuries or prescribe medications (this is strictly the domain of the sports doctor).
- Instruct athletes on sport-specific techniques or tactics (handled by the coach).
- Prescribe or lead resistance-based training programs (handled by the fitness trainer).
- Undermine or override recommendations from medical or coaching staff.

Instead, Yoga Instructors should observe, document, and refer

- For example, if an athlete complains of persistent knee pain during a lunge pose, the instructor should log the observation and notify the sports doctor or physiotherapist.
- If an athlete appears fatigued beyond typical post-session behavior, the instructor may refer this to the coach for rest or load adjustment.

Understanding these limits allows the instructor to operate effectively without causing confusion or delay in the athlete's care.

2.3 INTERDISCIPLINARY COORDINATION AND MUTUAL RESPECT

A high-performance environment is successful when all professionals collaborate respectfully. The Yoga Instructor – Sports must function as a proactive, observant, and cooperative member of the athlete's support circle.

To support this collaborative model, Yoga Instructors should:

- Attend team review meetings to stay informed and aligned with broader athlete goals.
- Respect the coach's leadership in all performance and competitive matters.
- Coordinate with fitness trainers to ensure Yoga sessions complement strength and conditioning programs.

- Share recovery-related feedback with physiotherapists and doctors to fine-tune rehabilitation efforts.
- Stay updated on restrictions or post-treatment protocols, ensuring Yoga sessions never conflict with an athlete's medical recovery.

This mutual respect ensures that Yoga input becomes an asset not a conflict in athlete development.



INTEXT QUESTIONS 2.1

Write True/False:

1. Focus enhances flexibility, mobility, breath and mental control. ()
2. Physiotherapist does not restores movement, manages pain and facilitates recovery from injuries. ()
3. The Yoga Instructor can refer athlete to doctor when issue arise. ()



WHAT HAVE YOU LEARNT

Dear learners, in this unit you have learnt:

- A Yoga Instructor – Sports is a highly trained professional. The Instructor aligns traditional Yoga practices with the sports science, thereby fulfilling the purposes of Yoga in sports.
- There are certain key functions to the sports settings. These include: to conduct physical assessments, design sports specific Asana flow, implement breathing techniques, integrate meditation and visualization practices, monitor session quality and athlete responses, and guide athletes in self practice and recovery routines.
- Performance in sports can be enhanced through Yoga at physiological, biomechanical, psychological and recovery levels.
- A Yoga Instructor – Sports should design sports specific Yoga flow.
- The functional domains covered by a Yoga Instructor includes physical attributes, mental fortitudes, recovery methods and communication skills.

MODULE-1

Introduction to Yoga Instructor–Sports Job Role



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MODULE-1

Introduction to Yoga Instructor-Sports Job Role



Notes

How an Advanced Sports Yoga Instructor or Sports Doctor

- Unlike generic Yoga session, sports Yoga is strategically planned, duly assessed, and integrated into the athlete's larger training cycle.
- A Yoga Instructor – Sports uses Yoga props, assessment aids, planning tools and instructional techniques.
- A Yoga Instructor – Sports should have a multidimensional blend of technical, emotional and ethical competencies.



TERMINAL QUESTIONS

1. What are the key functions in sports settings. Explain athlete training cycle.
2. Describe the functional domains covered by a Yoga Instructor – Sports.
3. Explain the key competencies of a successful Yoga Instructor – Sports.



ANSWER TO INTEXT QUESTIONS

2.1

1. True
2. False
3. True



Notes

3

CAREER OPPORTUNITIES OF AN ADVANCED SPORTS YOGA INSTRUCTOR

Dear learners, in the previous unit, you have studied about how Yoga instructors – Sports complement other professional without overlapping their responsibilities. Career opportunities in the advanced sports Yoga sector are expanding to include roles such as sports Yoga coach, athletic Yoga Therapist, Yoga performance analyst, entrepreneur, a wellness coordinator for athletic terms or a researcher in sports science and Yoga.

In this unit, you will study about the various sectors and institution where a Yoga Instructor – Sports can be employed. Learners, you will understand the need of career progression ladder and skill development at each stage.

**OBJECTIVES**

After studying this unit, you will be able to:

- identify the various sectors and institutions where a Yoga Instructor – Sports can be employed;
- explain the difference between freelance, institutional, and entrepreneurial career paths;
- understand the career progression ladder and skill development needed at each stage;
- recognize the roles of Yoga Trainer – Sports and Yoga Assistant – Sports in long-term career building.

MODULE-1

Introduction to Yoga Instructor–Sports Job Role



Notes

Career Opportunities of an Advanced Sports Yoga Instructor

3.1 SECTORS AND DOMAINS EMPLOYING YOGA INSTRUCTORS – SPORTS

With the rising emphasis on holistic performance and athlete well-being, **Yoga Instructors – Sports** are finding diverse and rewarding career opportunities across multiple sectors. Their ability to enhance flexibility, mental focus, breath control, and recovery makes them valuable assets in both competitive and developmental environments. Below are key sectors where their expertise is increasingly in demand:

- **Sports academies**

Including national and state-level training centers, Olympic preparation camps, and elite athlete development programs where Yoga supports injury prevention, recovery, and mobility training.

- **Educational institutions**

Such as universities, sports schools, and collegiate fitness programs, where Yoga is integrated into physical education, athlete support systems, or fitness initiatives.

- **Rehabilitation centers**

Collaborating with physiotherapists and sports doctors to assist athletes during post-injury recovery, helping restore range of motion, breath control, and emotional balance.

- **Corporate sports teams**

Employed in company-sponsored sports programs, employee fitness clubs, and competitive corporate leagues to reduce injury risk and promote consistent performance.

- **Military and defense services**

In paramilitary training units and defense academies, Yoga is used to build mental resilience, physical endurance, and stress management among cadets and personnel.

- **Private fitness chains**

Working in high-end gyms, sports training studios, or fitness-focused sports facilities to deliver specialized mobility and recovery sessions.

- **Independent consultancies**

Offering personalized Yoga coaching for professional athletes, consulting with high-performance centers, or creating sport-specific programs for clubs, academies, or individual clients.

This growing recognition of sports Yoga across sectors highlights its evolving role – not just as a traditional practice, but as a strategic tool in the athlete performance ecosystem.



Fig. 3.1: Workplace Examples

3.2 INSTITUTIONAL VS. FREELANCE ROLES

Yoga Instructors – Sports can pursue their careers through two primary work paths: institutional roles and freelance or consulting arrangements. Each pathway offers distinct advantages and challenges, depending on the instructor’s career goals, lifestyle preferences, and entrepreneurial mindset.

Institutional Role

In an institutional setting, the instructor is employed full-time or part-time by a school, academy, fitness chain, or government organization. This setup offers:

MODULE-1

Introduction to Yoga Instructor–Sports Job Role



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MODULE-1

Introduction to Yoga Instructor-Sports Job Role



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Career Opportunities of an Advanced Sports Yoga Instructor



Fig. 3.2: Institutional Roles

Freelance/Consulting

Freelance Yoga Instructors – Sports operate independently, offering services to private clients, sports clubs, or corporate setups on a contractual basis. This role is characterized by:



Fig. 3.3: Freelance Roles

3.3 ENTREPRENEURSHIP AND SELF-EMPLOYMENT PATHS

As the field of sports Yoga continues to evolve, experienced Yoga Instructors – Sports are expanding their reach beyond traditional session delivery. With expertise, credibility, and creativity, many professionals explore innovative career paths that combine Yoga science with entrepreneurship, digital education, and performance innovation. Here are some of the most promising avenues:

- **Online coaching models**

Designing and delivering customized digital programs for athletes across the globe – ranging from recovery flows to breath training modules via apps, platforms, or personal websites.

- **Specialty workshops & certifications**

Hosting advanced-level seminars, sports-Yoga bootcamps, or certification programs for Yoga professionals, coaches, or physiotherapists interested in integrating Yoga into sports training.

- **Corporate collaborations**

Partnering with sports clubs, sports brands, fitness leagues, or fitness departments to offer performance Yoga solutions as part of their athlete or employee enhancement programs.

- **Content creation & authorship**

Writing blogs, eBooks, training manuals, or youth Yoga curriculum focused on sport-specific needs, breathing protocols, or mental conditioning frameworks.

- **Yoga performance tools & products**

Innovating and developing tools such as Yoga cue cards, recovery trackers, posture alignment props, or digital apps specifically designed for sport-focused Yoga interventions.

These emerging roles allow advanced instructors to scale their impact, diversify income streams, and contribute to the larger sports and fitness ecosystem as thought leaders and innovators.

3.4 SKILL-BUILDING ROADMAP FOR LONG-TERM CAREER

A thriving career as a Yoga Instructor – Sports doesn't happen overnight – it evolves through continuous learning, field experience, and strategic upskilling. At every stage, new competencies become essential. Below is a roadmap highlighting how skills typically grow over time:

Entry Level

At the foundational stage, instructors focus on personal mastery and safe teaching practices.

- Precision in demonstrating basic Asanas and breathing techniques
- Clear verbal cueing and correction of beginner-level postures
- Understanding session structure, flow, and time management

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Introduction to Yoga Instructor–Sports Job Role



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Introduction to Yoga Instructor-Sports Job Role



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Career Opportunities of an Advanced Sports Yoga Instructor

Intermediate (2 – 4 Years)

As experience builds, the focus shifts toward athlete-centered teaching and collaborative engagement.

- Ability to modify sequences based on sport type and athlete build
- Supporting injury-safe practices during active seasons
- Coordinating with coaches and following basic athlete profiles

Advanced (5+ Years)

By now, instructors are expected to think critically, work across departments, and integrate Yoga strategically.

- Designing Yoga programs as part of performance periodization
- Anticipating injury risks and building prehabilitation plans
- Communicating insights to doctors, physios, and strength teams
- Tracking long-term progress through documentation or digital logs

Leadership/Entrepreneurship

At this stage, Yoga instructors transition into thought leadership, innovation, and business-building.

- Creating training content, manuals, or niche online courses
- Building partnerships with sports clubs, schools, or recovery centers
- Leading workshops, training younger instructors, or mentoring teams

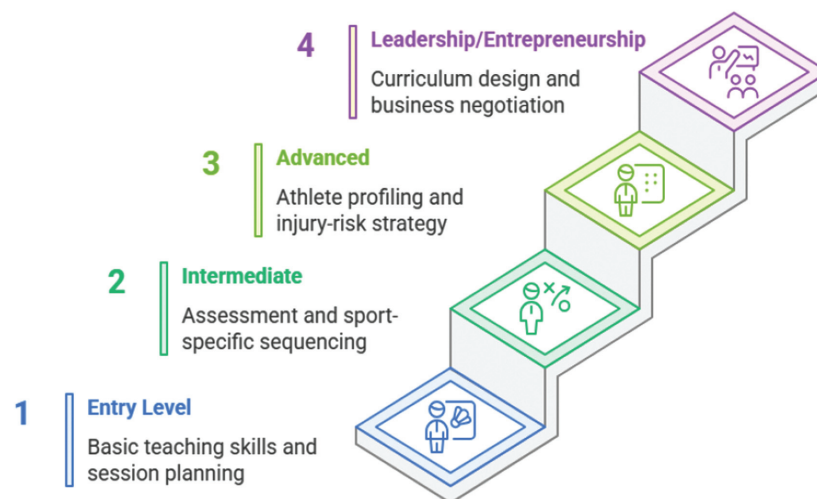


Fig. 3.4: Progression in Sports Coaching

A clear development path exists within the Yoga-for-sports career stream:

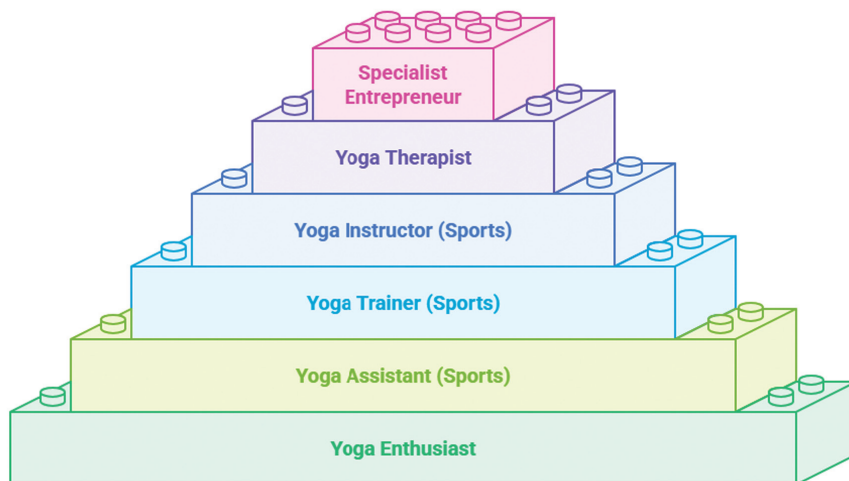
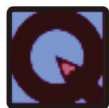


Fig. 3.5: Career Growth Pathway

This shows how a candidate can begin at the support level and eventually lead programs, train other instructors, or create their own enterprise.

A Yoga Instructor – Sports is not just a session leader but a strategic contributor in athlete development. Through clearly defined roles, respectful coordination with other professionals, and structured delegation within the Yoga team, they ensure both performance outcomes and professional growth. With evolving skills, interdisciplinary collaboration, and mentorship of junior staff, they build a strong, scalable, and athlete-focused Yoga delivery system.



INTEXT QUESTIONS 3.1

Answer the following Questions:

1. Write any two sectors where Yoga Instructor – Sports find career opportunities.

.....
.....

Tick the correct answer:

2. Yoga Instructor – Sports operate ‘independently’ offering services to private clients. (Freelance/Institutional)

MODULE-1

Introduction to Yoga Instructor–Sports Job Role



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MODULE-1

Introduction to Yoga Instructor-Sports Job Role



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Career Opportunities of an Advanced Sports Yoga Instructor



WHAT HAVE YOU LEARNT

Dear learners, in this unit you have learnt:

- The Yoga Instructor – Sports are much demand in sectors like sports academics, educational institutions, rehabilitation centres, corporate sports teams, military and defence services, private fitness chains, and independent consultancies.
- The two primary work paths for Yoga Instructor – Sports are institutional role, and free-lance consulting.
- With the continual evolvement of Sports Yoga, there is emergence of innovative career path and such as online coaching models, speciality workshops, corporate collaborations, content creation and authorship, and Yoga performance tools and products.
- The career graph of a Yoga Instructor – Sports, commencing from entry level, may move to intermediate, followed by advance levels finally reaching to leadership and business building.



TERMINAL QUESTIONS

1. State the key sectors where Yoga Instructor – Sports expertise are in demand.
2. Trace the skill building road map of a Yoga Instructor – Sports.



ANSWER TO INTEXT QUESTIONS

3.1

1. Sports academics, corporate sports team
2. Freelance

MODULE-2: DESIGN A NEED-BASED SPORTS-SPECIFIC ADVANCED YOGA PROGRAM

4. Types of Performance Analysis to be Conducted Before Planning an Advanced Sports Yoga Program
5. Discuss the Importance of Gathering Medical and Training History of the Athletes
6. Explain the Importance of Designing a Yoga Program in Conjunction with the Sports Coaching Staff/Team Manager
7. Ways to Analyse Athlete's Emotional Condition
8. Discuss the Importance of Maintaining the Athlete's Information Confidential

KEY LEARNING OUTCOMES

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

- Learn how to assess sports needs through structured performance analysis
- Understand the importance of medical and training history in planning sessions
- Collect and interpret relevant physical, postural, and functional data
- Collaborate effectively with sports coaches and support staff in Yoga program design
- Design safe and individualized Yoga interventions aligned with sports training phases

**4**

TYPES OF PERFORMANCE ANALYSIS TO BE CONDUCTED BEFORE PLANNING AN ADVANCED SPORTS YOGA PROGRAM

Performance analysis is a specialised discipline that provides athletes and Yoga Instructor with objective information that helps them understand performance. Before planning an advanced sports Yoga program, conduct qualitative and quantitative performance analysis focusing on the athletes technical skills, tactical awareness, physical attributes (flexibility, strength) and psychological profile (focus, stress management).

Dear learners, in this unit, you will study about the different types of assessments used in sports settings and performance analysis before creating a Yoga program.



OBJECTIVES

After studying this unit, you will be able to:

- identify the purpose of performance analysis before creating a Yoga program;
- describe the different types of assessments used in sports settings;
- explain how to interpret physical, functional, and mobility findings;
- recognize how performance data influences Yoga session design.

MODULE-2

Design a Need-based Sports-specific Advanced Yoga Program



Notes

Types of Performance Analysis to be Conducted ... Sports Yoga Program

4.1 IMPORTANCE OF PERFORMANCE ANALYSIS

Performance analysis is the foundation of personalized Yoga programming in sports. It ensures that every Yoga sequence is tailored to the athlete's actual needs – based on measurable physical characteristics, sport-specific demands, and individual limitations. Instead of guessing what the athlete requires, the instructor uses analysis data to build programs that enhance strength, flexibility, mobility, and mental focus while reducing risk.

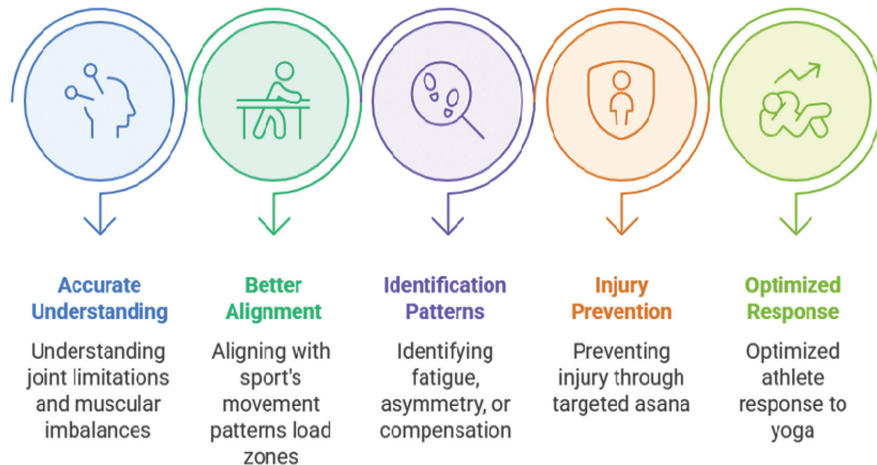


Fig. 4.1: Benefits of Performance Analysis

4.2 TYPES OF PERFORMANCE ANALYSIS USED IN SPORTS YOGA

A well-designed sports Yoga program begins with understanding the athlete's current physical, functional, and respiratory state. To do this, Yoga Instructors – Sports use **a combination of targeted analysis methods** that reveal how the athlete moves, breathes, stabilizes, and balances under various conditions. These assessments are not just diagnostic – they serve as the foundation for customized Yoga planning, ensuring both performance enhancement and injury prevention.

Postural Analysis

This method identifies deviations in body alignment, compensations, or uneven loading patterns that could affect sports movement or increase injury risk.

- **Purpose:** Detect spinal curves, shoulder or pelvic tilt, and habitual postural imbalances.
- **Tools/Techniques:** Use of a plumb line, posture grid, or simple video recording to assess posture from side, front, and back views.

- **Application:** Influences pose selection and alignment focus in Yoga sessions, especially for corrective sequencing.

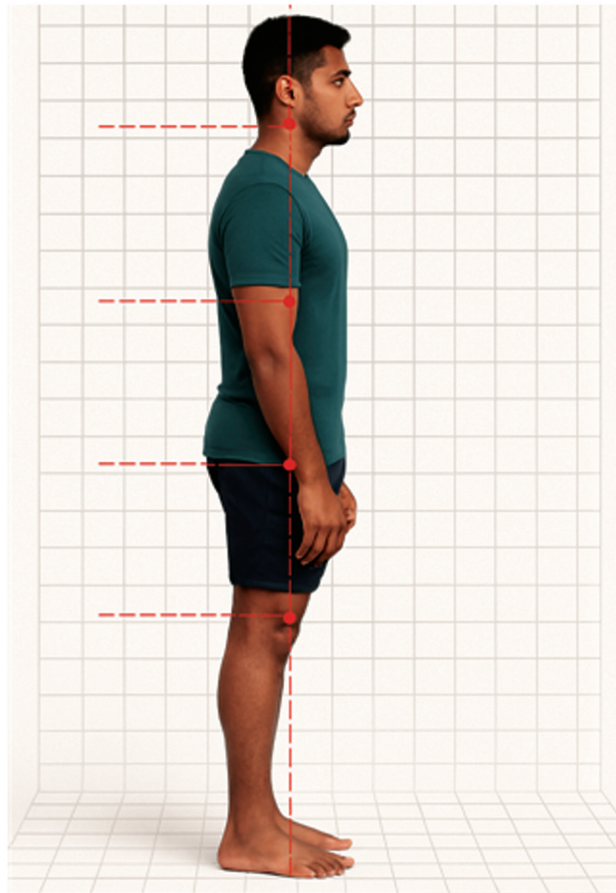


Fig. 4.2: Posture Analysis

Joint Range of Motion (ROM)

Measuring how far a joint can move helps understand flexibility restrictions or instability.

- **Purpose:** Gauge active and passive mobility across key joints like shoulders, hips, spine, and ankles.
- **Tools/Techniques:** Goniometer, inclinometer, or simple ROM charts; active vs. passive range comparisons.
- **Application:** Helps determine which joints need mobility-focused Asanas or which areas should be stabilized rather than stretched.

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Design a Need-based Sports-specific Advanced Yoga Program



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Types of Performance Analysis to be Conducted ... Sports Yoga Program



Fig. 4.3: ROM with Goniometer

Functional Mobility Tests

These assess how the athlete moves dynamically, often under simulated load or sport-like movements.

- **Purpose:** Evaluate integrated movement quality, asymmetries, and motor control.



Fig. 4.4: Overhead Squat Test

- **Tools/Techniques:** Overhead squat test, forward lunge test, or Functional Movement Screen (FMS) components.
- **Application:** Provides insight into compound movements and kinetic chain efficiency; informs whole-body flows and warm-ups.

Core Stability Tests

The core is central to all sports movement. These tests check how well the athlete can engage and stabilize the trunk during static or controlled movement.

- **Purpose:** Identify weaknesses in deep stabilizers like the transverse abdominis or obliques.
- **Tools/Techniques:** Plank hold, side bridge, supine leg-lowering test, or bird-dog variations.
- **Application:** Drives inclusion of specific Asanas or breath-work to build inner core activation and dynamic trunk stability.



Fig. 4.5: Core Stability Test

Balance and Coordination Tests

Balance underpins every sports movement, and coordination determines the fluidity and accuracy of action.

- **Purpose:** Assess proprioception, single-leg control, and spatial awareness.
- **Tools/Techniques:** Single-leg stance with eyes open/closed, reach tests, or BOSU balance drills.
- **Application:** Guides incorporation of balancing Asanas like Vrikshasana or Garudasana with sport-specific variations.

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Design a Need-based Sports-specific Advanced Yoga Program



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Design a Need-based Sports-specific Advanced Yoga Program



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Types of Performance Analysis to be Conducted ... Sports Yoga Program



Fig. 4.6: Balance Test

Breath Pattern Observation

Breath is directly linked to endurance, stress control, and recovery. These tests reveal breathing dysfunctions or inefficiencies.

- **Purpose:** Observe for chest-dominant, shallow, or erratic patterns that compromise oxygen delivery.



Fig. 4.7: Spirometer Test

- **Tools/Techniques:** Observation of thoracic vs. abdominal expansion, breath hold time, or use of a spirometer.
- **Application:** Informs pranayama selection, breath pacing drills, and mental reset practices.



INTEXT QUESTIONS 4.1

Write any two tools, we use in:

- (i) Joint range of motion &
- (ii) Breathe pattern observation &

4.3 TESTING PROCEDURES AND INTERPRETATION

Once the appropriate analysis methods have been selected, Yoga Instructors – Sports must ensure that these assessments are carried out safely, systematically, and with clear intent. The value of a test lies not just in its execution but in the way results are interpreted and used to guide athlete-specific Yoga interventions. This section outlines the best practices for conducting tests, reading observations, and converting data into meaningful session plans.

Pre-testing Protocols

Before conducting any test, the instructor must ensure that the athlete is prepared both physically and mentally.

- Check readiness using tools like the PAR-Q form to screen for red flags (pain, illness, recent injury).
- Ensure proper space, ventilation, and hygiene, with props like mats, blocks, goniometers, or BOSU balls clean and ready.
- Document the baseline conditions, such as time of day, fatigue level, previous training load, and hydration, as these may affect results.
- Clearly explain the purpose and steps of the test to the athlete and obtain verbal or written consent where needed.

Conducting the Tests

Each test must follow a standardized process for accuracy and repeatability.

MODULE-2

Design a Need-based Sports-specific Advanced Yoga Program



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Design a Need-based Sports-specific Advanced Yoga Program



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Types of Performance Analysis to be Conducted ... Sports Yoga Program

- For ROM tests, measure both active and passive range using a goniometer and ensure the athlete is warmed up.
- During plank or side bridge tests, observe spinal alignment, breath control, and muscle fatigue signals – not just time held.
- In functional mobility tests, like overhead squats or lunges, look for hip-knee-ankle alignment, torso tilt, or compensatory shifts.
- In breath observation, note whether the breath is thoracic, diaphragmatic, or mixed, and measure breath hold time or chest expansion manually.

Instructors should remain neutral, offer minimal verbal correction, and observe silently during the first attempt unless safety is compromised.

Interpreting Results

Once testing is complete, the instructor must evaluate findings in relation to the sport's demands and the athlete's goals.

- Identify deficits (e.g., limited ankle dorsiflexion, poor shoulder ROM, short breath hold time) that could affect sport performance.
- Correlate observations with reported issues – e.g., an athlete complaining of back pain may also demonstrate weak core endurance or poor posture.
- Classify findings into categories such as: Mobility Limitations, Stability Gaps, Breath Pattern Inefficiencies, or Balance Asymmetries.
- Use comparative benchmarks where available (e.g., normative plank times, optimal reach distances, FMS scoring if trained).

Designing a Yoga Plan Based on Data

Test results directly inform program design. The Yoga instructor – Sports should:

- Select Asanas that target deficits (e.g., hip openers for tight hip flexors, breath extension drills for shallow breathing).
- Adjust pose duration, intensity, and frequency based on fatigue signs and performance levels.
- Integrate corrective progressions – starting from basic alignment and gradually adding complexity or duration.
- Prioritize unilateral work if balance asymmetries are found, and include mindfulness practices if signs of mental fatigue or erratic breath patterns appear.

Documentation and Communication

Professional Yoga instructors document findings and maintain communication with the broader support team.

- Maintain a testing sheet or digital log with initial values, test dates, remarks, and red flags.
- Share key findings with coaches, physiotherapists, or doctors if values suggest the need for further investigation or caution.
- Schedule retesting every 4–6 weeks or as needed, especially if the athlete is recovering, returning to play, or entering a new training cycle.
- Maintain confidentiality and avoid medical interpretations – your role is to observe and report, not to diagnose.

This structured approach ensures that assessments are not one-time tasks, but part of a continuous feedback loop guiding athlete-specific Yoga progress. It allows the instructor to move beyond intuition and deliver measurable, responsive, and professional programs tailored to individual needs.

4.4 TIMING AND RHYTHM OF ASSESSMENTS

Assessment is not a one-time task – it is a continuous, evolving process that should adapt to the athlete’s training demands, performance schedule, and physical state. A well-timed assessment framework ensures that the Yoga program remains aligned with the athlete’s goals, health, and readiness. Regular testing allows for timely intervention, personalized progression, and injury prevention.

1. Initial phase

Assessment should begin before the Yoga plan is introduced. This establishes a baseline and helps identify key areas of concern such as tight hamstrings, poor breath control, or instability.

- Guides the structure of the first few sessions
- Helps communicate the purpose of Yoga to the athlete in measurable terms

2. Mid-training Phase

Conducted midway through a training block, this phase helps track improvements and identify any emerging limitations.

- Are ROM or core stability scores improving?

MODULE–2

Design a Need-based Sports-specific Advanced Yoga Program



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Types of Performance Analysis to be Conducted ... Sports Yoga Program

- Has the breath pattern become more efficient under load?
- Are new discomforts appearing due to increased training intensity?

These mid-point insights help adjust the plan dynamically.

3. Pre-competition Phase

Before major events, assessments are focused on fatigue markers, tightness, and recovery status.

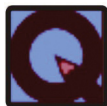
- Identifies whether the body is holding tension or fatigue in specific joints
- Helps shift the Yoga approach toward tapering, restoration, and mental preparation
- Breath tests and mobility drills can guide short-term modifications

4. Post-competition phase

After a match or tournament, assessments are used to scan for residual imbalances or strain.

- Focus on breathing rhythm, spinal release, and fascial tension
- Helps guide recovery flows and identify if the athlete needs medical follow-up
- Can also include a debrief to check emotional state or mental fatigue

By aligning assessment points with the sports calendar, Yoga becomes a responsive tool – not just a routine. This rhythm allows the instructor to deliver highly customized support throughout the athlete's performance journey.



INTEXT QUESTIONS 4.2

Write True/False:

1. Before conducting any test, the instructor must ensure that the athlete is prepared both physically and mentally. ()
2. Documentation and communication are one-time tasks for Instructors. ()



WHAT HAVE YOU LEARNT

Dear learners, in this unit, you have learnt:

- Performance analysis ensures that every Yoga sequence is trailer to the athlete's actual needs based on measurable physical characteristics, sport-specific demands, and individuals limitations.
- The various types of performance analysis used in sports Yoga are postural analysis, joint range of motion (ROM), functional mobility tests, care stability tests, balance and coordination tests and breath pattern observation.
- There are three pre-testing protocols, conducting the tests, interpreting results, designing a Yoga plan based on data, and documentation and communication.
- Timing and Rhythm of assessment has initial phase, mid training phase, pre-competition phase, and post-competition phase.



TERMINAL QUESTIONS

1. Describe the various types of performance analysis used in sports Yoga.
2. Describe the testing procedures protocols.



ANSWER TO INTEXT QUESTIONS

4.1

1. Goniometer, inclinometer
2. Spirometer, Breath hold time

4.2

1. True
2. False

MODULE-2

Design a Need-based Sports-specific Advanced Yoga Program



Notes

MODULE-2

Design a Need-based Sports-specific Advanced Yoga Program



Notes

5

IMPORTANCE OF GATHERING MEDICAL AND TRAINING HISTORY OF THE ATHLETES

Dear learners, in the previous unit, you have studied about the purpose of performance analysis before creating a Yoga program along with the performance analysis, information about the athlete's medical and training history is also essential. By using athlete's medical and training history, coaches and trainers can better understand potential dangers, design specialized training plans and develop efficient injury management and recovery techniques, all of which leads to improvement in athlete's performance.

In this unit, you will study about the importance of medical and training history is essential before Yoga planning and boundaries and legal responsibilities in athlete's medical information.



OBJECTIVES

After studying this unit, you will be able to:

- explain why collecting medical and training history is essential before Yoga planning;
- identify key types of health and performance data required;
- understand how to use questionnaires and screening tools effectively;
- recognize referral boundaries and legal responsibilities in handling athlete information.



5.1 WHY MEDICAL AND TRAINING HISTORY MATTERS

Understanding an athlete's medical background and training journey helps the Yoga Instructor – Sports deliver a safe, adaptive, and performance-oriented program. Ignoring this step can lead to overexertion, worsening of pre-existing conditions, or ineffective training.

Gathering history allows the instructor to:

- Avoid unsafe postures for injured or sensitive joints
- Identify breathing conditions that may affect Pranayama sessions
- Recognize overtraining risks and periods requiring restorative focus
- Determine training loads and recovery needs
- Understand sport-specific stress zones or chronic patterns (e.g., low back in gymnasts, shoulders in swimmers)

5.2 KEY COMPONENTS OF ATHLETE HISTORY TO COLLECT

Before you guide an athlete through any Yoga practice, it's important to know who they are – not just as a performer, but as a whole person. Every injury they've had, every late-night fatigue, every tight hip or racing mind – it all shapes how their body moves and responds on the mat.

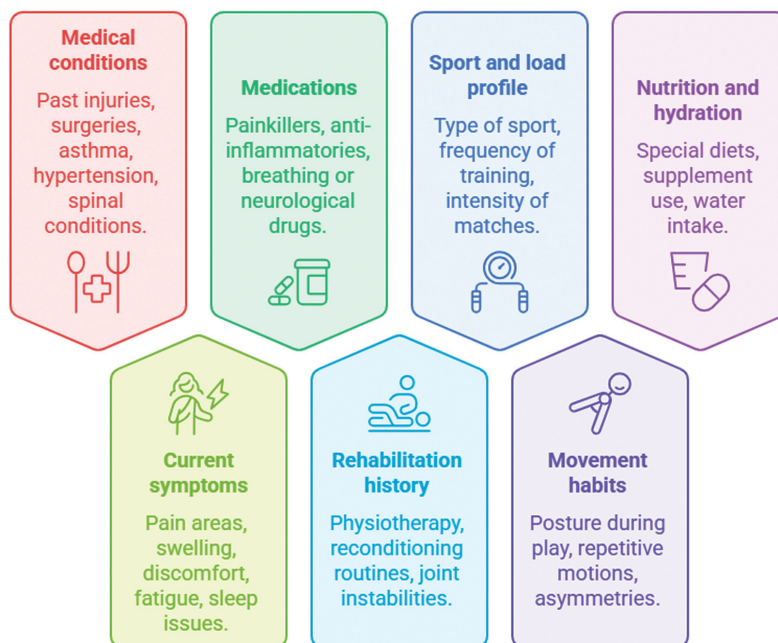


Fig. 5.1: Key Components of History Collection

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Design a Need-based Sports-specific Advanced Yoga Program



Notes

Importance of Gathering Medical and Training History of the Athletes

Here are the key areas you should explore, gently and respectfully, during your first few interactions:

1. Medical background

Ask if they've had any injuries, surgeries, or health conditions that might affect their movement or breath.

- Old fractures or ligament tears
- Asthma, blood pressure issues, or spinal problems

This helps you know which poses to modify or avoid altogether.

2. Current complaints

Sometimes they'll tell you outright; other times, you'll notice it in their breath or posture.

- Where do they feel tight or sore today?
- Are they sleeping well? Feeling unusually tired?

Even small symptoms can change how they experience a session.

3. Medications

They might be on meds that affect energy, balance, or breath. You don't need all the details – just enough to stay aware.

- Painkillers or anti-inflammatories
- Anything related to breathing, nerves, or hormones

4. Recovery history

Have they done rehab before? Been through physio?

- Know which joints are unstable or still healing
- Find out what movements their body is cautious about

5. Sport demands

Each sport creates its own stress patterns. A swimmer's shoulders are different from a sprinter's hamstrings.

- How often do they train or compete?
- Is the season building up or winding down?

This tells you whether to push, restore, or hold neutral space.

6. Movement habits

Watch how they sit, stand, and shift.

- Are they lopsided, over-rotated, or locked in a dominant pattern?
- What does their sport encourage them to do over and over again?
This is where your eye for detail matters more than any textbook.

7. Nutrition and hydration

You're not a dietician, but hydration and diet show up in breath, energy, and fatigue.

- Are they well-fueled and well-hydrated?
- Do they rely heavily on supplements or restrict food groups?

These kind of informations isn't just "data" – it's context. It's how you meet the athlete where they are and create a session that respects their body, honors their goals, and supports their journey in sport and life.

5.3 COMMON SCREENING FORMATS USED

To understand an athlete beyond what's visible in a posture or performance, Yoga Instructors – Sports rely on structured tools. These tools help gather meaningful background data, flag red flags early, and personalize Yoga planning with confidence. They don't replace intuition – but they do add clarity and consistency to the process.

PAR-Q (Physical Activity Readiness Questionnaire)

This is a short screening form with direct YES/NO questions designed to detect possible medical risks before starting physical activity.

- Flags serious conditions like heart issues, dizziness, or breathing difficulties.
- Used in the first session or onboarding to decide if medical clearance is needed.

MODULE-2

Design a Need-based Sports-specific Advanced Yoga Program



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Notes

Importance of Gathering Medical and Training History of the Athletes

- Ideal for both group and one-on-one athlete intake – quick, clear, and preventive.

Sample questions include:

- “Do you lose balance or feel faint during physical activity?”
- “Has your doctor ever advised against exercise due to a condition?”

If the athlete answers “yes” to any question, Yoga instruction is paused until further medical review is done.

PAR-Q (Physical Activity Readiness Questionnaire)

The PAR-Q is designed to help you determine whether you should consult your doctor before becoming much more physically active. Answer the questions honestly and completely.

1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
☐ Yes ☐ No
2. Do you feel pain in your chest when you do physical activity?
☐ Yes ☐ No
3. In the past month, have you had chest pain when you were not doing physical activity?
☐ Yes ☐ No
4. Do you lose your balance because of dizziness or do you ever lose consciousness?
☐ Yes ☐ No
5. Do you have a bone or joint problem that could be made worse by a change in your physical activity?
☐ Yes ☐ No
6. Is your doctor currently prescribing drugs (e.g., water pills) for your blood pressure or heart condition?
☐ Yes ☐ No

7. Do you know of any other reason why you should not do physical activity?

☐ Yes

☐ No

Name:

Signature:

Date:

Lifestyle and Training Questionnaire

A lifestyle and training questionnaire is a powerful tool used by Yoga Instructors – Sports to gain deeper insights into an athlete's daily habits, recovery, physical well-being, and preferences. Here's a detailed breakdown of what this questionnaire typically includes:



Fig. 5.2: Sections included in Lifestyle and Training Questionnaire

Key benefits

- Helps individualize Yoga plans based on real-life inputs.
- Supports injury prevention by identifying early warning signs.
- Facilitates athlete-led planning, increasing motivation and trust.
- Aids in tracking progress over time – especially for seasonal athletes or those in rehab.

MODULE-2

Design a Need-based Sports-specific Advanced Yoga Program



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Design a Need-based Sports-specific Advanced Yoga Program



Notes

Importance of Gathering Medical and Training History of the Athletes

This form offers a more personal view of the athlete's routines, preferences, and physical experiences. It includes open-ended questions and reflects day-to-day performance and recovery patterns.

5.4 HANDLING SENSITIVE INFORMATION RESPONSIBLY

As a Yoga Instructor – Sports, it is critical to maintain confidentiality:

- Do not share athlete health records with others unless authorized
- Do not attempt to interpret or treat medical conditions
- Always refer to a physiotherapist or sports doctor when in doubt
- Ensure that records are securely stored and password protected if digital

Understanding personal data comes with trust. Mishandling this data can lead to physical harm, legal issues, and a breakdown in team communication.

5.5 RED FLAGS: WHEN TO STOP THE SESSION IMMEDIATELY

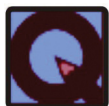
If any of the following warning signs are observed in the athlete's history or during the warm-up session, the Yoga Instructor – Sports must immediately stop the session and recommend a medical assessment:

Table 5.1: Warning Signs and Action Required

Warning Sign	Action Required
Swelling in joints	Discontinue movement and refer for medical check
Sharp or shooting pain during a movement	Stop activity; do not attempt to stretch it out
Shortness of breath	Cease physical activity and monitor closely
Dizziness, nausea, or fainting	Lay athlete down and seek medical help
Long-term fatigue not resolved by rest	Delay session and advise full recovery clearance

Yoga Instructor – Sports Protocol

- Do not push the athlete to continue in any of the above scenarios.
- Make a note in the session logbook and inform the sports medical staff or coach.
- Ensure athlete safety first – resume only after medical clearance is received.



INTEXT QUESTIONS 5.1

Write True/False:

1. Always refer to physiotherapist or sports doctor whenever you feel doubt. ()
2. You can share athlete health records with others. ()
3. Do not attempt to interpret or treat medical conditions without consultation of sports doctor. ()



WHAT HAVE YOU LEARNT

Dear learners, in this unit you have learnt:

- Medical and training journey of an athlete helps the Yoga Instructor – Sports in delivering a safe, adaptive and performance oriented program.
- The key components of athlete's history includes medical background, current complaints, medications, recovery history, sport demands, movement habits, and nutrition and hydration.
- Common screening formats for elaborate background data includes: PAR-Q, and lifestyle and training questionnaire.
- The Yoga Instructor – Sports should handle sensitive information responsibly.
- If any prescribed warning signs are observed in the athlete's history or during the warm-up session, the Yoga Instructor – Sports must immediately step the session and recommend a medical assessment.



TERMINAL QUESTIONS

1. Describe the key components of athlete's background history.
2. How the Yoga Instructor – Sports can handle a sensitive information responsibly.



ANSWER TO INTEXT QUESTIONS

5.1

1. True
2. False
3. True



Notes

MODULE-2

Design a Need-based Sports-specific Advanced Yoga Program



Notes

6

IMPORTANCE OF DESIGNING A YOGA PROGRAM IN CONJUNCTION WITH THE SPORTS COACHING STAFF/ TEAM MANAGER

In the previous unit, you have learnt about the compilation of athlete's medical and training history is essential for preventing injuries, achieving peak performance and maintaining long-term health. In order to optimize athletic performance and well-being, it is essential to design a Yoga program with the sports coaches. It develops a customized integrated approach that lowers the risk of injuries and promotes holistic health by boosting mental skills and physical attributes.

In this unit, you will study about the importance of collaboration between Yoga Instructor – Sports and coaching staff. The unit will also include the benefits of communication with strength coaches, physiotherapists and team managers.



OBJECTIVES

After studying this unit, you will be able to:

- explain the importance of collaboration between Yoga Instructors – Sports and coaching staff;
- describe how Yoga programming must align with overall training goals and competition timelines;
- identify the benefits of communication with strength coaches, physiotherapists, and team managers;
- recognize the risks of isolated planning and the role of coordination in performance success.



6.1 WHY COLLABORATION IS ESSENTIAL IN SPORTS ENVIRONMENTS

In professional sports, athlete performance is shaped by a team of experts. A Yoga Instructor – Sports must not work in isolation. Every session delivered should complement the overall training plan set by coaches, physiotherapists, and performance specialists.

Without alignment, Yoga can:

- Conflict with peak load days or active recovery sessions
- Cause muscular fatigue just before competition
- Interfere with biomechanics if postures are mismatched to sport movement
- Overlap with physiotherapy or result in redundant movement patterns

With alignment, Yoga can:

- Enhance physical outputs in a targeted way
- Support injury prevention by reinforcing strength work
- Deepen recovery in tune with the athlete's training cycle

Improve mindset readiness before high-stakes performance

6.2 COMPONENTS OF A WELL-ALIGNED YOGA PROGRAM

A Yoga Instructor – Sports must always remember: Yoga is not the main training – **it's the support system**. To offer maximum value, your sessions must align with the athlete's broader training cycle, energy demands, and recovery needs. That means staying flexible, observant, and fully informed about their physical load throughout the week or season.

Here's how Yoga inputs should shift based on specific training aspects:

Training phase

Whether the athlete is building capacity, peaking, tapering, or recovering, Yoga must match the rhythm – not clash with it.

- During build phases, include strength-focused poses and breath expansion.
- In peak phases, minimize muscular load, focus on breath efficiency and calmness.

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Design a Need-based Sports-specific Advanced Yoga Program



Notes

Importance of Designing a Yoga Program ... Sports Coaching Staff/Team Manager

- Post-event or recovery weeks call for restorative flows and parasympathetic activation.

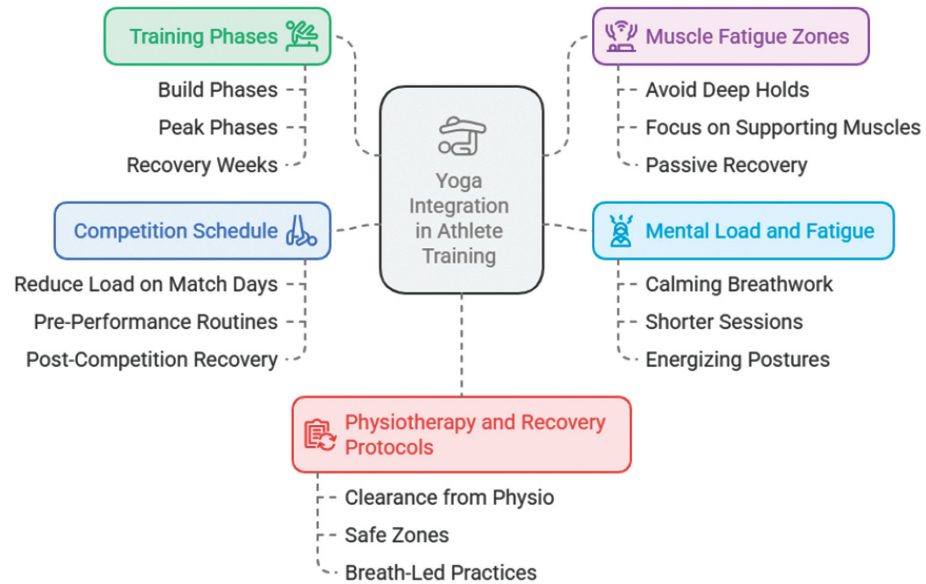


Fig. 6.1: Yoga Integration in Sports Training

Muscle fatigue zones

If certain muscles or joints are already under heavy load, your job is not to add more stress.

- Avoid deep holds in those areas.
- Shift focus to supporting muscles or opposite kinetic chains.
- Use passive recovery poses, breath-led movements, and fascia release techniques instead.

Mental load and fatigue

Athletes don't always need more fire – they sometimes need grounding.

- On high-pressure or competition weeks, add calming breathwork, visualization, or mindfulness drills.
- After poor sleep or high cognitive demand, consider shorter sessions with softer sequencing.
- If motivation is low, energizing and confident postures (like backbends or warrior flows) may help reset focus.



Notes

Competition schedule

Your job is to support – not exhaust.

- Reduce load on match or race days, and offer pre-performance routines that activate without overextending.
- Use breath control and joint mobilization to prepare. Post-competition, focus on grounding, release, and restoring energy systems.

Physiotherapy and recovery protocols

If the athlete is undergoing rehab, coordination is non-negotiable.

- Ask for clearance or movement guidelines from the physio.
- Stay within safe zones and avoid aggressive adjustments.
- Include breath-led restorative practices and gentle support for healing tissues.

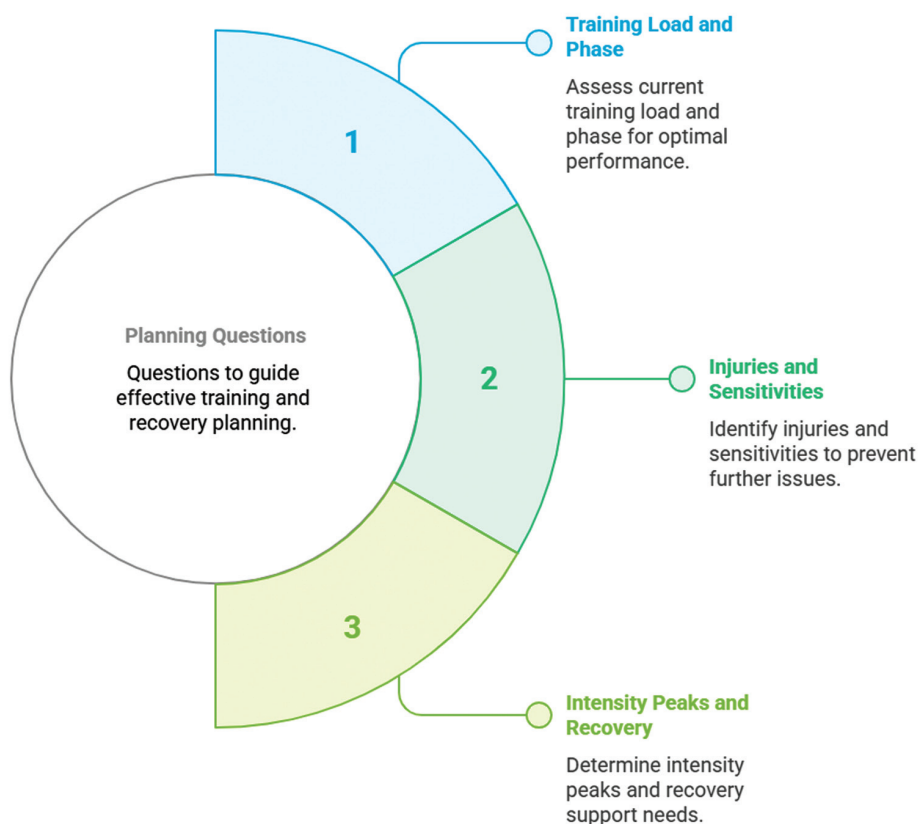


Fig. 6.2: Questions to Ask Before Planning

MODULE-2

Design a Need-based Sports-specific Advanced Yoga Program



Notes

Importance of Designing a Yoga Program ... Sports Coaching Staff/Team Manager

When Yoga aligns with the training ecosystem, it transforms from “add-on” to essential performance support. It helps the athlete breathe better, recover smarter, and move more freely – without interfering with their core training goals.

6.3 RISK OF NON-COLLABORATIVE PLANNING

If Yoga sessions are planned without team input:

- Athletes may be overtrained or under-stimulated
- Breathing work may contradict energy needs
- Incorrect postural loading may undo sport technique correction
- It creates confusion for the athlete, reduces trust, and damages performance

Example:

A Yoga Instructor plans deep hamstring lengthening poses on the same day the strength coach runs a heavy deadlift protocol. The athlete reports soreness, reduced lift output, and loss of postural control. This could have been avoided with a simple daily training coordination.

Yoga Instructors – Sports must actively build communication habits:

- Attend team staff briefings and review meetings
- Submit a weekly Yoga plan for approval
- Request feedback on how athletes are responding in non-Yoga sessions
- Maintain athlete fatigue, recovery, and response logs
- Use simple tracking tools (spreadsheets, forms, color-coded readiness charts)

Table 6.1: Important Tracking Tools

Tool	Purpose
Weekly Yoga plan sheet	Shares session objective and pose selection
Athlete log form	Tracks soreness, breath feedback, energy response
WhatsApp/Email updates	Daily check-ins with S&C or physio teams
Sport-specific adjustment notes	Keeps record of sport-based posture modifications



INTEXT QUESTIONS 6.1

1. Complete the sentences:
 - (a) In training during build phase, include strength focuses poses and
 - (b) Your job as a trainer is to support athlete to exhaust.
 - (c) Clearance from physio and safe zones come under protocol.



WHAT HAVE YOU LEARNT

Dear learners, in this unit you have learnt:

- Every Yoga session should be well integrated and complement the overall training plan set by coaches, physiotherapists and performance specialists.
- A well-aligned Yoga program includes a training phase, muscle and mental fatigue zones, competition schedules, and physiotherapy and recovery protocols.
- An unplanned session can harm overall impact of a session e.g. breathing work may contradict energy needs or incorrect postural loading may undo sports technique correction.



TERMINAL QUESTIONS

1. Explain the importance of collaboration in sports environment. Give examples.
2. Describe the components of a well aligned Yoga program.



ANSWER TO INTEXT QUESTIONS

6.1

1. (a) breath expansion
(b) not
(c) recovery



Notes

MODULE-2

Design a Need-based Sports-specific Advanced Yoga Program



Notes

7

WAYS TO ANALYZE ATHLETE'S EMOTIONAL CONDITION

Dear learners, in the previous unit you have studied about the benefits of communication and collaboration with strength coaches, physiotherapists and team managers. Athletes can benefit from developing self-awareness practice to understand their emotional state. For this they can use strategies like deep breathing to regulate emotions. At some places, athletes face immense pressure from coaches, fans, teammates and even themselves to perform and maintain high standards.

In this unit, you will study about the role of emotional awareness in designing safe and effective Yoga sessions for athletes. Accordingly adopt breath work, posture choices and session tone. This is also to be based on athlete's emotional state during Yoga sessions.



OBJECTIVES

After studying this unit, you will be able to:

- recognize the role of emotional awareness in designing safe and effective Yoga sessions for athletes;
- identify subtle cues – verbal, non-verbal, and behavioral – that may indicate emotional distress or mental fatigue;
- learn to adapt breathwork, posture choices, and session tone based on the athlete's emotional state;
- maintain professional boundaries while responding with empathy, clarity, and respect.



7.1 WHY EMOTIONAL READINESS MATTER

As Yoga Instructors – Sports, we often pay close attention to physical readiness – posture, joint range, breath quality. But the emotional state of an athlete is just as important, and often much harder to see.

A sprinter might stretch perfectly but be dealing with a bad night's sleep or anxiety over an upcoming trial. A gymnast might nod along during instructions but feel mentally foggy. These emotional undercurrents don't always show up in movement – but they can change everything about how the body responds to Yoga.

You are in a unique position to notice what others might miss. Unlike strength coaches or physiotherapists, your sessions often involve quiet, introspective space – where subtle shifts in energy, breath, or behavior become visible.

7.2 WAYS TO TUNE IN WITHOUT OVERSTEPPING

You don't need to read minds to support athletes emotionally – you just need to pay attention, stay curious, and respond without judgment. Athletes might not verbalize their inner state, but their body, breath, and engagement levels often speak louder than words. As a Yoga Instructor – Sports, your goal isn't to counsel or fix anything, but to adjust your teaching in a way that honors what the athlete might be going through. Subtle changes in tone, posture, or pace can make a big difference – without needing to pry or cross professional boundaries.

Watch how they show up

Is the athlete quieter than usual? Do they avoid eye contact or seem unusually restless? These might not seem like major signs – but in Yoga, they can be. Some athletes come in with their shoulders up by their ears or a slightly hunched posture that wasn't there yesterday. Don't ignore that.

Feel their breath

Breath doesn't lie. Even if the pose looks right, listen to the rhythm: is it short and sharp? Are they holding the breath in a pose that's supposed to be soft and open? If their breath doesn't match the movement, their emotions may be out of sync.

Check the tone – not just the words

Sometimes it's not what they say, but how they say it. A casual “Yeah, I'm good” with a tight smile or downcast eyes says more than the words themselves. You don't need to dig – just note it and adjust how much demand or challenge you introduce that day.

MODULE-2

Design a Need-based Sports-specific Advanced Yoga Program



Ways to Analyze Athlete's Emotional Condition

Look for withdrawal or hesitation

If a usually confident athlete starts skipping postures, hesitating with props, or hanging back during transitions, something's off. Maybe they're fatigued. Maybe they had a tough match. Maybe something's going on off the field. You don't need the details to offer a little more space.

Ask, simply and sincerely

Sometimes a gentle check-in is all it takes. You don't need to be a therapist. Try:

- “Long day today?”
- “Want something more grounding or energizing?”
- “Need a breather or ready to go deep?”

This kind of openness builds trust – and often gives athletes permission to speak or adjust without feeling judged.



Fig. 7.1: Understanding Emotional State of Athlete

What to do if you sense emotional strain

You're not there to diagnose, but you *are* there to guide. If something feels off:

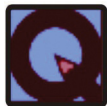
- Offer gentler poses or more rest-based transitions
- Cue longer exhales or use floor-based sequences
- Introduce less instruction, more breath space
- Let them sit out a posture if needed – no pressure, no fuss

If you're working in a team setup, consider checking in with the coach or physio later – especially if the pattern continues.

Professional boundaries matter

You're not their counselor or therapist. You don't need to “solve” anything. But what you *can* do is hold space for movement, breath, and presence – gently, respectfully, and without assumptions.

And often, that's enough.



INTEXT QUESTIONS 7.1

Write True/False:

1. You don't need to stay curious and respond without judgement to athletes. ()
2. As a Yoga Instructor subtle changes in tone, posture or pace can make big difference. ()
3. If breath matches with the movement, emotions may be out of sync. ()



WHAT HAVE YOU LEARNT

Dear learners, in this unit you have learnt:

- Along with physical fitness, the emotional state of an athlete is equally important.
- A Yoga Instructor – Sports should pay attention, stay curious and respond without judgment, toward the athletes.
- If a Yoga instructor senses emotional strain, he or she can offer gentle poses, introduce less instruction, allowing more breath space etc.



TERMINAL QUESTIONS

1. Explain how a Yoga Instructor – Sports can support athletes emotionally.



ANSWER TO INTEXT QUESTIONS

7.1

1. False
2. True
3. False

MODULE-2

Design a Need-based Sports-specific Advanced Yoga Program



Notes

MODULE-2

Design a Need-based Sports-specific Advanced Yoga Program



Notes

8

IMPORTANCE OF MAINTAINING THE ATHLETE'S INFORMATION CONFIDENTIAL

In the previous unit, you have learnt about the emotional awareness in safe and effective Yoga sessions which included certain Asanas and breath work practices during Yoga sessions for athletes. Maintaining athlete information confidentiality is crucial to build trust, protect athletes from exploitation, prevent competitive disadvantage and uphold professional and ethical standards etc.

Dear learners in this unit, you will study about the types of sensitive information shared by athletes, which are to be maintained confidentially for professional and ethical reasons.



OBJECTIVES

After studying this unit, you will be able to:

- explain the concept of confidentiality in a sports setting;
- identify the types of sensitive information shared by athletes;
- describe the professional and ethical reasons for maintaining confidentiality;
- demonstrate appropriate ways to store, handle, and communicate athlete information responsibly;
- recognize situations where information may be shared with consent or under professional protocol.



8.1 WHY CONFIDENTIALITY IS CRUCIAL

Confidentiality is a core value in the relationship between a Yoga Instructor – Sports and the athlete. When personal and medical information is handled with care, it builds trust, encourages open communication, and allows for safer, more personalized sessions. Athletes are more likely to share relevant details – like injuries, stress levels, or physical discomfort – when they feel respected and protected. Breaching this trust, even unintentionally, can damage the relationship, harm the instructor's reputation, and potentially lead to formal complaints or legal consequences. Respecting confidentiality helps create a professional, athlete-centered environment grounded in safety and mutual respect.

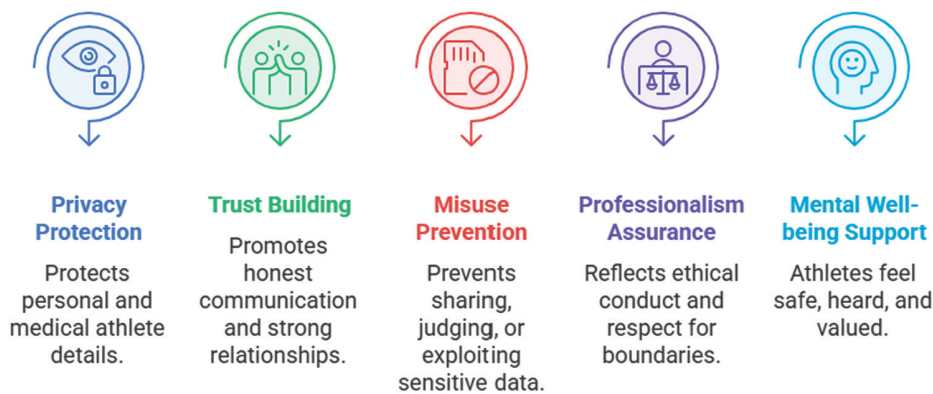


Fig. 8.1: Why Confidentiality is Crucial

Athletes often share sensitive information during Yoga sessions to help trainers personalize their practice. This can include personal details, medical history, training goals, and emotional insights. While this information is valuable for planning safe and effective sessions, it must be handled with strict confidentiality. Yoga Instructors – Sports must clearly understand what qualifies as sensitive data and protect it with professionalism, ensuring trust and respect are always maintained.

Table 8.1: List of Sensitive Information

Category	Examples
Personal identification information	• Name • Age • Contact details • Address • Workplace
Health and medical data	• Injuries • Chronic conditions

MODULE-2

Design a Need-based Sports-specific Advanced Yoga Program



Notes

Importance of Maintaining the Athlete's Information Confidential

Performance and training details	• Mental health history • Medications • Fitness level • Session progress • Performance goals • Trainer feedback
Personal insights shared	• Stress triggers • Emotional state • Reflections during practice

8.2 PROFESSIONAL PRACTICES TO MAINTAIN CONFIDENTIALITY

Maintaining confidentiality is not just a moral responsibility – it is a professional practice that every Yoga Instructor – 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, instructors 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.
- 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.

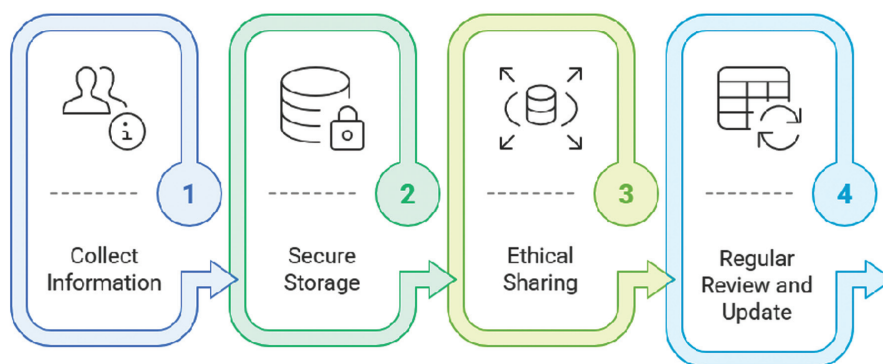


Fig. 8.2: Professional Practice to Maintain Confidentiality

8.3 CONSEQUENCES OF BREACHING CONFIDENTIALITY

Breaching confidentiality can lead to serious consequences that affect individuals, organizations, and entire professional communities. Whether it's done deliberately or by mistake, revealing private information can result in legal trouble, loss of trust, ethical concerns, and personal discomfort for those involved.

In fields like sports, healthcare, law, and therapy – where trust is essential – keeping information private is not just about being respectful; it's often a legal requirement. Knowing what can go wrong helps Yoga Instructors – Sports protect both their athletes and their own professional reputation.

Let's consider a real-life scenario:

A Yoga Instructor – Sports is working one-on-one with an athlete recovering from an injury. Later that day, while teaching a group class, the instructor casually refers to the athlete's recovery to inspire others. One of the group members knows the athlete personally and passes on the comment.

The athlete, feeling exposed and upset, files a complaint with the sports academy. As a result, the instructor is reprimanded by management, and their professional reputation is impacted. Other athletes now hesitate to share personal issues in sessions, fearing similar breaches.

This example shows how even a casual remark can have serious fallout. It underscores why confidentiality must be treated as a core responsibility – not just



Notes

MODULE-2

Design a Need-based Sports-specific Advanced Yoga Program



Notes

Importance of Maintaining the Athlete's Information Confidential

a best practice. Yoga Instructors – Sports must protect private information to maintain trust, uphold ethics, and ensure safe professional relationships.

The Fig. ahead outlines simple but essential strategies for preventing breaches of confidentiality during Yoga training.

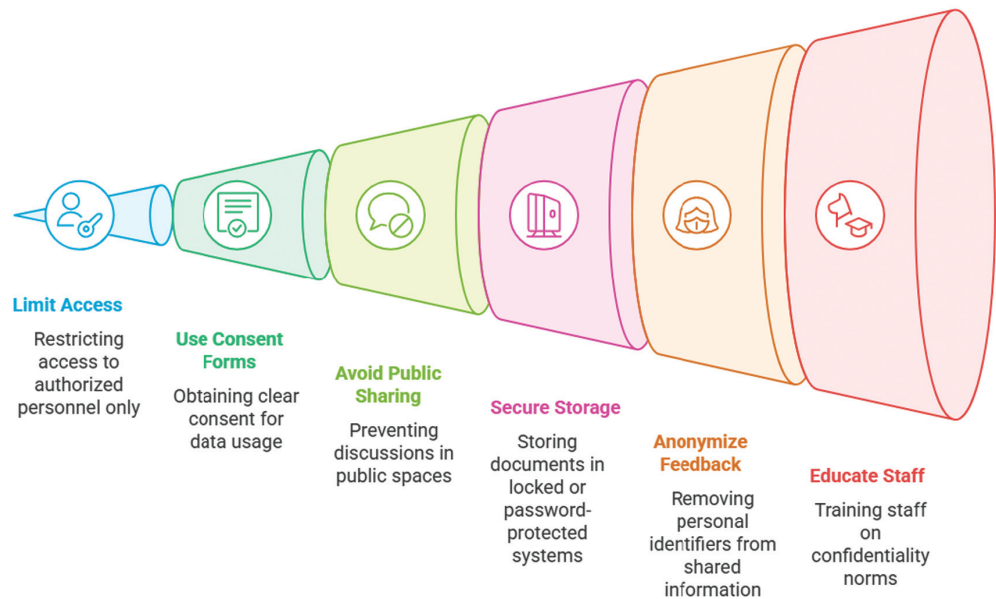


Fig. 8.3: Enhancing Data Privacy

Confidentiality is not just about following rules; it's about creating a respectful and professional environment. Instructors 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 Instructor – 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, instructors can safeguard client information, build strong relationships, and maintain a professional reputation.



INTEXT QUESTIONS 8.1

1. Write True/False:
 - (a) Keep hard copies in locked cabinets. ()
 - (b) Never discuss client details with other trainees or client. ()
 - (c) Don't explain why you are gathering information and how it will be used. ()



WHAT HAVE YOU LEARNT

Dear learners, in this unit, you have learnt:

- Confidentiality is a core value when it comes to relationship between the Yoga Instructor – Sports and the athlete.
- Appropriate handling of information and relation ship builds trust, encourage open communication, and allows for safer, and more personalized sessions.
- A Yoga Instructor – Sports should collect information responsibly, store client information safely, and share information ethically.
- Breaching confidentiality can lead to serious consequences that affects individuals, institutions, and even professional communities



TERMINAL QUESTIONS

1. Explain the relevance of confidentiality in a sports setting.
2. Describe the professional practices to maintain confidentiality.



ANSWER TO INTEXT QUESTIONS

8.1

1. (a) True (b) True (c) False



Notes

MODULE-3: EXECUTE AN ADVANCE YOGA PROGRAM

9. Most Effective Advance Yoga Practices for Athletes and their Specific Training Outcomes.
10. Importance of Warm-up, Cool-down, Usage of Proper Equipment, and Clothing to Minimize Injuries During the Yoga Sessions.
11. Significance of Core Stability in Athletes.
12. Benefits of Selected Asanas
13. Ways to Identify if the Athlete is Uncomfortable to Perform the Physicalactivities.
14. Inappropriate Behaviour and Sexual Harassment at Practice Place

KEY LEARNING OUTCOMES

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

- Apply advanced Yoga techniques to improve flexibility, mobility, and core strength
- Understand the purpose and structure of warm-up and cool-down phases
- Recognize signs of athlete discomfort and modify poses accordingly
- Use breath cues and physical corrections safely to enhance posture control
- Manage classroom safety, handle discomfort, and address professional boundaries effectively



Notes

9

MOST EFFECTIVE ADVANCE YOGA PRACTICES FOR ATHLETES AND THEIR SPECIFIC TRAINING OUTCOMES

A comprehensive integration of Asanas, Pranayama, Meditation and Bandha is included in effective advanced Yoga practices in order to develop the neurological system and calm the mind. The most effective advanced Yoga practices for athletes are physically demanding styles which build strength, stamina and flexibility simultaneously and efficient movement patterns through constant motion. These practices enhance balance, increase mobility, reduce risk and accelerate recovery by promoting blood flow and providing oxygenation to the muscles.

Dear learners, in this unit, you will study about the advanced Yoga practice that support different aspects of sports performance and how this practice contributes to strength, mobility, coordination and recovery.

**OBJECTIVES**

After studying this unit, you will be able to:

- identify advanced Yoga practices that support different aspects of sports performance;
- understand how each asana or sequence contributes to strength, mobility, coordination, or recovery;
- match Yoga practices to sports training outcomes across sports disciplines;
- recognize the rationale behind pose selection and flow structure.

MODULE-3

Execute an Advance Yoga Program



Notes

Most Effective Advance Yoga Practices ... and their Specific Training Outcomes

9.1 ROLE OF ADVANCED YOGA PRACTICES IN SPORTS TRAINING

Advanced Yoga for athletes is not about performing the most complex poses or demonstrating extreme flexibility. It is about crafting intelligent, goal-oriented movement experiences that elevate an athlete's performance across multiple domains. At this level, Yoga becomes a science – carefully aligning mobility, breath, strength, and focus with the demands of a particular sport. Whether preparing the body for exertion or accelerating post-training recovery, the goal is clear: improve function, reduce injury risk, and sharpen the mind-body connection. This approach transforms Yoga into a high-performance tool, rooted in outcome-based methods such as movement refinement, breath training, neuromuscular activation, and muscle elongation with stabilization.

Advanced Yoga for athletes is not a display of difficult postures. It is a structured, outcome-based integration of:

- Movement refinement
- Breath training
- Neuromuscular activation
- Muscle elongation and stabilization

These practices support the sports lifecycle from warm-up to recovery. Instructors select sequences that enhance strength, coordination, joint efficiency, and mental readiness.

9.2 CATEGORIES OF YOGA PRACTICES AND THEIR APPLICATION

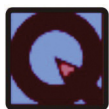
To design an advanced Yoga program for athletes, it is essential to go beyond pose selection and focus on why each element is being used. Every practice type must serve a distinct purpose that aligns with an athlete's physiological, biomechanical, and performance needs. This targeted approach helps bridge the gap between general flexibility and sport-specific conditioning. The following table outlines different Yoga practice types and their applications in sports contexts:

Table 9.1: Type, Purpose and Examples of Asanas

Yoga practice type	Purpose in sports context	Examples
Strength-building Asanas	Improve static holds, postural integrity, and muscular endurance	Navasana, Chaturanga, Utkatasana
Mobility-focused	Enhance range, joint	Vinyasa flows, Supta

Yoga practice type	Purpose in sports context	Examples
sequences	decompression, and movement freedom	Padangusthasana
Balance and coordination	Activate stabilizers, improve body control, proprioception	Garudasana, Virabhadrasana III
Core integration poses	Deepen breath-body connection and trunk stability	Ardha Navasana, Vasisthasana
Dynamic transitions	Build movement fluidity and dynamic mobility	Surya Namaskar B, lunge-to-fold sequences
Recovery postures	Support nervous system recovery, reduce muscle fatigue, and enhance relaxation	Supta Baddha Konasana, Viparita Karani, Balasana
Breathwork for endurance	Increase aerobic capacity, improve breath control, and mental composure	Ujjayi Pranayama, rhythmic breathing, Sama Vritti

These additions address the recovery and respiratory efficiency pillars of sports performance—making the Yoga program more holistic and aligned with periodized training models.



INTEXT QUESTIONS 9.1

1. Match the following:

Group A

- (i) Strength building asanas
- (ii) Recovery postures
- (iii) Balance and coordination
- (iv) Dynamic transitions

Group B

- (a) Viprita karani
- (b) Vtkatasana
- (c) Surya Namaskar
- (d) Garudasana

9.3 MATCHING PRACTICES TO SPORTS TRAINING NEEDS

Each sport challenges the body and mind in distinct ways – requiring targeted mobility, strength, focus, or breath control. A Yoga Instructor – Sports must assess these demands and select practices that complement the athlete’s movement patterns, improve performance, and reduce injury risks. Below is an elaboration on how Yoga supports five specific athlete categories:

1. Endurance athletes

These athletes—runners, cyclists, triathletes—require sustained breath control and efficient joint mechanics. Long hours of repetitive motion can cause tight hips and spinal fatigue.

MODULE-3

Execute an Advance Yoga Program



Notes

MODULE-3

Execute an Advance Yoga Program



Notes

Most Effective Advance Yoga Practices ... and their Specific Training Outcomes

- **Key requirements:** Breath regulation, hip mobility, spinal decompression
- **Yoga support:**
 - *Ujjayi Pranayama* boosts breath rhythm and lung endurance.
 - *Pigeon pose* targets deep hip opening to counter overuse.
 - *Seated twists* release tension and improve spinal rotation.

2. Strength athletes

Powerlifters and bodybuilders need joint openness for better range in compound lifts, along with strong trunk control.

- **Key requirements:** Shoulder/hip opening, core control
- **Yoga support:**
 - *Bridge pose* strengthens glutes and stabilizes the spine.
 - *Lunge variations* improve hip flexor mobility critical for squats/deadlifts.
 - *Shoulder flossing flows* relieve tightness from overhead work.

3. Sprinters

Short burst athletes need explosive strength and smooth joint articulation, especially in hamstrings and ankles.

- **Key requirements:** Hamstring elasticity, ankle mobility
- **Yoga support:**
 - *Downward dog* lengthens the posterior chain and calves.
 - *Ankle circles with breath cueing* improve joint readiness.
 - *Standing splits* promote eccentric hamstring flexibility.

4. Swimmers

With their heavy reliance on upper body propulsion, swimmers benefit from open shoulders and chest, along with spine strength.

- **Key requirements:** Shoulder decompression, thoracic expansion
- **Yoga support:**
 - *Gomukhasana arms* increase shoulder flexibility.
 - *Cobra* strengthens the spinal extensors and opens the front body.
 - *Thoracic twist flows* promote breath freedom and spinal mobility.

5. Archers/Shooters

Precision sports demand high mental stillness, breath discipline, and steady shoulders.

- **Key requirements:** Focus, stillness, shoulder stability
- **Yoga support:**
 - o *Vajrasana hold* builds lower body grounding.
 - o *Dhyana mudra with breathing* fosters meditative focus.
 - o *Tree pose with eye focus* trains visual anchoring and balance.

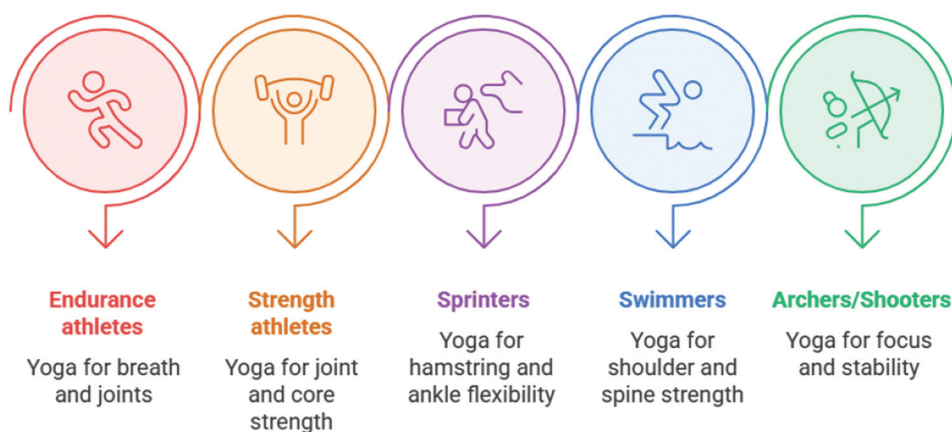


Fig. 9.1: Yoga for Athletes

9.4 STRUCTURAL PLANNING OF ADVANCED YOGA FLOWS

To deliver maximum impact, a Yoga session for athletes must follow a deliberate sequence – not just a random string of postures. The goal is to progressively awaken the body, build strength and control, challenge coordination, regulate the breath, and guide the nervous system into recovery. The flow of the session should mirror the arc of sports performance: warm-up, peak intensity, and wind-down.

Here's a breakdown of how to structure each stage, followed by a formatted table for reference.

- **Start with activation:** Use joint mobility drills and breath-linked movement (like cat-cow or dynamic lunges) to warm up the neuromuscular system and lubricate joints.
- **Move into engagement:** Introduce strength-focused poses like Utkatasana (Chair pose) or Plank that develop muscular control and stability.



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Notes

Most Effective Advance Yoga Practices ... and their Specific Training Outcomes

- **Add coordination layers:** Integrate flowing transitions like Warrior ! Lunge → Side Angle to challenge movement control, balance, and body awareness.
- **Incorporate breath-body fusion:** Use structured Pranayama or breath-focused Asana to integrate nervous system regulation (like Half Forward Fold with breath retention).
- **End with recovery and focus:** Downshift into calm-inducing postures and breathing practices (e.g., extended exhale in Paschimottanasana or Reclining Twist) to support recovery and mental reset.

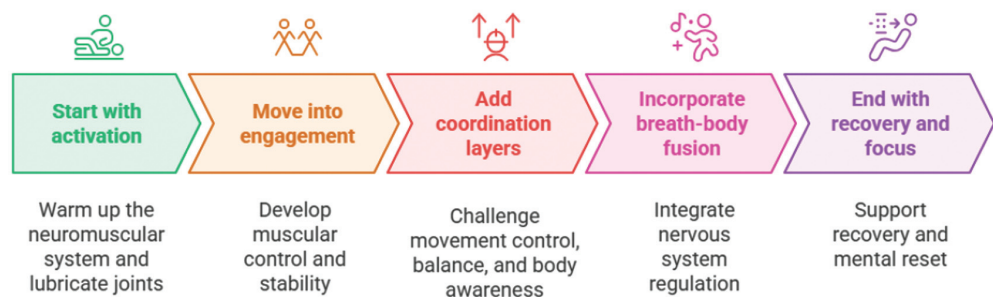


Fig. 9.2: Yoga practice sequence

Table 9.2: Structured Yoga Session Framework for Athletes

Session section	Purpose	Examples
Activation	Warm-up and prep	Arm swings, spinal rolls, dynamic cat-cow, lunges with breath
Engagement	Strength and control poses	Chair pose, forearm plank, Virabhadrasana I/II
Coordination	Transition and control flows	Warrior → Lunge → Side angle, Lunge → Pyramid fold
Breath-body fusion	Deepening inhale-exhale pattern	Half forward fold with retention, Ujjayi breathing, Sama Vritti
Cool-down	Tissue elongation, calm focus	Reclining twist, Supta Padangusthasana, forward fold with exhale

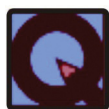
9.5 MONITORING OUTCOMES AND ADAPTING PRACTICES

An effective Yoga session doesn't end with good instruction – it continues through careful observation. For Yoga Instructors – Sports, noticing subtle changes in an

athlete's posture, breath, and body awareness is essential to ensure the program is delivering the intended outcomes. Progress is not always loud – it often shows up in stillness, softness, and control. Regular observation helps in making timely adjustments to intensity, sequencing, or duration, thereby personalizing the practice for optimal results. Instructors should routinely ask:

- Is posture depth increasing over time?
- Is balance improving under eyes-closed conditions?
- Is breathing rhythm slowing down during effort phases?
- Are athletes reporting less muscle tightness after training?

If the answer to these questions is consistently “no,” it may be time to revise the approach – offering regressions, progressions, or rest days as needed.



INTEXT QUESTIONS 9.2

1. Write any two Yogasanas for:

- (i) Swimmers and
- (ii) Endurance athletes and



WHAT HAVE YOU LEARNT

Dear learners, in this unit, you have learnt:

- Advance Yoga for athletes is about crafting intelligent, goal-oriented movement experiences that elevates an athlete's performance across multiple domains.
- To design an advanced Yoga program for athletes, it is essential to go beyond Asanas and focus on “why” each element is being used.
- Yoga sessions should be suitable aligned with athlete's requirements e.g. endurance athletes may need impetus on breath regulation, hip mobility, spinal decompression, Archers/Shooters may require focus, stillness, shoulder stability.
- There should be a structural planning of advanced Yoga flows to progressively awaken the body, build strength, regulate the breath and guide the nervous system into recovery.

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Notes

Most Effective Advance Yoga Practices ... and their Specific Training Outcomes

- Regular observation helps in making timely adjustments to intensity, sequencing, or duration thereby personalizing the practice for optimal results.



TERMINAL QUESTIONS

1. What are the various categories of Yoga practices. State their application.
2. Describe the structural planning of advanced Yoga flows.



ANSWER TO INTEXT QUESTIONS

9.1

1. (i) (b) (ii) (a) (iii) (d) (iv) (c)

9.2

- (i) Gomukhasana, Cobra pose
- (ii) Pigeon pose, Seated twists



Notes

10

IMPORTANCE OF WARM-UP, COOL-DOWN, USAGE OF PROPER EQUIPMENT, AND CLOTHING TO MINIMIZE INJURIES DURING THE YOGA SESSIONS

Dear learners in the previous unit, you have studied about the advanced Yoga practices that support different aspects of sports performance and sports training outcomes across sports disciplines. Advanced Yoga practice is an excellent way to minimize daily stress and increase physical fitness. Dear learners, during advance Yoga practice it is especially important to understand that limits to minimize injuries during the session. Hence, warm up and cool down are essential preventive measures for such injuries. Using proper equipment like a nons-slip mat and wearing appropriate, flexible clothing ensures stability and allow for a full range of motion, further risk during Yoga sessions.

In this unit, you will study about the critical role of warm-up, cool-down, using Yoga props and equipment to support safety and preventing injuries.



OBJECTIVES

After studying this unit, you will be able to:

- understand the critical role of warm-up and cool-down in preventing injuries during Yoga for athletes;
- identify appropriate Yoga props and equipment to support safety and performance;

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Importance of Warm-up, Cool-down, ... Minimize Injuries during the Yoga Sessions

- explain how improper clothing or accessory choices can affect technique and injury risk;
- implement structured session openings and closings in Yoga programming.

10.1 WHY WARM-UP AND COOL-DOWN MATTER IN YOGA FOR ATHLETES

Warm-up in Sports Yoga: Why it matters

A well-designed warm-up is essential to prepare the athlete's body and mind for the demands of Yoga practice. It gently shifts the body from a resting state to an active one, primes muscles and joints, and reduces the risk of sudden strain or stiffness.

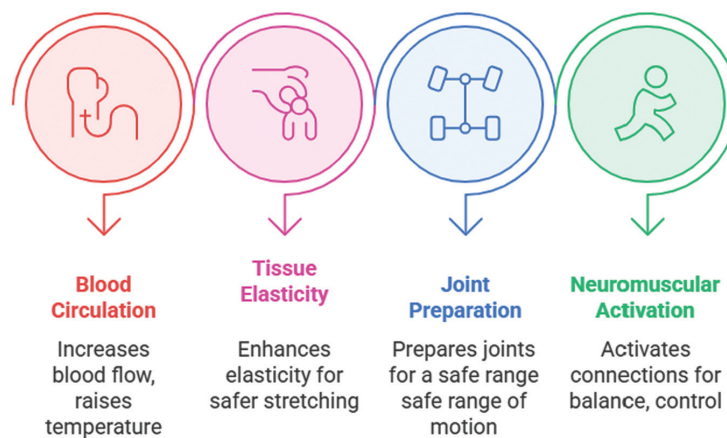


Fig. 10.1: Goals of Warm Up

Cool-down in Sports Yoga: The recovery bridge

The cool-down phase helps the body transition from intensity to recovery. It regulates the nervous system, elongates tissues under minimal load, and allows breath and heart rate to return to baseline – essential for injury prevention and mental reset.

Skipping either phase can lead to:

- Muscle tears or ligament strain
- Postural misalignment during peak poses
- Breath-holding or tension under strain
- Heightened anxiety or agitation – especially pre-competition

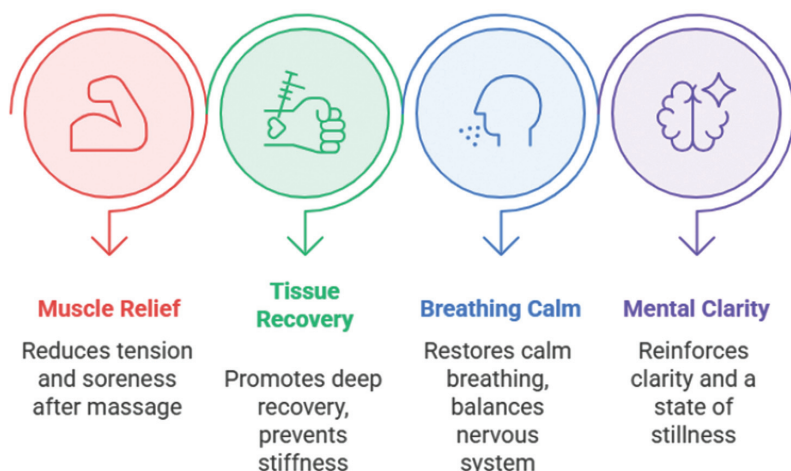


Fig. 10.2: Goals of Cool Down

10.2 COMPONENTS OF AN EFFECTIVE YOGA WARM-UP

An effective warm-up prepares the entire kinetic chain, gradually engaging the athlete's joints, muscles, breath, and focus before diving into deeper Asana work. It is both physical and neurological – warming tissues while sharpening awareness. Each warm-up segment should target specific areas critical to the session's success, especially for sports-oriented Yoga programming.

Below is a breakdown of focus areas and warm-up techniques used to address them:

Table 10.1: Focus Areas and Warm-up Techniques

Focus area	Warm-up technique
Spine and breath	Cat-Cow with breath coordination to lubricate vertebrae and connect breath to motion
Hips and knees	Seated leg swings, slow squats to prepare for standing Asanas and lunges
Shoulders	Arm circles, Gomukhasana arms, dynamic eagle to release tightness and activate rotators
Ankles and feet	Toe scrunches, heel lifts, ankle rolls to support balance and dynamic transitions
Breath rhythm	4-count inhale-exhale cycle combined with light movement to establish pace and control

Time allocation: 6 to 10 minutes, adjusted based on the session's intensity and the athlete's readiness state.



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Importance of Warm-up, Cool-down, ... Minimize Injuries during the Yoga Sessions

This phase is not optional – it directly affects the success of deeper postures and reduces the likelihood of strain, imbalance, or nervous system shock. Tailor it to the specific sport, time of day, and athlete's current state.

10.3. ROLE OF PROPS AND EQUIPMENT IN INJURY PREVENTION

In the context of sports Yoga, props are not merely accessories – they are essential tools for performance enhancement and injury prevention. Athletes often carry structural asymmetries, joint stiffness, or accumulated fatigue from training. Props provide intelligent ways to adapt the Yoga practice to these realities without compromising safety or depth.

Yoga Instructors – Sports must challenge the misconception that using props is a sign of limitation. On the contrary, props allow athletes to engage in deeper, safer, and more sustainable movement. They create the conditions for better proprioception, cleaner alignment, and longer, more effective holds. Most importantly, they help athletes develop awareness of their boundaries – so they expand them with integrity rather than force.

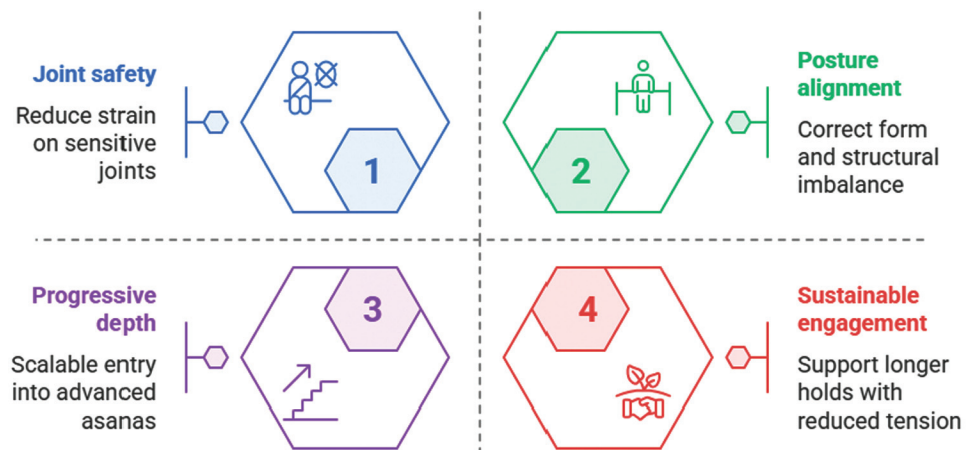


Fig. 10.3: Benefits of using Props in Yoga for Athletes



Fig. 10.4: Yoga Props

Table 10.2: Yoga Props and its Usage

Prop	Usage
Yoga block	Provides height and support in standing poses (e.g., half-moon, triangle), prevents overstretching in forward folds
Strap or belt	Extends reach for hamstrings and shoulders, assists in maintaining integrity in stretches
Wall support	Aids balance and posture correction in poses like Tree, Warrior III, or handstands
Bolster or cushion	Reduces pressure in knees, ankles, and hips during seated postures or restorative work
Resistance bands	Offers feedback during transitions, strengthens neuromuscular control in movement-based flows

By embracing props as part of a structured injury prevention strategy, Yoga Instructors – Sports promote smarter movement patterns and build athlete confidence in their evolving abilities.

10.4 IMPORTANCE OF CLOTHING AND ATTIRE IN PERFORMING YOGA

What an athlete wears during a Yoga session is more than a matter of style – it directly impacts movement efficiency, joint feedback, and postural control. In sports Yoga, where alignment, breath, and controlled engagement are critical, inappropriate clothing can limit performance or even lead to injury. Clothing choices should enable freedom of movement, promote thermoregulation, and allow both the instructor and the athlete to clearly observe form and posture. Additionally, sensory awareness – like feeling the floor through bare feet or sensing tension across a stretch – can be muted by improper attire.

Wearing appropriate Yoga attire supports both performance and professionalism. Solid, neutral-toned clothing helps reduce visual distractions and allows the instructor and athlete to stay focused on technique. Clothing should be fitted yet comfortable, offering full visibility of key joints such as knees, hips, elbows, and shoulders – critical for correcting alignment. Long hair must be tied back securely, and athletes should practice barefoot or use grip socks in cold weather to ensure safe, stable contact with the ground. All accessories such as watches, rings, or bangles must be removed before practice to avoid injury or interference. Flashy or patterned outfits, hoodies, oversized garments, heavy fabrics, and poor hygiene not only disrupt practice but also compromise safety, making thoughtful clothing choices an essential part of sports Yoga preparation.



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Notes

Importance of Warm-up, Cool-down, ... Minimize Injuries during the Yoga Sessions

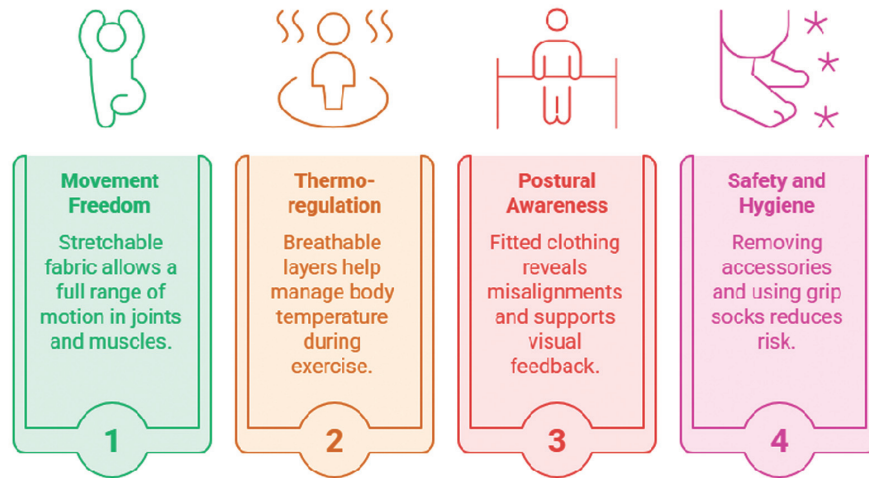


Fig. 10.5: Functions of Attire

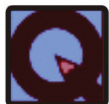
Table 10.3: Clothing: Best Practices vs What to Avoid

Best practices	Avoid
Wear fitted, stretchable, breathable fabric	Baggy clothes that obscure alignment or get caught in props
Remove all accessories before session	Rings, watches, bangles, or loose items that can cause injury/distraction
Secure long hair away from face and neck	Loose hair that may interfere with vision or posture control
Use moisture-wicking layers in hot/humid environments	Heavy fabrics or multiple layers that restrict breath or core expansion
Practice barefoot or with grip socks (if cold)	Regular socks or shoes that compromise ground contact and stability

Note: All Yoga sessions should be conducted barefoot unless the climate requires otherwise. In cold environments, socks with non-slip soles may be permitted, but care must be taken to maintain stability.

Additional tips

- Wear sports innerwear designed for flexibility and support during Yoga.
- Label your gear (mat, blocks, water bottle) in shared spaces to prevent mix-ups.
- Inspect clothing for tears or see-through areas in deep stretches.
- Dress modestly and professionally, especially in mixed-gender or public athletic settings.



INTEXT QUESTIONS 10.1

1. Fill in the blanks:

- (a) The cool-down phase helps the body transition from intensity to
- (b) Wearing appropriate Yoga attire supports both performance and
- (c) Yoga Instructor – Sports must challenge the misconception that using props is a sign of



WHAT HAVE YOU LEARNT

Dear learners, in this unit, you have learnt:

- A warm-up session is essential to prepare the athlete's body and mind for the demands of Yoga practice.
- The cool-down phase helps the body transition from intensity to recovery.
- A warm-up session should focus on spine and breath, hips and knees, shoulders, ankles and feet and breath rhythm.
- Props are essential tools for performance, enhancement and injury prevention. They also allow athletes to engage in deeper, safer, and more sustainable movement.
- Wearing appropriate Yoga attire supports both performance and professionalism, solid, neutral toned clothing helps reduce visual distractions and allow the Instructor and athletes to stay focused on technique.



TERMINAL QUESTIONS

1. Why warm-up and cool-down sessions are essential in Yoga for athletes. Explain the components of an effective warm-up.
2. Explain the significance of clothing in performing Yoga.



ANSWER TO INTEXT QUESTIONS

10.1

1. (a) recovery (b) Professionalism (c) limitation



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11

SIGNIFICANCE OF CORE STABILITY IN ATHLETES

In the previous unit, you have learnt about the importance of Yoga props equipments, warm-up and cool-down techniques for sports safety and injury prevention. For athlete, a strong and stable core, and appropriate actions ensures balanced and controlled movement and plays a crucial role in the prevention of injuries. Thereby delivering effective performance or in the field or session area.

Dear learners, in this unit, you will study about the concept of core stability and its influence on performance, posture and injury risk in athletes.



OBJECTIVES

After studying this unit, you will be able to:

- define the concept of core stability and its components;
- explain how core stability influences performance, posture, and injury risk;
- identify Yoga asanas and breathing techniques that develop core control;
- recognize differences in core needs based on sport and sports movement patterns.

11.1 CORE STABILITY

Dear learners, do you know, what is core stability? Core stability is the silent strength behind every sports movement. It's not about six-pack abs or aesthetics – it's about maintaining precise control of the spine, pelvis, and ribcage during

movement, load-bearing, and breath cycles. A well-developed core acts like a central transmission hub – stabilizing the torso while allowing efficient force transfer between the upper and lower body.

In Sports Yoga, cultivating core stability improves balance, supports spinal health, and reduces muscular compensation. It also refines the body's ability to react to unexpected shifts, enhancing overall performance and resilience.

Key Muscular Components of Core Stability

- **Deep abdominal muscles**

Transverse abdominis, internal obliques: These act as an internal corset, maintaining abdominal pressure and spinal alignment.

- **Spinal stabilizers**

Multifidus, erector spinae: These fine-tune posture and prevent spinal buckling during movement.

- **Pelvic floor and diaphragm**

Work in synergy with deep core muscles to regulate intra-abdominal pressure and connect breath to core control.

- **Gluteal muscles**

Particularly *gluteus medius and maximus*, these stabilize the pelvis and coordinate movement between the hips and lumbar spine.

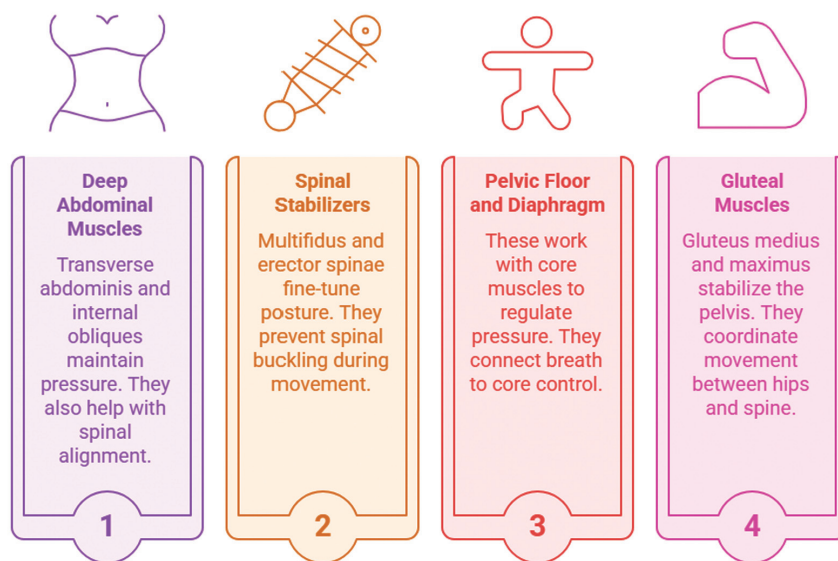


Fig. 11.1: Components of Core Stability

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Significance of Core Stability in Athletes

Consequences of Poor Core Stability

Without a functional core, athletes may:

- **Leak force:** Power generated in one part of the body doesn't transfer effectively, leading to energy waste during sprints, lifts, or throws.
- **Overuse superficial muscles:** Muscles like the rectus abdominis or hip flexors overcompensate, leading to fatigue and poor mechanics.
- **Risk injury:** Weak core engagement increases stress on the lumbar spine and joints, raising the likelihood of back pain and strain injuries.
- **Lose balance:** Especially under dynamic or asymmetric loads, balance becomes harder to maintain without a stable trunk foundation.

Core stability should be trained in both static and dynamic formats – starting with simple breath-focused holds and gradually progressing to movement-integrated asanas like Vasisthasana, Navasana, and Plank with limb lifts.

11.2 CORE STABILITY VS. CORE STRENGTH

In sports Yoga, the terms core strength and core stability are often confused – but they are not the same. While both are important, their roles in movement and injury prevention are very different. Strength refers to how much force a muscle can generate. Stability, on the other hand, refers to how well the body can maintain alignment, control, and coordination when under challenge.

Core strength can help an athlete hold a long plank or lift heavy loads. But core stability ensures that the spine doesn't buckle, the pelvis doesn't tilt excessively, and the breath remains steady throughout the effort. In other words, strength without stability is like power without control – risky and inefficient.

Table 11.1: Comparison: Core Strength vs Core Stability

Core Strength	Core Stability
Measures how strong core muscles are	Measures how well core muscles work together under load
Can be tested through resistance or repetition	Seen in control, posture, and movement efficiency
Can exist without control	Never exists without control
Improves muscular output	Enhances injury prevention and movement quality
Is muscular power in isolation	Is integration of breath, alignment, and neuromuscular control

Note: It's important to understand that visible abdominal muscles do not always indicate true core stability. An athlete may have a defined six-pack yet still struggle with functional core control if their breath, posture, and movement are not well-coordinated. True core strength is about integration – how the deep core muscles support the spine, maintain balance, and generate power through breath and alignment. In sports Yoga, a well-integrated core is not just something you see; it's something you feel in every controlled transition, held pose, and stable breath.



Notes

11.3 IMPORTANCE OF CORE STABILITY IN SPORTS PERFORMANCE

Core stability is not just a foundation – it's a *functional bridge* that connects limbs, breath, and movement under pressure. It impacts everything from posture during transitions to how power is transferred across the body. Whether it's sprinting off the block, rotating the torso during a swing, or balancing in a sudden change of direction, core stability makes the difference between smooth execution and mechanical breakdown.

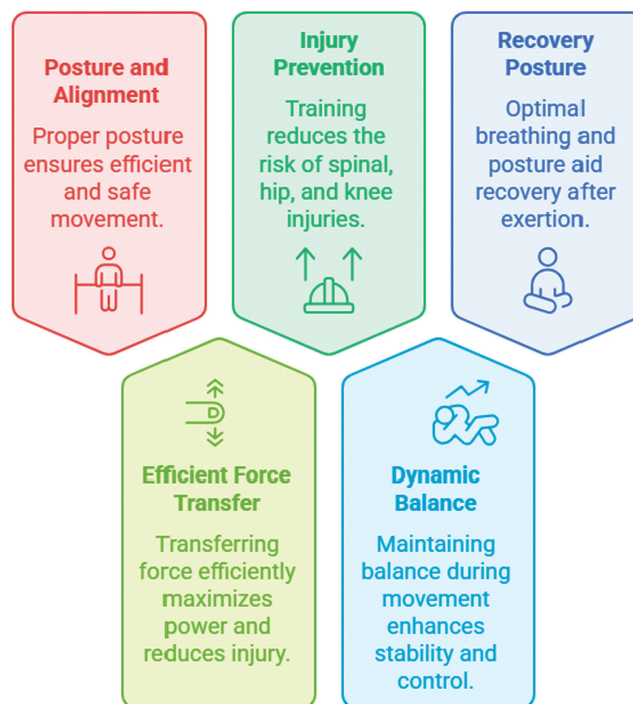


Fig. 11.2: Areas Affected by Core Stability

A well-integrated core allows the athlete to maintain neutral alignment under stress, modulate breath without tension, and generate explosive power without

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Significance of Core Stability in Athletes

sacrificing control. Weak or unstable core muscles can lead to spinal compression, breath holding, joint strain, and inefficient movement patterns – especially under sport-specific load and speed.

Table 11.2: Tasks vs Core Stability Function

Task	Core Stability Function
Sprint start	Braces pelvis, aligns spine for powerful forward motion
Overhead lift	Prevents spinal extension and lumbar collapse under upward load
Kick or swing	Stabilizes torso against leg motion to prevent counter-rotation
Change of direction	Controls rotation and lateral movement through central muscular engagement
Balance on one leg	Supports hip alignment and prevents compensatory leaning or wobbling
Jump landing	Absorbs impact, protects spine, and keeps pelvis neutral on ground contact
Plank hold	Engages entire core cylinder to resist sagging or arching in the lumbar spine
Rotational throw (e.g., javelin, discus)	Transfers force efficiently from lower to upper body without loss of control
Swimming strokes	Maintains a streamlined body position while resisting twisting or sagging mid-stroke
Cycling	Keeps the spine stable and neutral, reduces fatigue from excessive sway or arch
Rowing	Coordinates torso flexion and extension for efficient pull while protecting lower back
Agility drills	Provides reactive control over trunk during rapid stops, starts, or pivots

This understanding empowers Yoga Instructors – Sports to select targeted poses like Plank with leg lift, Vasisthasana, or Boat pose with breath holds – helping athletes enhance control without compromising mobility.

11.4 YOGA PRACTICES THAT BUILD CORE STABILITY

Unlike explosive gym-based core routines, Yoga offers slow, breath-synchronized, multi-directional training of the core. This makes it especially suitable for athletes who require both performance and recovery within a single modality. Yoga builds not just strength – but deep control, coordination, and endurance across the entire trunk system.

Each posture challenges the body to stabilize under asymmetrical loads, extended holds, or complex breath patterns. More importantly, Yoga promotes neuromuscular intelligence – teaching the body how to activate the right muscles at the right time without unnecessary tension.

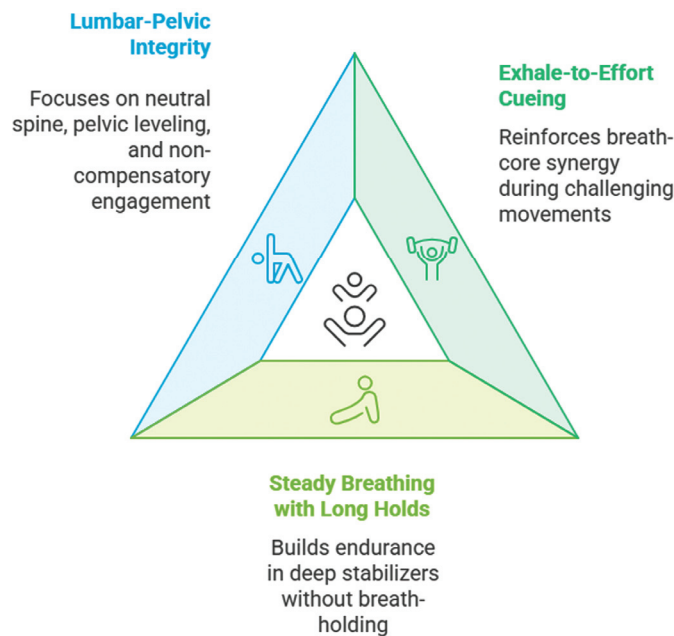


Fig. 11.3: Features of Core Centric Yoga Training

Table 11.3: Pose and their Core Target

Pose	Core Target
Navasana (Boat pose)	Isometric abdominal control – especially lower rectus and hip flexors
Ardha Navasana with breath	Breath-pelvic coordination and transverse abdominis engagement
Vasisthasana (Side plank)	Obliques and lateral trunk stability under load
Forearm plank with slow exhale	Deep abdominal control and breath pacing under isometric strain
Bird dog variation (limb extension hold)	Spinal and pelvic control with anti-rotation challenge
Utkatasana (Chair pose)	Core endurance and upright trunk stabilization over time

These poses should be scaled based on athlete capacity, with props or regressions if lumbar alignment is compromised. Cueing should emphasize breath rhythm, trunk stillness, and controlled transitions rather than maximum intensity. Here is



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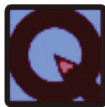
Significance of Core Stability in Athletes

a core stability-focused Yoga flow sequence designed for athletes. It trains deep core engagement, breath coordination, and dynamic control.

Dynamic Core Flow (10–12 mins)

Repeat the sequence 2–3 rounds

- **Plank to downward dog (5 breaths each):** Maintain core activation through transitions
- **Chaturanga hold (3–5 seconds):** Lower halfway and hold with core and shoulder engagement
- **Utkatasana (Chair pose – hold 5 breaths):** Maintain neutral spine and firm belly
- **Paripurna navasana (Boat pose – 5 breaths):** Engage hip flexors and lower abdominals
- **Ardha navasana with breath (5 slow exhales):** Lower halfway, coordinating breath with tension
- **Side plank (Vasisthasana) – 3 breaths each side:** Engage obliques and glutes
- **Salabhasana (Locust pose – hold 5 breaths):** Focus on spinal extension and posterior chain



INTEXT QUESTIONS 11.1

Write True/False:

1. In Sports Yoga the terms core strength and core stability are the same. ()
2. Core stability should be trained in both static and dynamic formats. ()
3. Core strength can exist without control. ()



WHAT HAVE YOU LEARNT

Dear learners, in this unit, you have learnt:

- Core stability maintains precise control of the spine, pelvis, and rib cage during movement, load bearing, and breath cycles.

Significance of Core Stability in Athletes

- In Sports Yoga, core stability improves balance, supports spinal health, and reduces muscular compensation.
- The key components of core stability includes deep abdominal muscles, spinal stabilizers, pelvic floor and diaphragm and gluteal muscles.
- Consequence of poor core stability may lead to overused superficial muscles, risk injury, lost of balance or leak force.
- Core strength refers to how much force a muscle can generate, whereas stability refers to how well the body can maintain alignment, control, and coordination when under challenge.
- Yoga practices like Navasana, Utkatasana, Vasisthasana increases core stability.



TERMINAL QUESTIONS

1. State the importance of core stability in sports performance. Differentiate between core stability and core strength.
2. Describe any four Yoga practices that builds core stability.



ANSWER TO INTEXT QUESTIONS

11.1

1. False
2. True
3. True

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12

BENEFITS OF SELECTED ASANAS

Dear learners, in the previous unit, you have studied about the importance of core stability. It is the silent strength behind every sports movement. It's about the coordinated and controlled action of the entire core region to support dynamic movements or Yoga poses (Asanas). Yogasana can be used to improve performance in sports ranging from increasing focus enhancing flexibility and balance to preventing common injuries and improving functional strength.

In this unit, you will study about the targeted physical outcomes of commonly used Asanas in sports specific Yoga programs for athletes.



OBJECTIVES

After studying this unit, you will be able to:

- identify commonly used Asanas in sports-specific Yoga programs;
- explain the targeted physical outcomes of each Asana for athletes;
- understand how each pose contributes to flexibility, mobility, strength, coordination, or recovery;
- apply pose selection based on performance requirements and athlete condition.

12.1 ROLE OF ASANA SELECTION IN SPORTS PERFORMANCE

In Sports Yoga, every Asana is more than a stretch – it is a performance intervention. Each pose is strategically chosen to support the athlete's physical needs, movement demands, and recovery goals. A well-structured Yoga session can improve not just flexibility or calmness, but also enhance joint function, muscular symmetry, breathing coordination, and neuromuscular efficiency.

This is what sets Sports Yoga apart from general Yoga practice: intention-based pose selection guided by sport-specific outcomes. The goal is always to optimize performance, minimize injury, and accelerate recovery using targeted Asanas in a functional sequence.

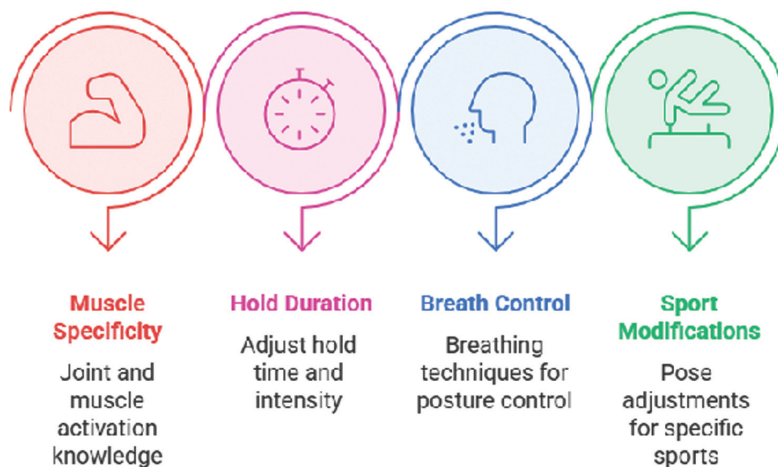


Fig. 12.1: Understand about Asana Selection

An effective Yoga Instructor – Sports must understand following about Asana selection

- **Muscle and joint specificity**

Know which joints are mobilized and which muscles are activated, lengthened, or stabilized in each pose. This helps match poses to an athlete's tight areas or underused stabilizers.

Example: Use Parighasana (Gate pose) to open lateral trunk and intercostals in rowers or tennis players. Vasisthasana (Side plank) targets lateral core stabilizers and shoulder girdle – ideal for racket sport athletes.

- **Hold duration and intensity scaling**

Some athletes need longer holds for endurance and awareness; others need shorter dynamic movements to avoid overstretch. Intensity must be scaled depending on training phase, sport, and fatigue level.

Example: A gymnast in off-season may benefit from a 1-minute *Utkatasana* (Chair pose) to build isometric endurance, while a footballer post-match might do flowing Cat-Cow or short Bridge holds for recovery.



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Benefits of Selected Asanas

- **Breath cueing for control and depth**

Linking exhale to effort, inhale to expansion, and breath retention to transitions allows athletes to deepen posture safely and build mind-body resilience.

Example: In *Ardha Navasana*, instruct athletes to exhale while engaging the abdomen, and inhale gently while maintaining the position. In *Forearm Plank*, pair slow exhale with steady core engagement to avoid breath holding.

- **Sport-specific modifications**

Athletes in shoulder-dominant sports (e.g., swimmers, throwers) may need decompression-focused Asanas, while hip-heavy athletes (e.g., runners, lifters) need mobility paired with pelvic control. Customizing the pose to match movement demands is essential.

Example: For swimmers, integrate *Uttana shishosana* and *Supta Baddha Konasana* with chest expansion to open thoracic area. For sprinters, use *Anjaneyasana* with active glute engagement to open the hip flexors while maintaining pelvic stability.

This knowledge allows the instructor to build smarter flows that target the athlete's real needs – not just general flexibility. By aligning pose selection, breath work, intensity, and modifications with sport-specific demands, the Yoga Instructor – Sports creates sessions that are both therapeutic and performance-enhancing. Each sequence becomes a purposeful tool – not just movement, but meaningful preparation, recovery, or restoration tailored to the athlete's body and goals.

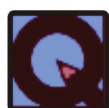
Table 12.1: Performance Goal, Pose Category and Example

Performance Goal	Pose Category	Example Poses
Improve joint mobility	Hip/shoulder openers	Pigeon pose, Gomukhasana arms, Anjaneyasana
Enhance spinal alignment	Axial extension poses	Tadasana, Bhujangasana, Marjaryasana–Bitilasana (Cat-Cow)
Develop postural control	Isometric holds with balance	Vrikshasana, Chair pose, Warrior III
Build core integration	Core-centric asanas	Navasana, Plank variations, Ardha Navasana

Performance goal	Pose category	Example poses
Promote breath-body coordination	Breath-synced movement flows	Surya Namaskar, Crescent lunge with breathing, Half forward fold with retention
Boost lateral and rotational control	Twists and side-body lengtheners	Parivrtta Trikonasana, Ardha Matsyendrasana, Side plank
Prepare for dynamic movement	Dynamic transitions	Lunge to pyramid fold, Warrior flows, rolling vinyasa
Facilitate recovery and downregulation	Restorative/reclined poses	Supta Baddha Konasana, Viparita Karani, Forward fold



Notes



INTEXT QUESTIONS 12.1

1. Match the following:

Group A

- (i) Enhance spinal alignment
- (ii) Develop postural control
- (iii) Build core integration

Group B

- (a) Vrikshasana
- (b) Tadasana
- (c) Navasana

12.2 SELECTED ASANAS AND THEIR BENEFITS

Benefits of Setu Bandhasana (bridge pose)

- Strengthens the back, glutes, and hamstrings
- Opens the chest and improves spinal flexibility
- Stimulates thyroid glands and helps with hormone balance
- Calms the brain and helps relieve stress and mild depression
- Useful for athletes recovering from lower back fatigue



Fig. 12.2: Setu Bandhasana

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Notes

Benefits of Selected Asanas

Benefits of Uttanasana (Standing forward fold)

- Stretches hamstrings, calves, and hips
- Improves blood circulation to the brain
- Relieves tension in the spine, neck, and back
- Aids in digestion and stimulates abdominal organs
- Helps calm the mind and relieve anxiety



Fig. 12.3: Uttanasana

Benefits of Adho Mukha Svanasana (Downward-facing dog)

- Full-body stretch: strengthens arms and legs while lengthening the spine
- Improves flexibility in calves, hamstrings, shoulders
- Boosts circulation and energy flow
- Relieves fatigue and rejuvenates the body
- Builds endurance in weight-bearing for wrists and shoulders



Fig. 12.4: Adho Mukha Svanasana

Benefits of Utthita Trikonasana (Extended triangle pose)

- Stretches and strengthens the thighs, knees, and ankles
- Improves hip and spinal mobility
- Stimulates digestion and reduces symptoms of backache
- Increases balance and stability
- Enhances awareness of alignment for posture correction



Fig. 12.5: Utthita Trikonasana

Benefits of Parighasana (Gate pose)

- Increases lateral flexibility of the spine and intercostal muscles
- Opens up hamstrings and adductor group
- Stimulates abdominal organs
- Improves respiratory efficiency
- Great preparatory pose for side stretches and spinal bends



Fig. 12.6: Parighasana



Notes

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Execute an Advance Yoga Program



Notes

Benefits of Selected Asanas

Benefits of Paschimottanasana (Seated forward bend)

- Deep hamstring and spine stretch
- Calms the brain and reduces stress
- Stimulates kidneys, liver, ovaries, and uterus
- Improves digestion and helps with menstrual discomfort
- Encourages introspection and breath control



Fig. 12.7: Paschimottanasana

Benefits of Parivrtta Trikonasana (Revolved triangle pose)

- Improves balance and coordination
- Stretches and strengthens the legs and spine
- Tones abdominal organs and improves digestion
- Develops rotational mobility in the spine
- Encourages better posture and side-body awareness



Fig. 12.8: Parivrtta Trikonasana

Benefits of Supine Spinal Twist

- Releases tension in the spine and back muscles
- Aids digestion and detoxification through gentle abdominal massage
- Improves spinal mobility
- Relieves stress and stimulates the parasympathetic nervous system
- Helps relieve sciatica and lower back pain



Fig. 12.9: Supine Spinal Twist

Benefits of Vriksasana (Tree pose)

- Enhances balance and coordination
- Strengthens legs, ankles, and core
- Improves concentration and neuromuscular control
- Teaches grounding and body awareness
- Develops mental stability and focus



Fig. 12.10: Vriksasana



Notes

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Notes

Benefits of Selected Asanas

Benefits of Virabhadrasana (Warrior pose)

- Builds strength in legs, shoulders, and arms
- Opens hips and chest, improving respiratory capacity
- Boosts stamina, stability, and confidence
- Develops mental resilience and warrior spirit
- Great for building explosive power in athletic training



Fig. 12.11: Virbhadrasana

Benefits of Utthita Hasta Padangusthasana (Extended hand-to-big-toe pose)

- Strengthens the legs and ankles while improving flexibility
- Enhances focus, balance, and proprioception
- Opens the hips and hamstrings
- Builds single-leg stability, important for runners and martial artists
- Encourages deep core activation



Fig. 12.12: Utthita Hasta Padangushtasana

Benefits of Garudasana (Eagle pose)

- Strengthens ankles, calves, thighs, and shoulders
- Improves joint stability and coordination
- Stretches upper back and hips
- Enhances concentration and mental clarity
- Helps in managing stress through focused engagement



Notes

**Fig. 12.13: Garudasana**

Each of these Asanas can be adjusted to suit the athlete's mobility level and sport type. Use props (blocks, straps, walls) to maintain safe alignment and build confidence during learning.

Table 12.2: Group of Asana Based on Performance Goals

Performance Area	Recommended Asanas
Flexibility and ROM	Uttanasana, Paschimottanasana, Parighasana, Utthita Trikonasana
Strength and stability	Setu Bandhasana, Virabhadrasana II, Garudasana, Utkatasana
Balance and proprioception	Vrksasana, Utthita Hasta Padangusthasana, Warrior III
Breath control and posture	Supta Matsyendrasana, Adho Mukha Svanasana, Parivrtta Trikonasana
Recovery and decompression	Viparita Karani, Supta Baddha Konasana, Reclining Twist

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Notes

Benefits of Selected Asanas

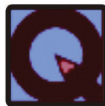
These groupings allow the instructor to tailor sessions to the day's goal – whether it's post-match restoration or pre-training activation.

Progression and cueing strategies

To make Asana practice effective and safe:

- Start with shorter holds (15–20 seconds) and progress to 30–45 seconds per side
- Clue **“exhale during effort”** to reduce internal pressure
- Observe form breakdown and fatigue signs – modify when needed
- Use breath as a tool for pacing: 4-count inhale, 6-count exhale helps deepen holds

Always maintain focus on spinal alignment and joint integrity over range



INTEXT QUESTIONS 12.2

1. Write True/False

- (a) Vrikshasana enhances both balance and coordination. ()
- (b) Paschimottanasana calms the brain and reduces stress. ()
- (c) Matsyendrasana improves spinal mobility. ()



WHAT HAVE YOU LEARNT

Dear learners, in this unit you have learnt:

- In Sports Yoga Asana is a performance intervention, each poses is chosen to support the athlete's physical needs, movement demands and recovery goal.
- While selecting Asanas, Yoga Instructor – Sports, muscle and joint specificity, hold duration and intensity scaling, breath curing for control and depth, and sport specific modifications should be taken care of.
- Various Asanas have specific benefits. A Yoga Instructor – Sports, should choose Asanas according to athlete's requirements.



TERMINAL QUESTIONS

1. Explain the prime considerations in Asana selection by Yoga Instructor – Sports.
2. State the benefits of:
 - (a) Setu Bandhasana
 - (b) Adho Mukha Svanasana
 - (c) Paschimottanasana
 - (d) Virbhadrasana
 - (c) Garudasana



ANSWER TO INTEXT QUESTIONS

12.1

1. (i) (b) (ii) (a) (iii) (c)

12.2

1. (a) True (b) True (c) True

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Notes

13

WAYS TO IDENTIFY IF THE ATHLETE IS UNCOMFORTABLE TO PERFORM THE PHYSICAL ACTIVITIES

In the previous unit, you have learnt that each Asana in sports specific Yoga programs contribute towards flexibility, mobility, strength, coordination or recovery. An athlete may be uncomfortable with physical activity if they experience physical symptoms like shortness of breath, fatigue etc. or psychological signs such as panic attacks, negative mood changes or a desire to get injured to avoid activity. Performance related issues like decreased performance and increased recovery time can also indicate discomfort.

Dear learners, in this unit, you will study about the signs that indicate athlete discomfort as well as observing and responding to verbal and non-verbal cues.



OBJECTIVES

After studying this unit, you will be able to:

- recognize signs that indicate athlete discomfort during Yoga sessions;
- differentiate between safe challenge and harmful strain in posture performance;
- learn how to observe and respond to verbal and non-verbal cues;
- apply appropriate modifications, pauses, or referrals when discomfort is noted.

13.1 WHY DISCOMFORT DETECTION IS ESSENTIAL IN SPORTS YOGA

In sports environments, pushing through discomfort is often glorified. However, Sports Yoga is not a space for performance pressure – it is a space for intelligent recovery, alignment, and nervous system tuning. The role of the Yoga Instructor – Sports is not just to teach poses, but to observe and protect the athlete’s structure, breath, and mental state during practice.

Early identification of discomfort allows instructors to modify the approach, prevent injury, and deepen the athlete’s trust in Yoga as a supportive tool – not just another performance demand.

Athletes often push through pain or discomfort due to performance culture. However, in a Yoga setting, instructors must prioritize structural safety, breath accessibility, and nervous system regulation. Early detection of discomfort prevents injury, improves compliance, and builds trust between the athlete and instructor.



Fig. 13.1: Types of Discomfort

A. Types of discomfort

Discomfort in Yoga can arise from more than just tight muscles or fatigue. For athletes, it may be physical, physiological, or psychological in nature – often overlapping. Recognizing each type helps Yoga Instructors – Sports adapt sessions with precision and compassion.

1. Physical Discomfort

Definition: Discomfort arising from the body’s structural or mechanical systems – joints, muscles, ligaments, and alignment.



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Notes

Ways to Identify if the Athlete is Uncomfortable to Perform the Physical Activities

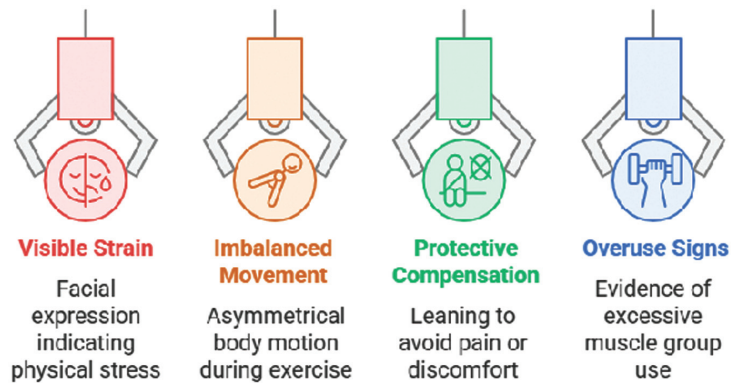


Fig. 13.2: Signs of Physical Discomfort

Possible causes in Yoga sessions:

- Poor alignment or excessive range of motion
- Holding a pose too long
- Lack of warm-up or inadequate recovery phase

Examples:

- Knee pain in deep lunges
- Wrist strain in plank or side plank
- Hip compression during seated twists

2. Physiological Discomfort

Definition: Discomfort caused by internal responses of the body – such as breath, circulation, energy systems, and hormonal response.



Fig. 13.3: Signs of Physiological Discomfort



Notes

Possible causes in Yoga sessions:

- Poor hydration or overexertion
- Inversions or poses that alter blood pressure
- High room temperature or intense flow without rest

Examples:

- Lightheadedness after a forward bend
- Breathlessness in long-held Chair pose
- Fatigue after repetitive vinyasa sequences

3. Psychological Discomfort

Definition: Emotional or mental unease that interferes with engagement, focus, or confidence during practice.

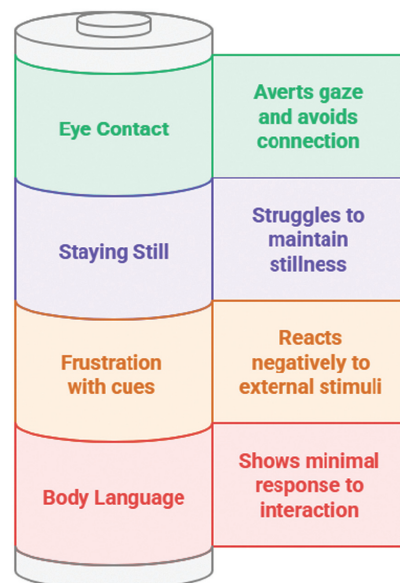


Fig. 13.4: Signs of Psychological Discomfort

Possible causes in Yoga sessions:

- Fear of judgment or being compared in a group
- Stored emotional tension surfacing during quiet phases
- History of injury or trauma tied to specific movement patterns

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Notes

Ways to Identify if the Athlete is Uncomfortable to Perform the Physical Activities

Examples:

- Anxiety in stillness during balancing postures
- Agitation during long forward folds
- Mental disengagement during breathwork or guided relaxation

B. How to Recognize Discomfort in Real Time

1. Non verbal signs of discomfort

Non-verbal Clue	Possible Interpretation
Facial strain (grimacing, frowning)	Excessive effort or joint discomfort
Sudden breath-holding or shallow breath	Nervous system tension or pain
Shaking or instability	Muscle fatigue or poor joint control
Looking around/restlessness	Mental disengagement or nervousness
Protecting or favoring one side	Hidden injury or reduced mobility
Releasing a pose abruptly	Overstretch or structural failure

2. Verbal and behavioral clues

- Delayed entry or exit from poses
- Repeated adjustments or restless fidgeting
- Avoidance of eye contact or withdrawal
- Saying “I’m fine” while showing clear signs of unease

C. Instructor’s Response Strategy

- Prioritize breath over depth
- Offer immediate regressions without judgment
- Ask specific, respectful check-in questions (“How does your back feel in this lunge?”)
- Normalize rest and adjustment as smart choices

Breath as an indicator

Breath is the most immediate signal of comfort. If the athlete:

- Cannot breathe rhythmically

Ways to Identify if the Athlete is Uncomfortable to Perform the Physical Activities

- Holds breath unintentionally
- Speeds up breath suddenly during still poses

These are signs the pose intensity is too high or alignment is off.

Instructor actions:

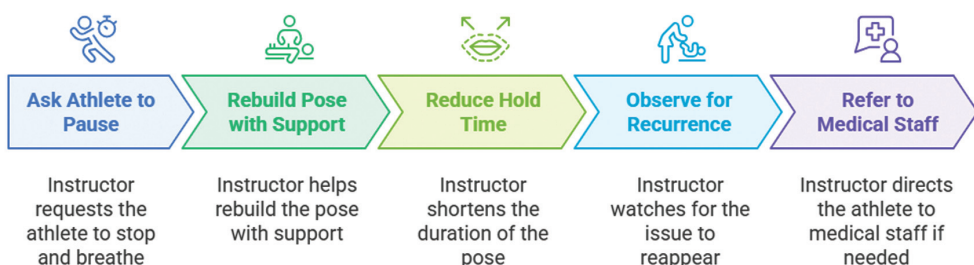


Fig. 13.5: Instructor Actions when Notice Discomfort

Table 13.2: Common Discomfort Points and Modification Tips

Pose area	Possible discomfort cause	Modification tip
Hamstring-heavy poses	Past strain or stiffness	Use block or bend knee
Backbends	Spinal compression or weak glutes	Use bolster, reduce height, cue glute engagement
Balancing poses	Ankle instability, lack of proprioception	Practice near a wall, reduce hold time
Twisting poses	Spinal stiffness or breathing limitation	Keep lower hand supported, deepen twist with exhale
Shoulder openers	Rotator cuff stress or hypermobility	Use strap, shorten range, stabilize scapula first

Instructor Strategies for Discomfort Management

- Establish “permission culture”: athletes are encouraged to speak up
- Reinforce that rest is not failure
- Offer clear cues: “If this feels sharp or pinching, ease out and raise your hand.”
- Check in subtly with nods or soft questions
- Log any repeated complaints in the session tracker and flag for coach/medical team

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Notes

Ways to Identify if the Athlete is Uncomfortable to Perform the Physical Activities



INTEXT QUESTIONS 13.1

1. Match the following:

Group A

- (i) Physical discomfort
- (ii) Physiological discomfort
- (iii) Psychological discomfort

Group B

- (a) Breathlessness
- (b) Anxiety
- (c) Balance instability



WHAT HAVE YOU LEARNT

Dear learners, in this unit, you have learnt:

- Identification of discomfort allows Instructors to modify the approach, prevent injury, and builds a supportive environment.
- Discomfort can be physical, physiological, or at psychological level.
- The discomfort can be both at verbal as well as non-verbal level. Non-verbal clues can be shaking or instability, facial strain, restlessness etc. verbal clues includes delayed entry or exit from poses, fidgeting etc.
- Yoga Instructor – Sports should employ appropriate strategies to address discomfort during the practices.



TERMINAL QUESTIONS

1. Describe different types of discomfort while practice sessions.
2. Explain the verbal and non-verbal signs of discomfort during practice sessions.



ANSWER TO INTEXT QUESTIONS

13.1

1. (i) (b) (ii) (c) (iii) (a)



Notes

14

INAPPROPRIATE BEHAVIOUR AND SEXUAL HARASSMENT AT PRACTICE PLACE

Dear learners, in the previous unit, you had studied about how to observe and respond to verbal and non-verbal clues that indicate athlete discomfort during Yoga sessions. The relationship between athletes and coaches often involves significant power differentials, making athletes vulnerable to exploitation by authority figures. Even sexual harassment and abuse takes place across all levels of sports. This may lead to severe consequence, including psychosomatic illness, anxiety, suicidal thoughts etc.

In this unit, you will study about the inappropriate behaviour and sexual harassment in the context of Yoga and sports environment. As well understand the rights of individuals and the responsibilities of the professionals.

**OBJECTIVES**

After studying this unit, you will be able to:

- define inappropriate behaviour and sexual harassment in the context of Yoga and sports environments;
- recognize signs and examples of misconduct in Yoga training spaces;
- understand the rights of individuals and the responsibilities of professionals in ensuring a safe environment;
- know the process for reporting, responding, and preventing workplace harassment.

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Execute an Advance Yoga Program



Notes

Inappropriate Behaviour and Sexual Harassment at Practice Place

14.1 WHAT IS AN INAPPROPRIATE BEHAVIOUR IN A SPORTS YOGA SETTING?

Inappropriate behaviour – whether intentional or not – can erode that trust, create emotional distress, and damage the professional environment required for learning and performance.

Yoga Instructors – Sports must be especially mindful, as the practice often involves physical cues, emotional vulnerability, and shared spaces. Respect for personal and cultural boundaries is not optional – it is foundational to ethical and effective instruction.

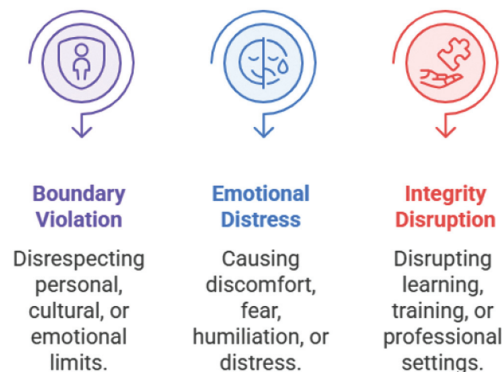


Fig. 14.1: Inappropriate Behavior

14.2 CATEGORIES AND EXAMPLES OF INAPPROPRIATE BEHAVIOUR

In a sports Yoga setting, instructors must maintain a high standard of professional conduct. Inappropriate behaviour – whether verbal, physical, or non-verbal – can deeply impact athlete confidence, emotional safety, and group dynamics. Below are the key categories, each explained with practical examples and the potential harm they can cause:

1. Verbal Inappropriate Behaviour

Using disrespectful or sarcastic language can undermine an athlete's self-esteem and create a hostile environment. For example, commenting on an athlete's body – such as “You've gained weight” or “You're too stiff for this pose” – can be damaging even if said with humor. Similarly, using sarcasm during corrections like “Try not to be lazy like last time” can cause embarrassment, fear of judgment, or reduced participation. Verbal remarks must be constructive, not critical or personal.



Notes

2. Physical Inappropriate Behaviour

Touch-based guidance must always be approached with care and consent. Physically adjusting an athlete's posture – especially in areas like the hips, chest, or inner thighs – without asking first can violate boundaries and trigger discomfort or distress. Standing too close during poses without informing the athlete, or walking into dressing areas without warning, also breaches physical and psychological safety. In a professional environment, respecting personal space is essential to maintaining trust and comfort.

3. Visual and Behavioural Clues

Non-verbal gestures and social behaviour can be just as harmful. Rolling your eyes when an athlete struggles, laughing at someone's mistake, or mimicking their movements communicates ridicule and exclusion. Failing to pair an athlete due to gender, appearance, or skill level also reflects bias. These subtle forms of disrespect can lead to mental withdrawal, low morale, or avoidance of future sessions.

Even if the intention is harmless or humorous, the impact of inappropriate behaviour can be long-lasting – leading to emotional distress, reduced trust in the instructor, and deterioration of team culture. Every Yoga Instructor – Sports must strive to uphold a space where professionalism, consent, and empathy are non-negotiable.

Consequences of Poor Core Stability

Without a functional core, athletes may:

- **Leak force:** Power generated in one part of the body doesn't transfer effectively, leading to energy waste during sprints, lifts, or throws.
- **Overuse superficial muscles:** Muscles like the rectus abdominis or hip flexors overcompensate, leading to fatigue and poor mechanics.
- **Risk injury:** Weak core engagement increases stress on the lumbar spine and joints, raising the likelihood of back pain and strain injuries.
- **Lose balance:** Especially under dynamic or asymmetric loads, balance becomes harder to maintain without a stable trunk foundation.

Core stability should be trained in both static and dynamic formats – starting with simple breath-focused holds and gradually progressing to movement-integrated Asanas like Vasisthasana, Navasana, and Plank with limb lifts.

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Execute an Advance Yoga Program

Inappropriate Behaviour and Sexual Harassment at Practice Place

14.3 WHAT CONSTITUTES SEXUAL HARASSMENT?

Sexual harassment refers to any unwelcome act or behaviour of a sexual nature that violates a person's dignity, safety, or sense of agency. It is strictly prohibited in all professional settings, including Yoga classes, camps, studios, institutions, and training sessions. Under India's POSH Act, 2013, such conduct is recognized as a legal offence – whether it is verbal, physical, non-verbal, or digital.

In Yoga environments, where close physical proximity and guided touch may occur, it becomes even more important to set and respect professional boundaries at all times.

Key forms of Sexual Harassment (as per POSH and Sports Yoga Context)

- **Verbal harassment:** Making sexual jokes, passing comments about someone's body or clothing, suggestive or double-meaning remarks.
- **Non-verbal cues:** Staring inappropriately, lewd gestures, repeated invasion of personal space.
- **Physical harassment:** Unwanted touching, brushing against someone deliberately, standing too close during Asana corrections without consent.
- **Digital misconduct:** Sending unsolicited messages, images, videos, or links of a sexual nature via phone, email, or social media.
- **Power misuse:** Offering benefits like performance opportunities, selection preference, or mentorship in exchange for personal favors.

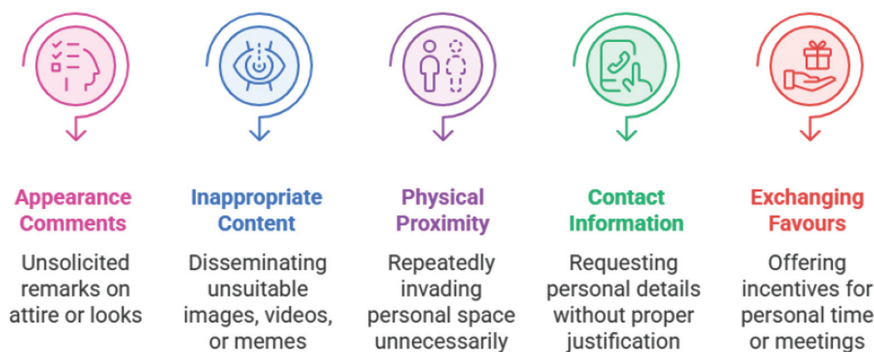


Fig. 14.2: Examples of Sexual Harrasment

14.4 POSH GUIDELINES

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/practice



Notes

place. 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.

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.

Consequences of violating POSH

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

Under the **POSH Act, 2013**, all organizations must:

- Establish an Internal Committee (IC) to address complaints
- Provide clear guidelines for filing and investigating complaints
- Ensure that the victim is not penalized for reporting misconduct
- Take strict disciplinary or legal action against the offender

These behaviours are not just immoral – they are punishable by law, and any breach violates both ethical norms and institutional policies.



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Inappropriate Behaviour and Sexual Harassment at Practice Place

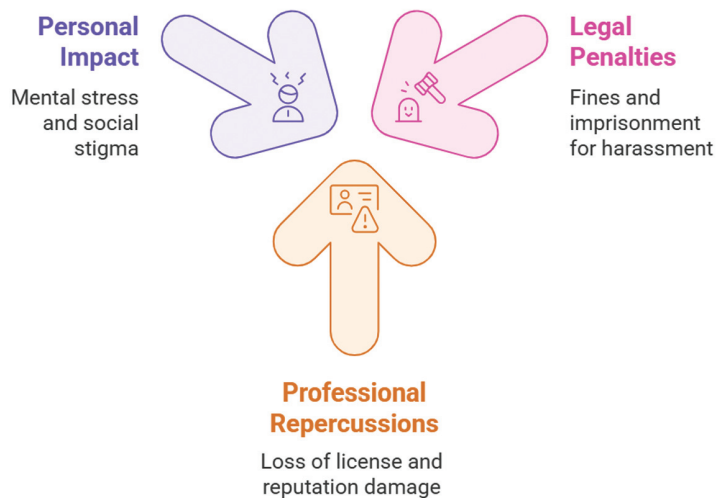


Fig. 14.3: Consequences of Violating POSH

Remember: Consent is not assumed. Respecting boundaries is non-negotiable. The role of a Yoga Instructor – Sports is to create a physically safe and emotionally respectful learning environment for all.

14.5 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 reporting protects both the victim and the integrity of the session. As a Yoga Instructor – 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 instructor prioritizes athlete well-being and legal compliance.

Steps to report inappropriate behaviour

Step 1: Identify the behaviour 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 behaviour 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.



Fig. 14.4: Steps to Report Inappropriate Behavior in Nutshell

14.6 THE ROLE OF THE YOGA INSTRUCTOR – SPORTS AND PREVENTIVE STRATEGIES

A Yoga Instructor – Sports plays a critical role in shaping not just the physical progression of athletes, but also the psychological and ethical tone of the training



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Execute an Advance Yoga Program



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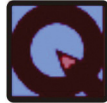
Inappropriate Behaviour and Sexual Harassment at Practice Place

environment. In contexts where body awareness, guided touch, and group dynamics intersect, maintaining professionalism, consent, and inclusivity is essential.

Responsibilities of the Yoga Instructor – Sports

- Model respectful, professional conduct in language, body language, and demeanor – on and off the mat.
- Communicate clearly and respectfully while giving posture instructions, ensuring the athlete feels informed and supported.
- Seek consent before any physical adjustment by using verbal cues such as “Would you like help with alignment?”.
- Avoid all jokes or remarks related to gender, religion, caste, appearance, or ability – regardless of context or familiarity.
- Keep all interactions focused on performance, safety, and athlete wellbeing, avoiding overly personal or informal engagement.
- Create an emotionally safe environment where athletes feel heard, respected, and empowered to speak up when boundaries are crossed.

These practices build trust, psychological safety, and team cohesion – the foundation for effective Yoga training in sports settings.



INTEXT QUESTIONS 14.1

1. Write any two responsibilities of the Yoga Instructor – Sports.
.....
.....
2. Tick (✓)/(×) the correct answer under the POSH Act, 2013
 - (a) Establish an internal committee to address complaints. ()
 - (b) Provide clear guidelines for filling and investigating complaints.()



WHAT HAVE YOU LEARNT

Dear learners, in this unit, you have learnt:

- Yoga Instructor – Sports must be of the appropriate behaviour at the practice place. The instructions during the sessions should be ethical and effective.

- Inappropriate behaviour can be verbal, physical, visual and behavioural.
- In context of Sports Yoga as well as POSH guidelines, sexual harassment can be in the form of non-verbal cues, physical harassment, verbal harassment, digital misconduct or misuse of power.
- The prevention of sexual harassment (POSH) Act, 2013 mentions contain guidelines to ensure safety, dignity and equality for women at the practice place/workplace. A Yoga Instructor – Sports should adhere to such guidelines.
- The inappropriate behaviour should be reported appropriately. It should also be documented, at the same time maintaining the confidentiality.



TERMINAL QUESTIONS

1. Explain the various categories constituting inappropriate behavior in the sports setting.
2. Describe the steps to be taken in reporting the inappropriate behaviour.



ANSWER TO INTEXT QUESTIONS

14.1

1. (i) Respectful
(ii) Communicate clearly
2. (a) (✓)
(b) (✓)

MODULE-3

Execute an Advance Yoga Program



Notes

MODULE-4: EXECUTE AN ADVANCE MEDITATION PROGRAM

15. Attire and Environment Setup for Meditation
16. Types of Meditation and their Benefits for Athletes
17. Interlink between Breath, Posture, and Focus in Meditation
18. Designing an Effective Meditation Session
19. Mindfulness and its Applications in Sports Performance

KEY LEARNING OUTCOMES

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

- Identify meditation types suitable for athletes based on training or psychological needs
- Set up an effective meditation environment with correct posture and minimal distractions
- Integrate breath, posture, and focus to enhance meditative depth and sports readiness
- Design short and goal-specific meditation sessions for focus, recovery, or calmness
- Promote mindfulness techniques to improve emotional regulation and decision-making



Notes

15

ATTIRE AND ENVIRONMENT SETUP FOR MEDITATION

Meditation is a mind body practice that involves focusing attention and awareness to achieve a state of calm, clear and stable mental and emotional well-being. Dear learners, meditation involves sitting comfortably and focusing attentively to one's breathing. Meditation can be done by focusing on the body, imaginng serene scenes or using mantras.

In this unit, you will study about the importance of appropriate attire and the ideal environmental conditions for conducting effective meditation sessions for the athletes.



OBJECTIVES

After studying this unit, you will be able to:

- identify the ideal environmental conditions for conducting effective meditation sessions for athletes;
- understand how lighting, sound, space, and temperature affect meditative focus;
- recognize the importance of appropriate attire for comfort, safety, and performance readiness;
- learn to set up and supervise a distraction-free meditation environment aligned with sports goals.

15.1 ROLE OF ENVIRONMENT IN MEDITATION

Being a group Yoga Instructor – Sports goes beyond guiding athletes through poses. It involves creating a structured, safe, and engaging environment that

MODULE-4

Execute an Advance Meditation Program



Notes

Attire and Environment Setup for Meditation

supports both physical and mental well-being. The instructors's role spans three inter-connected phases: before the session, during the session, and after the session. Each phase is crucial to ensuring a consistent and impactful training experience. Hence, understanding how these phases connect is essential for delivering high-quality Yoga training.

15.2 KEY RESPONSIBILITIES OF A GROUP YOGA INSTRUCTOR – SPORTS

In sports, meditation is not just a relaxation tool – it is a strategic method to sharpen focus, manage performance anxiety, regulate emotions, and foster inner stillness during high-stakes scenarios. Whether practiced before a match to promote grounding or after intense training to support recovery, the environment in which meditation occurs can either enhance or hinder its effect.

Unlike recreational or health based meditation spaces, the setting for an athlete's meditation must be intentionally structured to match the purpose of the session and the mental state of the athlete.

15.3 KEY FEATURES OF AN EFFECTIVE MEDITATION SPACE IN SPORTS

- **Distraction-free zone:** The space should be silent or acoustically buffered, with minimal visual and auditory interruptions. Even small distractions – like flickering lights, movement, or background chatter – can disrupt mental rhythm and cause frustration.
- **Sound-conscious setup:** Background noise should be minimized. Avoid spaces near loud equipment, traffic, or high footfall areas. If ambient sound is used (like ocean waves or soft instrumental music), it must align with the session's intent – not overstimulating or inconsistent. Sudden loud noises can trigger stress responses and disrupt meditative rhythm.
- **Nervous system-friendly atmosphere:** Lighting, temperature, and seating should promote **parasympathetic activation** (rest-and-digest mode). Soft lighting, natural materials, and minimal electronic interference help signal safety and calm to the athlete's brain.
- **Session-intent alignment:** The arrangement of the space should reflect the **goal of the meditation**.
 - For **pre-match grounding**, the environment should be alert yet centered – seated postures, upright spine, natural light.

- o For **post-training recovery**, the space can be dimly lit, reclined setups allowed, perhaps with calming scents or music.

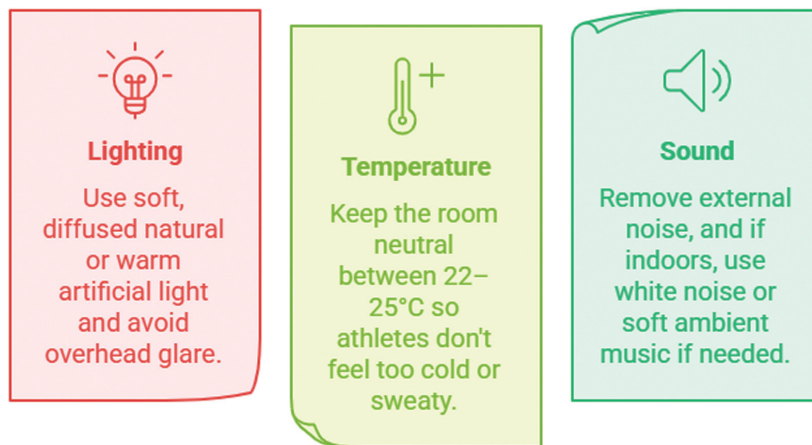


Fig. 15.1: Elements of Room Ambience

15.4 PHYSICAL SPACE SETUP FOR MEDITATION IN SPORTS YOGA

The physical environment plays a powerful role in shaping the effectiveness of meditation, especially in a sports setting where athletes may carry fatigue, adrenaline, or mental distractions. Instructors must ensure that the space invites stillness, supports breath comfort, and removes sensory interference. Below are the key physical factors to be considered:

1. Flooring

The floor should be non-slip, clean, and cushioned to allow stable seated or reclined postures. Use Yoga mats, bolsters, or folded blankets to support the spine, hips, and knees – especially for longer meditations. Athletes with tight hips or lower back issues should be given extra elevation and support to maintain neutral posture.

2. Ventilation

Good ventilation is essential for breath-based practices. Ensure the room has fresh air circulation without strong gusts. Avoid completely closed or stuffy spaces, as poor air quality can trigger restlessness, shallow breathing, or heat build-up. Cross-ventilation or a quiet fan can help, provided it doesn't become a distraction.

3. Space layout

Arrange the space so that each participant has sufficient personal room to sit, recline, or stretch without interference. Avoid cramped rows or overlapping mats.



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For group sessions, ensure that instructor visibility and acoustic clarity are maintained from all points in the room.

4. Visual clutter

Keep the visual field minimal and soothing. Avoid flashy posters, mirrors, electronic screens, or sharply colored walls. Instead, use neutral tones, soft lighting, and natural elements like indoor plants or wooden textures to promote calm. Visual overstimulation can delay the onset of mental stillness and interfere with breath awareness.

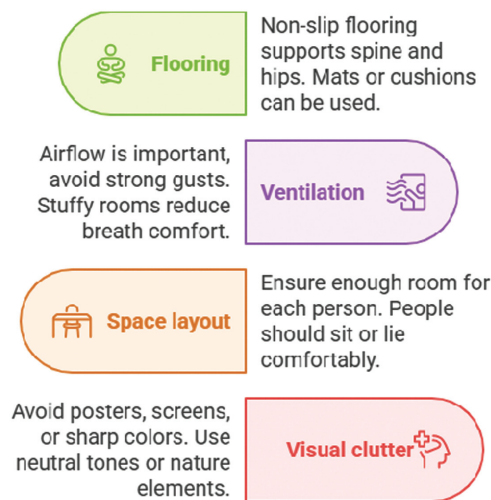


Fig. 15.2: Physical Space Setup

Together, these physical space elements help create an environment where athletes can drop into meditation with ease, safety, and trust – a critical part of the performance-recovery cycle.

15.5 SIGNIFICANCE OF ENVIRONMENT

A poorly arranged meditation area can:

- Interrupt breath rhythm and sensory processing
- Make athletes feel exposed, restless, or uncomfortable
- Cause resistance to the practice, especially in groups not yet familiar with meditation
- Undermine the credibility and effectiveness of the instructor

As a Yoga Instructor – Sports, your attention to space design reflects your commitment to both psychological and performance wellbeing.

Effects of Inappropriate Meditation Space**1. Distracting noise disrupts focus**

During a pre-competition meditation, the session is held in a multi-purpose hall next to a gym. The loud thud of weights and background music filters into the room. An athlete trying to calm their nerves before a big match begins to fidget, repeatedly opening their eyes. Their breath becomes shallow, and they opt out halfway, saying “I can’t focus like this.”

- **Impact:** Breath rhythm is interrupted. The session fails to support grounding. Trust in the instructor is weakened.

2. Cramped layout triggers discomfort

In a post-training recovery session, athletes are asked to lie down for Yoga Nidra. The mats are placed too close together. One athlete’s elbow brushes another’s during transitions. Someone sneezes, and others become visibly tense. A few athletes shift constantly and never settle.

- **Impact:** Participants feel physically and mentally invaded. The sense of safety needed for deep relaxation is lost.

3. Harsh lighting increases anxiety

A team is guided into a mindfulness practice after an intense interval workout. The instructor forgets to dim the overhead white tube lights, which feel glaring and clinical. Several athletes squint or keep their eyes open, unable to soften their gaze or tune inward.

- **Impact:** Sensory overstimulation prevents nervous system downregulation. The athletes remain in a fight-or-flight state.

4. Stale air leads to restlessness

The meditation is scheduled at noon in a closed studio. With no fans or open windows, the air is heavy and warm. Within minutes, an athlete complains of feeling “suffocated,” while another silently struggles with maintaining calm breath due to rising heat and CO buildup.

- **Impact:** Poor ventilation interferes with breath comfort. Athletes associate meditation with discomfort and avoid future sessions.

5. Unintended visual clutter causes irritation

The session space has bright posters of anatomy charts, mirrors reflecting movement, and leftover props piled in a corner. One athlete keeps glancing around, unable to stay focused. Another says, “It’s just too busy in here.”



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- **Impact:** Visual clutter competes for mental attention. Instead of turning inward, athletes stay distracted and agitated.

These small yet significant factors demonstrate that meditation is not just about silence and stillness – it's about the environment that makes stillness possible. A well-prepared instructor ensures that the setting is not just available, but optimized for the purpose of focus, breath, and recovery.



INTEXT QUESTIONS 15.1

1. Write True/False:

- The floor should be non-slip, clean and cushioned to allow stable seated or reclined postures. ()
- Good ventilation is not essential for breath based practices. ()
- The sense of safety needed for deep relaxation. ()

15.6 ATTIRE FOR ATHLETE MEDITATION

In meditation-based sessions, clothing is not just about appearance – it influences breath quality, posture, psychological comfort, and group focus. Athletes must feel secure, unrestricted, and relaxed to engage deeply with breathwork and inner awareness.

Meditation involves seated, kneeling, and reclined positions. Inappropriate clothing can distract the wearer, draw unnecessary attention from others, or compromise spinal alignment and breath rhythm. Therefore, choosing the right attire is part of setting the tone for a safe and focused practice.

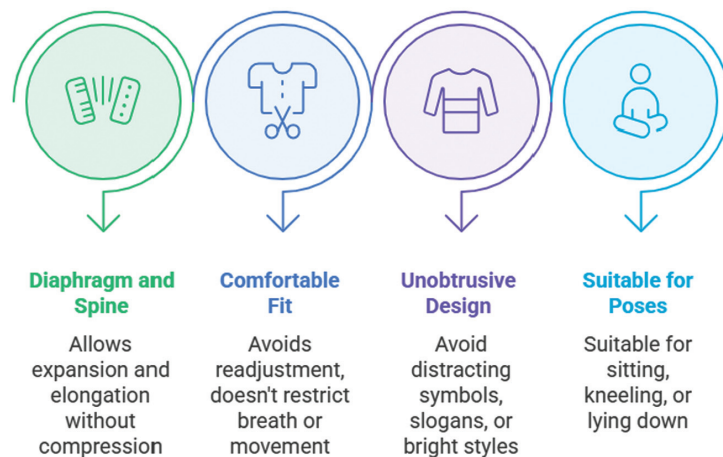


Fig. 15.3: Attire for Meditation

Table 15.1: Attire: Recommended vs to Avoid

Recommended	To Avoid
Stretchable, breathable fabric (e.g., jersey, cotton)	Tight belts, stiff waistbands, restrictive tops
Neutral or team-approved attire	Loud graphics, flashy branding, or revealing outfits
Barefoot or grip socks (in cold conditions)	Shoes, sandals, regular socks (no grip), or foot jewelry
Hair tied neatly, minimal distractions	Open hair falling into the face, noisy bangles or chains

Yoga Instructors – Sports must lead by example – wearing simple, functional, and respectful clothing that reflects the professionalism of the session. Their attire silently sets the behavioral tone for the group.

15.7 PROPS AND AIDS FOR MEDITATIVE COMFORT

In meditation sessions, especially in sports environments where athletes may arrive physically fatigued or mentally restless, the use of props enhances comfort, posture, stillness, and breath control. Props are not signs of weakness – they are tools to reduce distractions and deepen meditative presence. Props are considered as essential tools for comfort, alignment, and nervous system regulation. Each prop used during meditation should serve a specific physiological or sensory purpose, enabling athletes to maintain alignment without discomfort or fidgeting. The following props are used to minimize these barriers – not as signs of inexperience, but as precision tools to deepen physiological ease and enhance inward focus.

- **Cushion (Zafu or Bolster):** A cushion placed beneath the pelvis supports a gentle forward tilt (anterior pelvic tilt), helping maintain the spine's natural curvature in seated meditation. This is especially useful for athletes with tight hips or hamstrings, as it reduces lower back strain and allows for longer periods of stillness without discomfort.



Fig. 15.4: Zafu



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- **Blanket or Shawl:** A folded blanket or shawl provides warmth during extended holds. As the body cools in stillness, it prevents shivering or twitching that could disrupt the meditation. It can also be placed under knees, ankles, or hips to reduce pressure and enhance comfort in seated or reclined postures.



Fig. 15.5: Blanket

- **Eye Cover (Optional):** In lying meditations like Yoga Nidra, a soft eye pillow helps block visual input and supports sensory withdrawal (Pratyahara). This promotes deeper mental focus and relaxation. Eye covers are especially helpful for athletes who are visually distracted or struggle to turn attention inward – but should always be optional.



Fig. 15.6: Eye Cover

- **Wall Support:** Sitting with the back gently supported by a wall can help athletes with spinal fatigue, poor postural endurance, or injury. It allows them to maintain an upright position without over-recruiting core muscles, making it easier to stay aligned and focused.

- **Aromatics (Optional):** Gentle natural scents like lavender or sandalwood can enhance the meditative atmosphere and support nervous system downregulation. These should be used sparingly, only in well-ventilated rooms, and must always be hypoallergenic and consensual. Avoid incense or strong fragrances that may cause discomfort or respiratory irritation.



Fig. 15.6: Female Sitting in Meditative Atmosphere

15.8 SAFETY, SUPERVISION, AND SESSION READINESS

To maintain both physical safety and emotional security during meditation sessions, Yoga instructors – Sports must implement proactive measures that support accessibility, reduce risk, and foster autonomy. Below are essential safety considerations every instructor should follow:

- **Ensure the space is free of tripping hazards and electronic obstructions:** Mats, cushions, and seating should be neatly arranged with clear walkways. Avoid dangling wires, unstable stools, or scattered props that could cause injury – especially during transitions from lying down to standing.
- **Closely monitor athletes with a history of vertigo, PTSD, or breath-related anxiety:** These individuals may be more sensitive to breath retention, sensory withdrawal, or stillness. Observe for signs of restlessness, shallow breathing, or distress, and be prepared to gently guide them out of the practice if needed.



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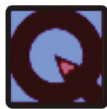


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Attire and Environment Setup for Meditation

- **Inform all athletes that they are free to open their eyes or adjust posture at any time:** Autonomy and self-regulation should be encouraged. Let participants know that changing posture, shifting position, or returning to seated is always acceptable if discomfort arises.
- **Never lock the door during meditation sessions; allow for gentle entry or exit:** While a calm atmosphere is important, locking the space can create panic in some individuals. A soft rule like “enter quietly if late” works better than creating a sense of confinement.
- **Keep a first aid kit and water accessible nearby:** Especially in group or team sessions, always have basic first aid and hydration available to address unexpected discomforts, dizziness, or minor injuries.

These precautions help create an environment that is not only calming but also secure, inclusive, and athlete-centered.



INTEXT QUESTIONS 15.2

1. Write two essential safety considerations every instructor should follow:
 - (i)
 - (ii)



WHAT HAVE YOU LEARNT

Dear learners, in this unit you have learnt:

- For optimum practice session, a Yoga Instructor – Sports should create a structured, safe, and enacting environment, which supports physical and mental well being.
- The meditation space to be effective should include sound conscious set-up, distraction free zone, nervous system friendly atmosphere and session intent alignment.
- The physical space set up for mediation includes flooring, ventilation, space layout and visual clutter.
- Inappropriate meditation space leads cramped layout discomfort, noise distraction, harsh lighting causing anxiety, restlessness and visual clutter.

- Yoga attire for athletes should be simple, functional, and respectful clothing. The Yoga Instructor – Sports should lead by example.
- Props are considered as essentials tools for comfort, alignment, and nervous system regulation. Props may include cushion blanket or shawl, eye cover, or aromatics.
- A Yoga Instructor – Sports should ensure clean space, closely monitor athlete's history of vertigo, PTSD, or breath, or back the door during mediation, keep a first aid kit and water and inform all athletes that they are free to open their eyes or adjust posture.



TERMINAL QUESTIONS

1. Describe the key features of an effective meditation space in sports.
2. Explain the effects of inappropriate meditation space.



ANSWER TO INTEXT QUESTIONS

15.1

1. (i) True (ii) False (iii) True

15.2

1. (i) Keep a first aid
(ii) Space is free of tripping hazards and electronic obstructions.

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16

TYPES OF MEDITATION AND THEIR BENEFITS FOR ATHLETES

Dear learners, in the previous unit, you have studied about how ideal environmental conditions affect the ability to concentrate and to set up and supervise a distraction free mediation environment aligned with sports goals. Meditation provides numerous benefits for athletes by reducing stress, enhancing focus and mental strength and improving physical recovery. By practicing different methods, athletes can improve their mind body connection and achieve optimum performance.

In this unit, you will learn about different types of meditation techniques and their benefits with specific impetus on sports performance under sports training.



OBJECTIVES

After studying this unit, you will be able to:

- identify various types of meditation techniques used in sports training;
- understand how each technique benefits specific aspects of sports performance;
- match meditation types to training phases, psychological demands, or sport-specific focus;
- learn how to select and sequence meditation practices based on desired outcomes.

16.1 WHY MEDITATION MATTERS FOR ATHLETES

Meditation trains the mind just as drills train the body – it develops control, precision, and adaptability under pressure. In sports, mental agility is often the

deciding factor between hesitation and confident execution. Meditation helps athletes cultivate focus, emotional balance, and resilience, forming an inner foundation that enhances performance at every level.

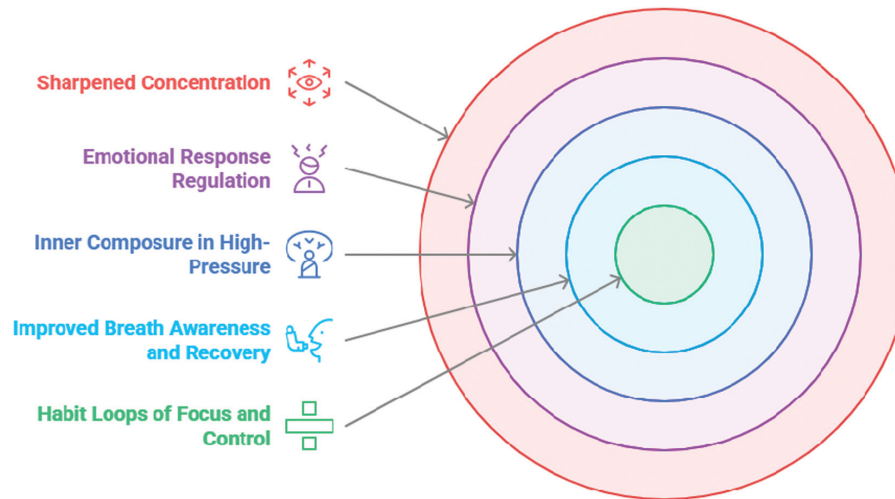


Fig. 16.1: Benefits of Meditation

- **It sharpens concentration:** Regular meditation builds the ability to sustain attention and return to the present moment quickly after distractions – essential during long matches, complex routines, or high-stakes moments.
- **It regulates emotional responses:** Through mindfulness and breath control, athletes learn to manage fear before a performance, defuse frustration during setbacks, and respond calmly rather than react impulsively under pressure.
- **It develops inner composure in high-pressure situations:** Meditation fosters a state of centered awareness, allowing athletes to maintain clarity and make smart decisions – even when adrenaline is high or outcomes are uncertain.
- **It improves breath awareness and recovery:** Conscious breathing techniques practiced in meditation help athletes control their breath during exertion, speed up recovery between rounds, and reduce post-effort fatigue.
- **It builds habit loops of focus and control under stress:** Just as muscle memory is trained through repetition, mental discipline is ingrained through consistent practice. This helps athletes create automatic responses like resetting quickly after an error or staying composed during a competitive surge.



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Types of Meditation and their Benefits for Athletes

The long-term effect of meditation includes improved decision-making, posture awareness, faster recovery from mental errors, and reduced performance anxiety – making it a vital, trainable skill in any serious athlete’s toolkit.

16.2 KEY TYPES OF MEDITATION USED IN SPORTS TRAINING

Different sports, situations, and athlete temperaments call for different mental training tools. Just as we don’t use the same drill for strength and flexibility, we also don’t apply a single meditation method for every performance or recovery need.

Each meditation type activates different neural circuits and offers unique benefits. The most effective Yoga Instructors – Sports choose the right practice based on the athlete’s current psychological state, training phase, and sport-specific demand.

1. Focused Attention Meditation

Involves choosing a single point of focus – such as the breath, a mantra, a sound (like a bell), or a visual object – and gently returning to it each time the mind wanders. This form of meditation trains attention span, impulse control, and reaction discipline.

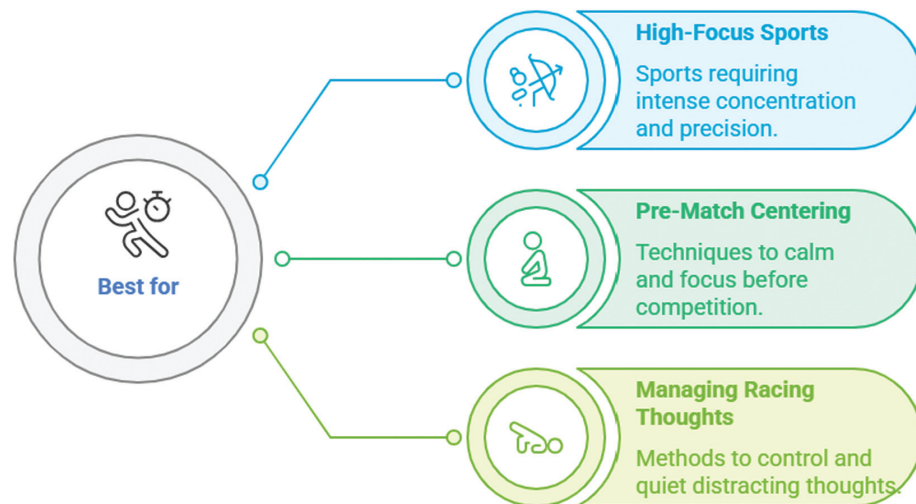


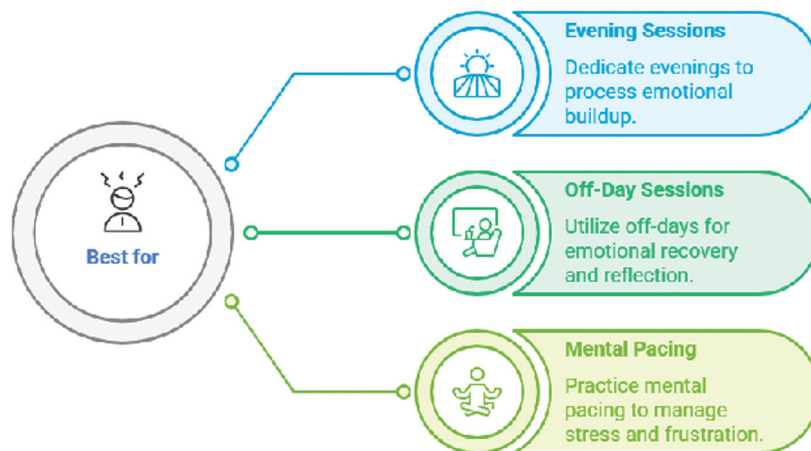
Fig. 16.2: Focused Attention Meditation

2. Mindfulness Meditation

This practice involves sitting quietly and observing thoughts, body sensations, and breath without judgment. It teaches athletes to notice internal states without reacting, helping develop emotional resilience and composure.

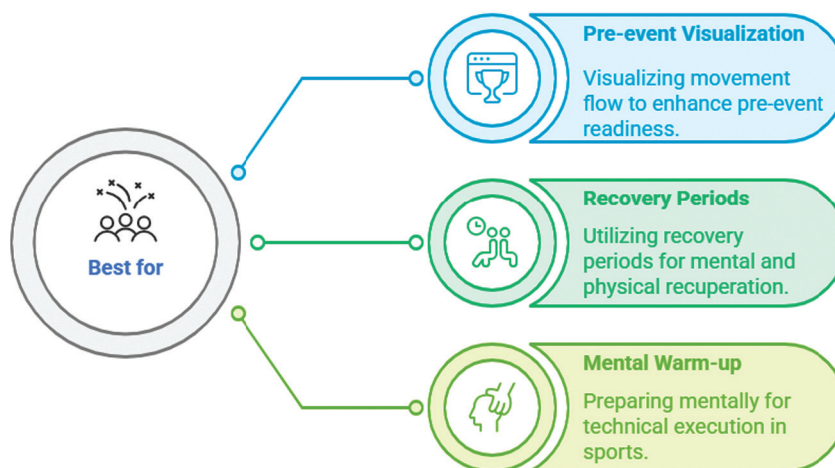


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**Fig. 16.3: Mindfulness Meditation**

3. Visualization Meditation

In this technique, athletes mentally rehearse performance actions, goals, or success moments using sensory-rich imagery. Visualization enhances motor planning, confidence, and goal imprinting.

**Fig. 16.4: Visualization Meditation**

4. Guided Body Scan

A slow, deliberate meditation that moves awareness from head to toe. The goal is to identify tension areas and consciously release them, promoting full-body recovery and calming the nervous system.

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Types of Meditation and their Benefits for Athletes

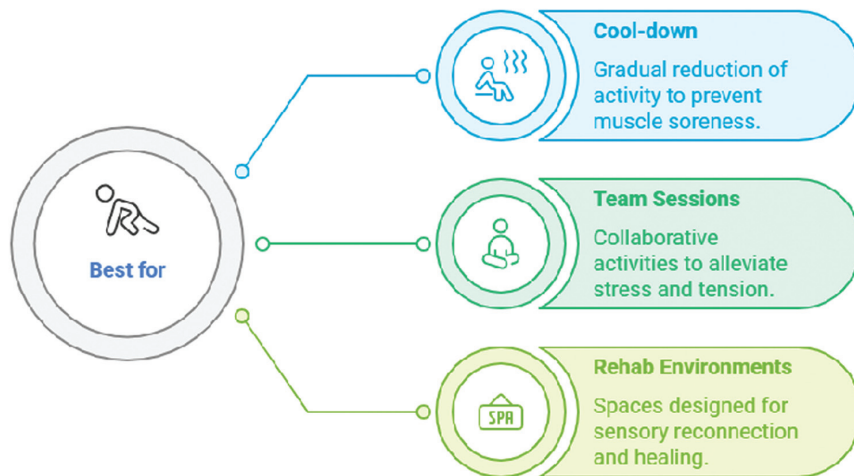


Fig. 16.5: Guided Body Scan

5. Open Awareness Meditation

Unlike focused attention, this practice allows all sensations, thoughts, and sounds to come and go freely. It teaches athletes to stay present and grounded during unpredictable or overstimulating conditions.

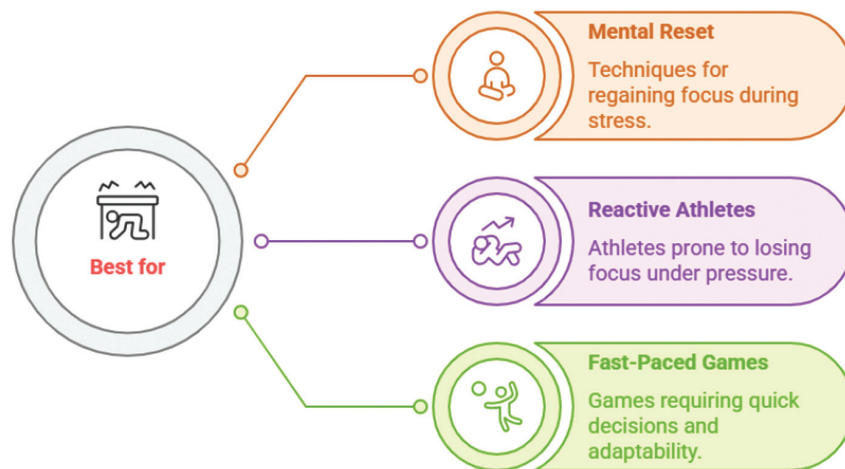


Fig. 16.6: Open Awareness Meditation

6. Chakra-based Meditation

This technique involves directing breath and awareness to specific energy centers (Chakras) while using visualizations or mantras. It's often used to restore emotional balance, posture confidence, and breath stability.

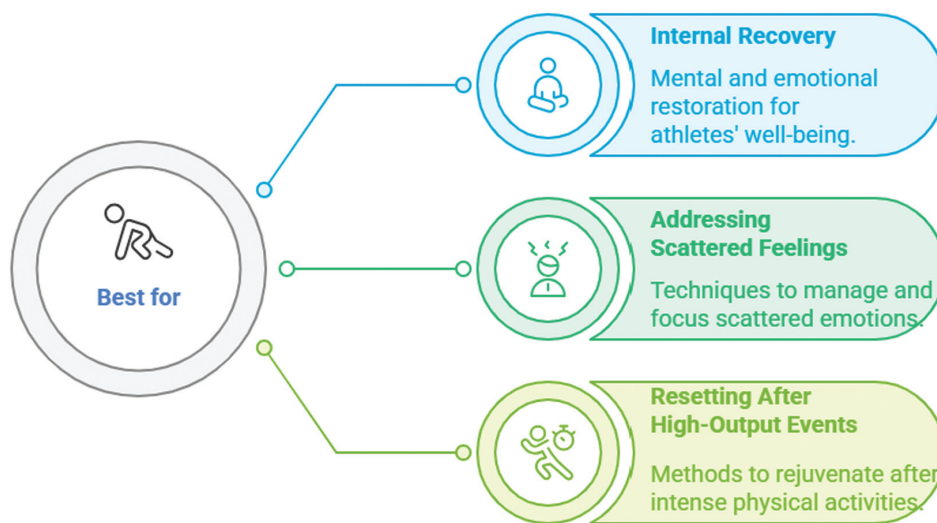
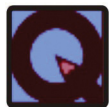


Fig. 16.7: Chakra-based Meditation

Each meditation technique aligns with different training goals, nervous system states, and sport-specific needs. A skilled Yoga Instructor – Sports doesn't apply one-size-fits-all meditation – they prescribe it like a tailored mental drill.



INTEXT QUESTIONS 16.1

1. Write True/False:

- Regular meditation builds the ability to sustain attention. ()
- Mindfulness meditation teaches athletes to notice internal states. ()
- Guided body scan relate to energy centres (Chakras). ()
- A skilled Yoga Instructor – Sports will apply one-size-fits to all meditation techniques. ()

16.3 STRATEGIC TIMING OF MEDITATION IN SPORTS TRAINING

Meditation is most effective in sports when it is intentionally timed to support the athlete's nervous system state, cognitive readiness, and emotional demands of the session. Just like warm-up and cool-down routines are structured around physical output, mental training must align with the psychological arc of performance.

Each stage of a training session – before, during, and after – requires a different mental quality. For instance, focused attention is ideal when the mind is preparing

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for precision or speed, whereas body scan meditation is better suited to post-effort recovery. In high-pressure scenarios, open awareness can help athletes stay grounded in chaos, while chakra-based meditation can restore emotional balance after tough performances or interpersonal strain.

By mapping meditation techniques to the flow of a training day or week, instructors ensure athletes are not only physically prepared but also mentally regulated, emotionally clear, and breath-aligned throughout their training lifecycle.

Table 16.1: Meditation use by Training Phase

Training Phase	Recommended Meditation Type	Purpose
Pre-Session	Focused attention meditation	Sharpen concentration, reduce performance anxiety
	Visualization meditation	Mentally rehearse skills, build confidence, reduce error fear
	Open awareness meditation	Ground attention, neutralize distraction before play
Mid-Session	Mindfulness meditation (short version)	Reset focus, regulate stress in team huddles or breaks
	Open awareness (microdose version)	Stay composed in chaotic matches or during tactical pauses
	Chakra-based breath meditation (3-5 min)	Recenter after mistakes or energy dips
Post-Session	Guided body scan	Release physical tension, promote parasympathetic recovery
	Mindfulness meditation	Reflect without judgment, reduce mental residue
	Chakra-based meditation or deep breathwork	Realign emotional and physiological states

16.4 WEEKLY INTEGRATION OF MEDITATION FOR TEAMS OR INDIVIDUAL ATHLETES

To build consistency and long-term mental resilience, meditation must be treated as a core component of the training schedule – not an optional extra. Just as physical training is periodized across the week for recovery and performance peaks, meditation should follow a structured rhythm that supports cognitive clarity, emotional regulation, and recovery.

The weekly meditation plan below offers a flexible yet focused framework for instructors or coaches working with athletes. It balances mental activation, mindfulness, and recovery in line with physical load. This structure helps develop habit loops of awareness, builds pre-performance rituals, and promotes neuroplastic recovery across training cycles.

Each day's session is paired with a meditation type that complements the intended mental and physical state of the athlete – whether that's sharpness, release, visualization, or stillness. While designed for a typical 6-day training week, this model can be customized for sport-specific routines, competition periods, or individual needs.

Table 16.2: Sample Weekly Integration of Meditation

Day	Session Focus	Meditation Type	Timing
Monday	Skill & focus training	Focused attention + Visualization	Pre-session
Tuesday	High-load conditioning	Guided body scan	Post-session
Wednesday	Light recovery / mobility	Chakra-based or Open awareness	Post-session
Thursday	Tactical or strategic work	Mindfulness reset (5 mins)	Mid-session
Friday	Game simulation	Visualization + Open awareness	Pre-session
Saturday	Long duration / fatigue days	Body scan + Mindfulness	Post-session
Sunday	Rest or mental clarity work	Chakra-based + Open awareness	Anytime

Instructors must select the technique not by personal preference, but based on the athlete's:

- Performance cycle
- Current psychological readiness
- Postural or breath feedback

16.5 STEPS TO INTRODUCE MEDITATION TECHNIQUES TO ATHLETES

Introducing meditation to athletes – especially those unfamiliar with it requires sensitivity, clarity, and relevance. Unlike recreational practitioners, athletes often respond better to techniques when they understand how it supports performance, recovery, and mental clarity. The goal is to demystify meditation, remove the stigma of passivity or spirituality, and frame it as a mental training tool just like strength drills or mobility work.



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Types of Meditation and their Benefits for Athletes

Below are key strategies for Yoga Instructors – Sports to effectively introduce meditation practices in a sports training environment:

- **Start with short durations:** Begin with 2–5 minutes of guided meditation, especially for first-time users. Over time, build toward 10–15 minutes as athletes develop comfort and attention stamina. This gradual approach prevents mental fatigue or resistance and builds positive associations with the practice.

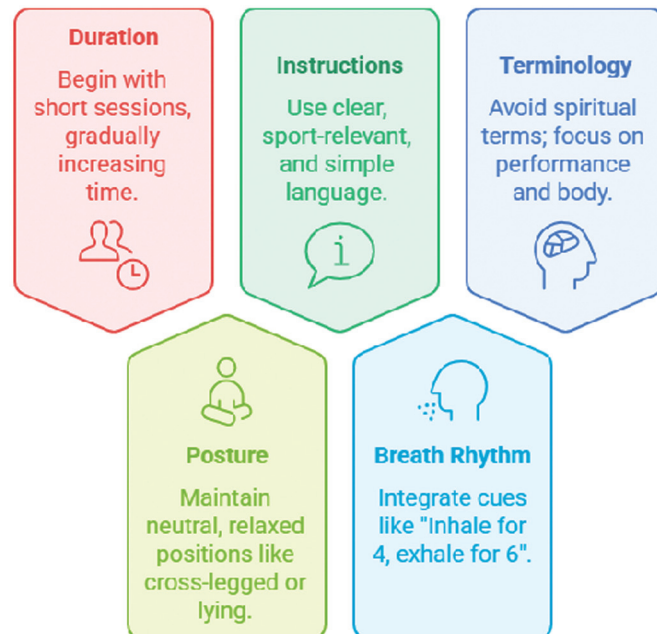


Fig. 16.8: Strategies to Introduce Meditation

- **Use posture setups that are neutral and relaxed:** Encourage seated positions with lumbar support or reclined postures using props. Avoid strict cross-legged expectations or formal mudras. The goal is comfort – postures should support breath flow and stillness without strain or self-consciousness.
- **Provide clear, sport-relevant instructions:** Use performance-based language that athletes already understand – such as balance, rhythm, focus, reset, or center. Instead of saying “enter stillness,” say “let your breath settle just like your stance before a match.”
- **Integrate rhythmic breath cues:** Simple patterns like “inhale for 4, exhale for 6” help guide attention and anchor the mind. These breath ratios can also be adapted to simulate effort-recovery phases used in interval training or cooldowns.

- **Avoid abstract or spiritual terminology:** Replace metaphors like “awaken your inner light” with cues like “shift attention inward” or “scan the body for tension.” Keep the focus on physical sensation, nervous system reset, and mental discipline – not mystical experience.
- **Example Cue for Visualization Meditation:** “Visualize yourself walking confidently toward the start line. Feel the breath rising in your chest. Each step is balanced, steady, focused. The noise around you fades. You’re aware, calm, and ready to perform.”

This approach keeps the tone grounded, relatable, and results-driven, helping athletes embrace meditation as a valuable component of their training – not a disconnected or uncomfortable practice.



INTEXT QUESTIONS 16.2

1. Fill in the blanks:

- (a) Meditation begin with minutes especially for first time users.
- (b) Integrate clues like inhale exhale for
- (c) Begin with short sessions, gradually time.

16.6 ETHICAL AND PRACTICAL GUIDELINES DURING MEDITATION SESSIONS

In sports Yoga, meditation may bring athletes into unfamiliar emotional or sensory states. Instructors must uphold ethical practices that prioritize consent, emotional safety, and individualized response. The focus should be on creating a structured yet compassionate environment where athletes feel supported, not judged or over-managed. Below are key principles to follow during meditation facilitation:

- **Ensure all athletes are comfortable and informed:** Clearly explain that participation is voluntary. Athletes should know they are free to opt out, open their eyes, or adjust their posture at any point. Comfort and autonomy are non-negotiable, especially in high-pressure sports cultures where “pushing through” is the norm.
- **Avoid touching or physically correcting during meditative states:** Once meditation begins, physical interaction – even well-intentioned – can feel invasive or disruptive. Respect stillness as a protected space. If someone’s

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posture needs adjustment, address it before or after the session with consent.



Fig. 16.9: Practical Guidelines for Meditation Session

- **Monitor for signs of emotional release:** Meditation can trigger stored emotions, especially in athletes who are constantly in performance mode. Be attentive to signs like unexpected tears, rapid blinking, restlessness, or shallow breathing. If observed, gently guide the athlete's awareness back to breath or body without drawing public attention.
- **Allow space after meditation for grounding:** Do not rush athletes into physical activity or conversation immediately after practice. Offer a few minutes of quiet reflection, slow movements (e.g., shoulder rolls, soft stretches), or breath awareness to help reorient them before returning to sport-related tasks.
- **Log athlete responses to improve future sessions:** Take note of feedback, visible reactions, or questions. These observations help refine the pacing, duration, and type of meditation offered. It also helps identify athletes who may benefit from extra support or follow-up.

These simple but powerful practices uphold the values of trauma-awareness, nervous system literacy, and respect for personal boundaries, all of which are essential in professional sports settings.

16.7 POST-MEDITATION REFLECTION PROMPT (FOR ATHLETES)

Use this as a short journaling cue or group reflection question after a session. It can be written, shared verbally, or used silently for self-awareness.

“What did I notice in my body, breath, or mind during the meditation? Was there any shift in how I felt compared to when we began?”

Optional follow-up prompts:

- Did any part of the practice feel especially helpful or difficult?
- What would help me feel more comfortable in the next session?
- Can I use this type of breathing or focus in my sport performance?

You can provide this prompt on printed cards, slide decks, or as part of a post-session cool-down routine.

16.8 DEBRIEF TEMPLATE (AFTER EACH MEDITATION SESSION)

Use this to record observations and feedback after a group or individual meditation practice. It helps in customizing future sessions and tracking progress.

Session Date:

Instructor Name:

Session Type: (e.g., Visualization / Body Scan / Open Awareness)

Duration:

Posture Setup Used:

Breath Technique (if any):

1. **General group mood before session:** (e.g., tired, restless, focused, distracted)
2. **Observed responses during session:**
 - Body stillness or restlessness?
 - Signs of fatigue or emotional release?
 - Any visible breath changes?



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Types of Meditation and their Benefits for Athletes

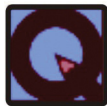
3. **Comments or feedback shared by athletes (verbal or written):** (e.g., “Helped me relax,” “Too long,” “Hard to focus”)
4. **Adjustments needed for next session:** (e.g., reduce time, change position options, remove background sound)
5. **Individual follow-up needed?**

☐ Yes

☐ No

If yes, note athlete name and reason (confidentially).

These tools promote a culture of mindful coaching, emotional intelligence, and athlete-centered teaching.



INTEXT QUESTIONS 16.3

1. **Match the following:**

Group A

- (i) Non-interference
- (ii) Session refinement
- (iii) Athlete comfort

Group B

- (a) based on athlete feedback
- (b) Ensure athletes feel comfortable and supported
- (c) Avoid physical correction during meditation.



WHAT HAVE YOU LEARNT

Dear learners, in this unit, you have learnt:

- Meditation is an essential part of Yoga practice. It develops control, precision, and adaptability under pressure. It also helps athletes to develop resilience, emotional stability and peace.
- The various types of mediation used in Sports training are: focused attention, meditation, mindfulness mediation, socialization meditation, guided body scan, open awareness meditation and chakra based meditation.
- Meditation session whether its pre-session, mid-session or post session, requires different impetus.

- The meditation session should follow a structured rhythm supporting cognitive clarity, emotional regulation and recovery.
- A Yoga Instructor – Sports should introduce meditation session effectively and systematically, leading to holistic well being of the athletes.
- A Yoga Instructor – Sports should also ensure ethical and practical guidelines for optimum results.
- The athlete should also be encouraged to follow post meditation reflection practice. This enhances self-awareness and self-reflection.



TERMINAL QUESTIONS

1. Explain the key types of meditation used in Sports training.
2. Describe the steps to introduce meditation techniques to the athletes.
3. What are different ethical and practical guidelines to be followed during meditation sessions.



ANSWER TO INTEXT QUESTIONS

16.1

1. (a) True (b) True (c) False (d) False

16.2

1. (a) 2-5 (b) 4", 6" (c) increasing

16.3

1. (i) (b) (ii) (c) (iii) (a)

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17

INTERLINK BETWEEN BREATH, POSTURE, AND FOCUS IN MEDITATION

In the previous unit, you have learnt about the various types of meditation techniques and match these to the training phases, psychological demands or sports-specific focus. Dear learners, in meditation, breath is a powerful, accessible tool for cultivating focus by directly influencing the mind and body. By focusing on the breath, the mind is trained to stay in the present and connection between the breath and the nervous system helps regulate mood and thoughts, leading to a more focussed and stable state.

In this unit, you will study about how breath and posture acts as the connecting bridge between physical alignment and mental stillness during meditation.



OBJECTIVES

After studying this unit, you will be able to:

- understand how posture affects breath quality and mental concentration during meditation;
- identify postural imbalances that disrupt breath rhythm and focus;
- explain how breath acts as the connecting bridge between physical alignment and mental stillness;
- apply this triad effectively in designing meditation sessions for sports performance.

17.1 THE BREATH, POSTURE, AND FOCUS TRIAD

In sports meditation, three core elements form an inseparable loop – posture, breath, and focus. This triad determines not only the physical comfort of the athlete but also the depth, stability, and outcome of their meditation practice. When these three are in harmony, the meditation becomes a tool for recovery, focus-building, and emotional reset. When even one is misaligned, the entire experience weakens.

1. Posture: the structural foundation

Posture is the physical anchor of meditation. It defines how the spine aligns, how the ribcage lifts, and how freely the diaphragm can expand. A well-aligned posture supports breath flow and reduces muscle fatigue, enabling the athlete to remain still without strain.

Example: When an athlete slouches in a cross-legged position, the spine collapses, compressing the chest and abdominal cavity. This restricts diaphragmatic movement, forcing shallow chest breathing. Over time, this discomfort leads to fidgeting, poor focus, or even premature disengagement from the practice.

When the body is aligned, the diaphragm moves freely, the spine supports without effort, and the athlete can sustain stillness without discomfort.

Poor alignment – whether from slumping or over-efforting – directly compresses the lungs, tightens the intercostals, and reduces breath rhythm. This limits oxygen flow, increases nervous tension, and weakens the athlete’s ability to focus. The result is often restlessness, shallow breathing, or a mental “drop-out” from the session.

Posture elements and alignment cues

- **Pelvis:** Maintain a neutral tilt, avoiding both backward slumping and exaggerated forward tilt. Sitting bones should be evenly grounded. A bolster or cushion can assist if the athlete tends to roll backward.
- **Spine:** The spine should be long and lifted, with natural curves intact – not flattened or arched. This vertical lift promotes lightness, improves breathing efficiency, and reduces muscular strain.
- **Shoulders:** Shoulders should be relaxed and soft, not drawn backward unnaturally. If arms hang heavily, place a block or pillow under the hands or thighs for support.
- **Neck and Head:** The neck should stay aligned with the spine, with the chin slightly tucked – what’s often called a “soft Jalandhara Bandha.” This



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Interlink between Breath, Posture, and Focus in Meditation

keeps the upper spine relaxed and allows for easy breath flow through the throat.

- **Knees and Legs (in seated posture):** Ensure knees are lower than the hips or gently supported on blocks if needed. If the hips are tight, elevating the pelvis will reduce strain and help maintain lumbar neutrality.
- **Whole Body Awareness:** The entire posture should feel balanced and symmetrical, not forced. Athletes should feel rooted but light, stable but unstrained.

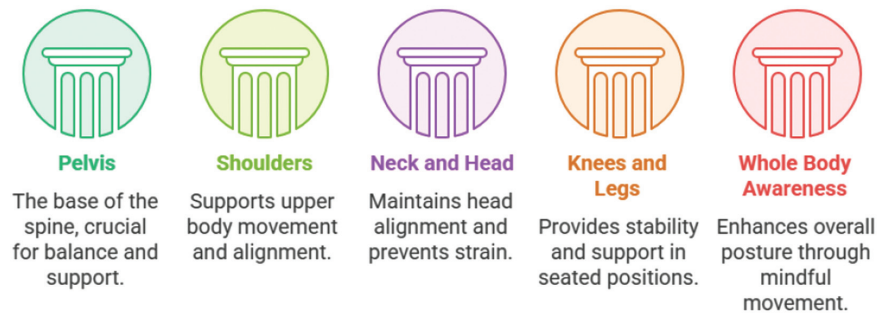


Fig. 17.1: Elements of Posture

Always observe the pelvis and spine first. Misalignment here tends to cascade upward or downward. A simple correction in seat height or support under the knees can transform the athlete's entire meditative experience.

2. Breath: the regulator of inner state

Breath controls the rhythm of the nervous system. A smooth, even breath activates the parasympathetic system (rest-and-digest mode), promoting calm and mental clarity. It also acts as a direct tool to sustain attention, especially when using counted or guided breathwork.

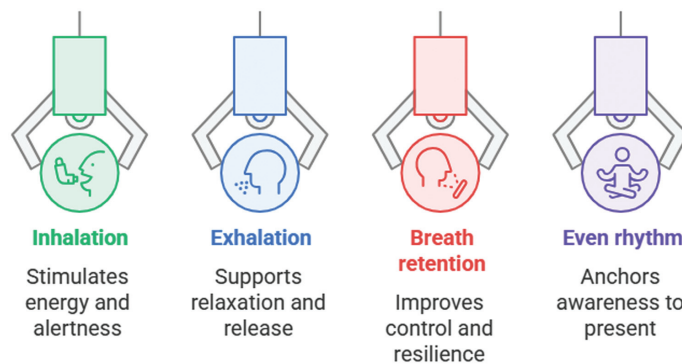


Fig. 17.2: Breath Focus and Emotional Control

Example: Instructing athletes to use a breath ratio like “inhale 4, exhale 6” gradually lowers heart rate and reduces sensory arousal. This rhythmic breathing acts as a bridge between external performance and internal control – essential for emotional regulation under pressure.

3. Focus: the direction of awareness

Focus is the intentional placement of mental energy – whether on breath, a mantra, a visual, or body sensations. It determines the effectiveness of the session goal, such as visualization, grounding, or mental reset. A scattered focus dilutes the benefit of posture and breathwork, while sustained attention deepens physiological and psychological outcomes.

Example: An athlete trying to visualize a race sequence may struggle if distracted by thoughts or discomfort. But if their posture is steady and their breath is flowing, focus becomes easier to hold. It’s the final layer that transforms stillness into transformation.



INTEXT QUESTIONS 17.1

1. Match the following:

Group A

- (i) Inhalation
- (ii) Exhalation
- (iii) Breath retentions

Group B

- (a) Improves control
- (b) Stimulates energy
- (c) Supports relaxation

17.2 HOW DISRUPTION IN ONE ELEMENT AFFECTS THE OTHERS

This triad is interdependent. If one component breaks, the other two naturally destabilize:

- **A collapsed posture** restricts the breath and destabilizes body awareness, making it harder to stay present.
- **Irregular breath** increases agitation, leading to shallow attention and fidgeting.
- **Lack of focus** causes disengagement, which weakens posture integrity and leads to unconscious breath holding or sighing.



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Interlink between Breath, Posture, and Focus in Meditation

Let us understand with some examples

1. Posture breaks → breath & focus suffer

- **What happens:** When the spine slumps or the chest caves in, lung expansion is reduced. Shallow breath follows, and body awareness fades. The athlete may become mentally distracted or fatigued.
- **Example:** During *Utkatasana (Chair pose)*, if an athlete collapses the chest forward, breath becomes shallow and they start shifting weight or fidgeting, unable to hold focus.

2. Breath breaks → posture & focus suffer

- **What happens:** Irregular or held breath increases tension in the body, reducing fluid movement and causing stiffness. Mind starts to race or disconnect.
- **Example:** In *Plank pose*, if the athlete starts breath-holding due to effort, the shoulders tense up, hips sag or lift, and mental clarity fades – often leading to breaking the pose prematurely.

3. Focus breaks → posture & breath suffer

- **What happens:** When the mind drifts, the body loses intentional alignment. Posture becomes loose or sloppy, and breath becomes automatic or erratic.
- **Example:** In *Supta Baddha Konasana (Reclining Bound Angle Pose)* during meditation, an athlete thinking about their to-do list may unconsciously tighten the shoulders or hold their breath, despite being in a relaxed pose.

Instructor Strategy

- Always observe which element fails first – it often reveals the hidden issue (e.g., poor breath control could be due to posture, not lungs).
- Reinforce the triad as one living loop: posture supports breath, breath stabilizes focus, focus refines posture.
- For beginners, cue posture first, then layer in breath, and only then invite focus. Observe which element breaks first – this is often the key to improving the overall meditative experience.

**17.3 SIGNS OF IMBALANCE IN POSTURE, BREATH, AND FOCUS
INTEGRATION**

In a well-integrated meditation practice, posture, breath, and focus operate in quiet synergy. However, disruptions in one often echo into the others – creating a domino effect of discomfort, disengagement, or mental withdrawal. For Yoga Instructors – Sports, the ability to observe these imbalances in real-time – and adjust the guidance accordingly – is a critical skill.

These signs are subtle, often unspoken. An athlete won't always verbalize their discomfort. Instead, they'll shift, sigh, lose gaze steadiness, or subtly brace their body. Instructors must train their eyes and intuition to detect such signals and respond gently without breaking the meditative space.

Common Signs of Imbalance and How to Respond

- **Shallow, fast breathing**

This often indicates a collapsed or slouched spine, or underlying mental agitation. Without enough space for the diaphragm to move, the breath becomes trapped in the chest. Instructors should gently cue the athlete to lengthen the spine – not by “sitting straight” rigidly, but by creating space from the pelvis upward. Once realigned, offer a cue like “Let your next exhale be longer than the inhale” to soften the breath rhythm.

- **Restlessness or frequent fidgeting**

This usually stems from poor postural support or a wandering mind. When muscles fatigue or discomfort builds, the body naturally seeks relief. Provide extra props under the knees, hands, or back, and offer a grounding practice such as a slow body scan or anchored breath cue (e.g., “Feel the contact points between your body and the mat”).

- **Mental fog or distraction**

A common sign of unregulated breath or disengaged posture, mental fog shows up as glazed eyes, delayed reactions, or emotional flatness. Rather than forcing focus, reconnect the athlete with sensory anchors: a steady sound (like the instructor's voice or a soft bell), or a breath count cycle (e.g., “Inhale 1, exhale 2... up to 10”).

- **Unintentionally holding the breath**

This often occurs when the athlete is trying too hard to “sit tall” or is experiencing inner tension. Breath holding, especially during stillness, can



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Interlink between Breath, Posture, and Focus in Meditation

spike sympathetic (fight-or-flight) activity. Instead of correcting posture again, invite a softening cue like “Let your shoulders drop into gravity” or “Feel the exhale melt tension out of the body.”

Instructor role: real-time adjustment with subtlety

- Never single out athletes or abruptly interrupt a session.
- Speak gently to the group using non-invasive cues that allow each person to self-adjust.
- Build fluency in reading breath rhythms, facial tension, and movement patterns during stillness.
- Remember: balance does not mean perfection – it means sustained internal comfort and presence.

Each session is a chance to train awareness, not control the experience. When posture, breath, and focus are rebalanced with care, meditation becomes more than stillness – it becomes a state of embodied precision.

17.4 TECHNIQUES TO BUILD BREATH, POSTURE, AND FOCUS SYNERGY

To maintain effective meditation in athletes, the integration of breath, posture, and focus must be *trained*, not just instructed. This synergy rarely happens by accident – it develops through specific practices that build awareness, alignment, and internal control. The techniques below are especially effective for athletes, as they combine physical cues with breath regulation and mental anchoring, while remaining non-spiritual and performance-relevant.

- **Seated stillness with hand on diaphragm**

Instruct the athlete to sit in a neutral posture with one hand gently resting on the diaphragm (just above the navel). This tactile feedback helps them *feel the source and direction of their breath* – whether it’s shallow and chest-based or deep and diaphragmatic. It also draws attention to any postural collapse, since slouched posture inhibits abdominal movement. Over time, this technique builds self-correction habits without the need for visual checking.

- **Counted breath (4:4 or 4:6)**

Using a count (e.g., inhale for 4 counts, exhale for 4 or 6) creates a rhythmic anchor that supports both breath pacing and mental focus. The longer

exhale (e.g., 4:6) enhances parasympathetic activation, reducing tension and encouraging postural ease. Counted breath is especially helpful for beginners or those with high-performance anxiety, as it gives the mind a clear structure to follow.

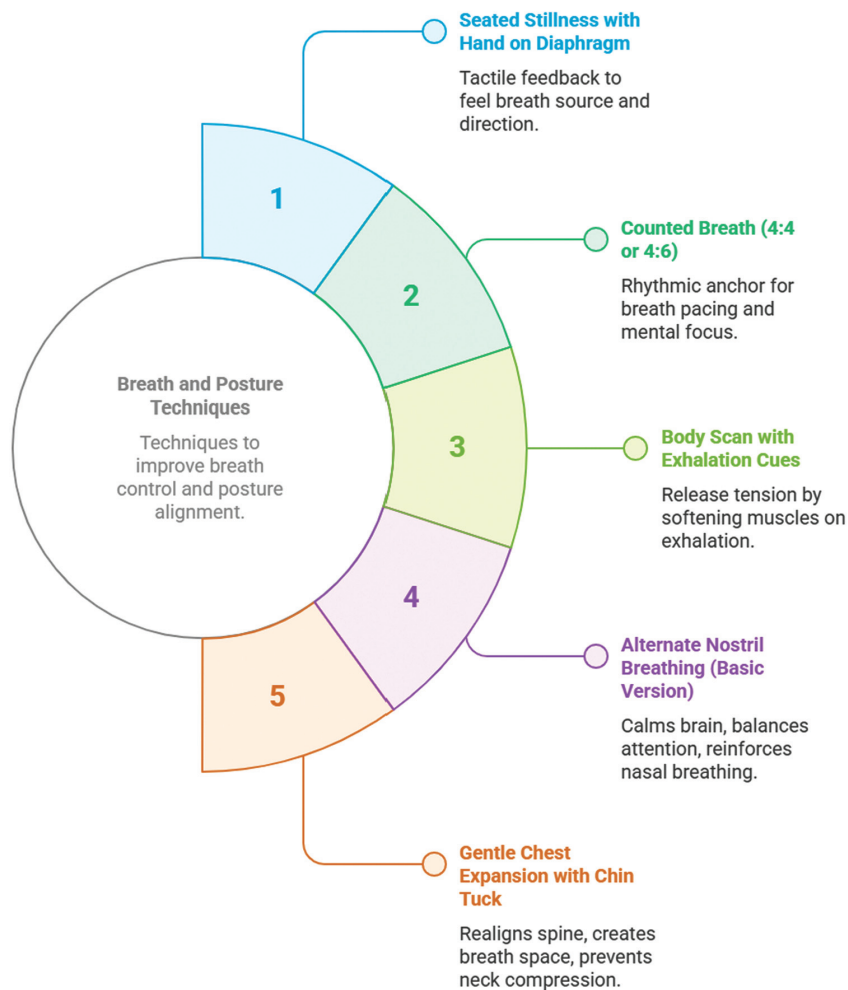


Fig. 17.3: Breath, Posture and Focus Synergy

- **Body scan with exhalation cues**

This technique involves moving attention from the head to the feet, pairing each zone with a cue to relax on the exhale. For example: “As you exhale, soften the muscles around your jaw... your shoulders... your hips...” It helps athletes release hidden tension while reconnecting posture to breath awareness. Over time, it also improves interoception – the ability to sense internal signals – making it easier to notice imbalance before it escalates.

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Interlink between Breath, Posture, and Focus in Meditation

- **Alternate nostril breathing (basic version)**

Also known as Nadi Shodhana, this simple form of breathwork (without breath holds) involves inhaling through one nostril and exhaling through the other in a slow, alternating pattern. It calms both sides of the brain, reinforces nasal breathing, and naturally balances attention. When paired with good posture, it stabilizes both breath and focus without the need for mental imagery or mantras.

- **Gentle chest expansion with chin tuck**

Instruct the athlete to expand the ribcage on an inhale while gently tucking the chin, lengthening the cervical spine. This subtle technique realigns the thoracic and cervical spine, creates space for breath, and prevents common postural habits like neck compression or forward head carriage. It also builds a habit of pairing posture adjustments with breath – ideal for athletes prone to collapsing into their upper chest during stress.

These techniques are not one-time fixes – they are micro-practices that should be revisited regularly throughout an athlete’s meditation progression. They develop body literacy, build breathing awareness, and reinforce focus as a sensory habit, not just a mental concept.

17.5 5-MINUTE PRE-TRAINING MEDITATION FLOW (BREATH, POSTURE AND FOCUS)

Objective

To center the athlete’s awareness, enhance diaphragmatic breath flow, and establish mental clarity using posture-linked breath techniques.

Step 1: Seated Stillness with Diaphragm Awareness (1–1.5 minutes)

Setup: Sit on a cushion or bench with the spine long, hips supported, and knees grounded. One hand rests lightly on the diaphragm.

Instruction

“Inhale slowly into the hand resting above your navel. Feel the rise – not by forcing, but by allowing the belly to expand. Exhale softly through the nose and notice the fall. Let your posture gently lift with each inhale, and settle with each exhale. Keep the jaw relaxed, shoulders soft.”

Purpose: To increase body awareness and breath-posture connection.

**Step 2: Counted Breath (4:6 Ratio) (1.5–2 minutes)****Instruction**

“Now begin to count your breath silently. Inhale for a count of 4... and exhale for a count of 6. Let the inhale feel full but calm. Let the exhale slow everything down. If your posture starts to collapse, gently lift through the crown of your head without tightening the neck.”

Cycle: Repeat for 6–10 rounds.

Purpose: To establish rhythm, calm the nervous system, and enhance parasympathetic activation before training.

Step 3: Body Scan with Exhalation Cues (1.5–2 minutes)**Instruction**

“Now begin a short body scan. As you exhale, guide your awareness downward. Start at the top of the head... ‘Exhale, soften the forehead.’ Move to the jaw... ‘Exhale, release the jaw.’ Continue down to the shoulders, chest, belly, hips, thighs, and feet – linking each area with a slow, releasing exhale.”

Purpose: To release hidden tension, restore internal balance, and help athletes feel centered in their bodies.

Closing Instruction:

“Take one last deep breath in through the nose... and a slow, complete breath out. Gently open your eyes if they were closed. Bring your attention into the room – and when you’re ready, begin your warm-up.”

Total Time: 5 minutes

Best Used: Before training, practice, or competition for grounding and focus.

A well-designed meditation session supports the athlete’s physiological rhythm and sport-specific timeline. It must be short enough to respect their attention limits, yet powerful enough to leave a shift in their internal state – without causing physical strain or mental fatigue.

**INTEXT QUESTIONS 17.2****1. Write True/False:**

- (a) Mental fog shows up glaze eyes. ()

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- (b) Counted breath doesn't support mental focus. ()
- (c) Body scan technique involves moving attention from head to the feet. ()
- (d) Alternate nostril breathing calms both sides of the brain. ()



WHAT HAVE YOU LEARNT

Dear learners, in this unit, you have learnt:

- There are three essential elements in Sports meditation – posture, breath and focus. When these three are in harmony, the meditation becomes an instrument for recovery, focus building and emotional reset.
- The triad is interdependent as well. If one component breaks, it also affects the other two elements.
- The common signs of imbalance are shallow or fast breathing, restlessness or frequent fidgeting, mental fog or distraction, or unintentional holding of breath.
- The common techniques to build breath, posture, and focus are seated stillness with hand on diaphragm, counted breath, body scan with exhalation clues, alternate nostril breathing, and gentle chest expansion with chin lock.



TERMINAL QUESTIONS

1. Explain the relevance of the breath, posture, and focus in meditation. Give example.
2. Describe the signs of imbalance of the triad (posture, breath, and focus).



ANSWER TO INTEXT QUESTIONS

17.1

1. (i) (c) (ii) (a) (iii) (b)

17.2

1. (a) True (b) False (c) True (d) True

**18**

DESIGNING AN EFFECTIVE MEDITATION SESSION

Dear learners, in the previous unit, you have studied about the posture affects breath rhythm and focus during meditation and breath as the connecting bridge between physical alignment (posture) and mental stillness (focus). Meditation cultivates a deep sense of awareness, physical sensations and mental processes, leading to better performance and self-regulation. It helps athletes to develop focus, mental clarity and emotion control, enabling them to perform under pressure.

In this unit, you will study about the structure of a goal specific meditation session; and ensure safe measurable and progressive delivery of meditation as performance tool for the athletes.



OBJECTIVES

After studying this unit, you will be able to:

- understand the structure of a goal-specific meditation session for athletes;
- learn to sequence posture, breath, instruction, and duration based on the athlete's need;
- apply sport-aligned modifications to optimize focus, relaxation, or energy readiness;
- ensure safe, measurable, and progressive delivery of meditation as a performance tool.

18.1 PURPOSE-DRIVEN MEDITATION DESIGN

Designing meditation sessions for athletes requires a mindset shift: it's not about achieving stillness for its own sake, but about creating targeted psychological

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Designing an Effective Meditation Session

outcomes. Just like strength training has reps, sets, and progressive load, meditation in sports should follow a clear structure matched to intention, duration, and state of the athlete.

Each session must serve a defined purpose – whether sharpening mental clarity before competition, decompressing the nervous system after intense physical output, or rebuilding emotional balance after setbacks. These purposes are not interchangeable, and instructors must select meditation techniques, duration, posture, and tone of delivery accordingly.

Key design considerations

- **Match meditation type to training phase.**

Visualization is powerful pre-competition, but grounding techniques are better after failure or emotional fatigue. Post-training recovery calls for techniques that release residual tension rather than increase focus.

- **Consider the athlete's energy state.**

High-adrenaline states require downregulating practices like extended exhale breathing or body scan. Fatigued athletes may benefit more from passive stillness than structured focus drills.

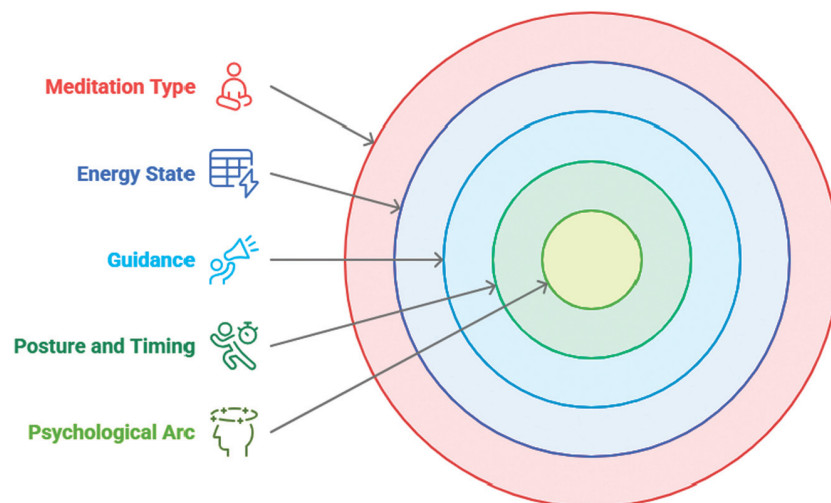


Fig. 18.1: Tailoring Meditation for Athletes

- **Use minimal but purposeful guidance.**

Language should be concise, goal-linked, and easy to follow. Avoid over-instructing or extending past attention capacity – especially for group formats. Precision matters more than length.

- **Account for posture comfort and time-of-day.**

Morning sessions can include upright postures and alert cues. Evening or recovery settings may favor reclined poses, dim lighting, and slower breath rhythms.

- **Build a psychological arc.**

Like physical warm-ups and cool-downs, meditation should have a start, middle, and close. Begin with a centering cue, move through the main technique (e.g., breath or visualization), and close with grounding – helping athletes transition smoothly into the next task.

A well-designed session leaves the athlete feeling **more regulated, focused, or resilient** – never overstimulated, disengaged, or mentally drained. Meditation, when designed with intent, becomes a strategic asset embedded directly into the athlete's performance and recovery cycle.

Meditation Session Blueprint Template (For Instructors)

1. Session Goal:

- ☐ Pre-competition focus
- ☐ Post-training recovery
- ☐ Emotional reset (after failure or stress)
- ☐ Long-term mental conditioning
- ☐ Breath regulation
- ☐ Visualization rehearsal
- ☐ Attention reset

2. Athlete profile & context:

- **Energy level:** ☐ High ☐ Low ☐ Mixed
- **Physical state:** ☐ Fresh ☐ Fatigued ☐ Recovering
- **Emotional state:** ☐ Calm ☐ Anxious ☐ Frustrated
- **Sport phase:** ☐ Pre-season ☐ Mid-season ☐ Game day

3. Technique chosen:

- ☐ Focused attention
- ☐ Mindfulness



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Designing an Effective Meditation Session

- ☐ Body scan
- ☐ Visualization
- ☐ Alternate nostril breathing
- ☐ Open awareness
- ☐ Chakra alignment (if relevant)

4. Duration & format:

- Total time: minutes
- **Timing in session:**
 - ☐ Before warm-up ☐ Mid-session break ☐ After cooldown
- **Posture:**
 - ☐ Seated ☐ Reclined ☐ Wall-supported ☐ Optional

5. Cueing strategy (sample opening line):

“Close your eyes and bring awareness to your breath...”

“Picture yourself standing on the court, grounded and ready...”

“Notice the sensation of breath rising and falling in your belly...”

Write actual cue here:

6. Integration plan (post-session):

- ☐ Short movement (neck roll, wrist shake)
- ☐ Reflective question or journal prompt
- ☐ Quiet sit before team reconvenes
- ☐ Verbal check-in with athletes

7. Notes / Observations:

- Athlete response:
- Adjustments needed for next time:
- Props used:



INTEXT QUESTIONS 18.1

1. Fill in the blanks:

- High adrenaline states require practices.
- A well designed session leaves the athlete more regulated, focussed, and
- Morning sessions can include and



Notes

18.2 CORE COMPONENTS OF AN EFFECTIVE MEDITATION SESSION

A purposeful meditation session isn't just about stillness – it's about sequencing elements intentionally so the athlete feels guided, supported, and ready for the next physical or mental demand. Each component plays a unique role in creating a complete, outcome-oriented experience. Below are the six essential elements every instructor should include in their session planning:

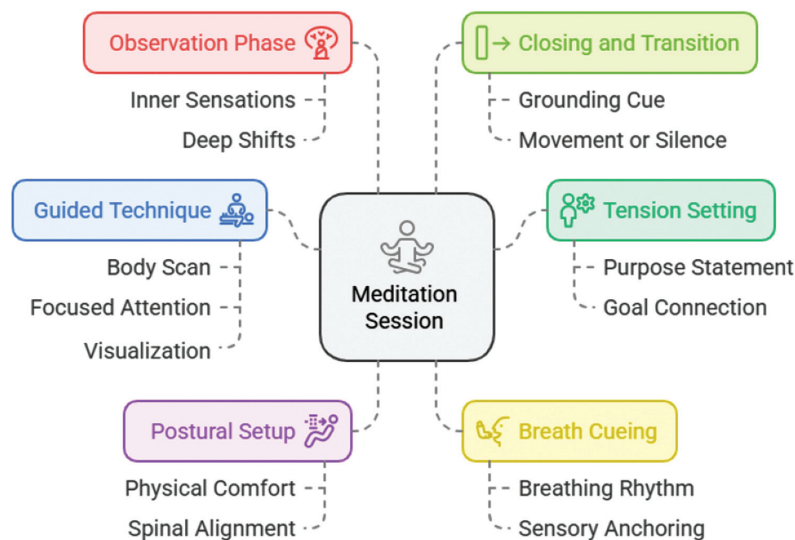


Fig. 18.2: Core Components of Effective Meditation

- Intention setting**

Begin by clearly stating the purpose of the session – whether it's “to ground before competition,” “to mentally reset,” or “to visualize technical success.” This brief moment frames the athlete's mindset and connects their effort to a tangible internal goal.

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Designing an Effective Meditation Session

- **Postural setup**

Ensure the athlete is physically comfortable and well-supported. Use cushions, blocks, or walls to align the spine, open the chest, and remove tension from the hips or knees. The setup should allow for effortless breath and stillness without strain.

- **Breath cueing**

Introduce a simple breathing rhythm to help regulate the nervous system and stabilize attention. Counted breath (e.g., inhale 4, exhale 6) or sensory anchoring (“feel the breath move through the nose”) is ideal. This step bridges the body and the mind.

- **Guided technique**

Deliver the core meditation method using clear, paced instruction. Whether it’s a body scan, focused attention, visualization, or alternate nostril breathing, the guidance should match the session’s goal and energy level. Avoid abstract language – keep it grounded in physical and mental cues.

- **Observation phase**

Pause for 30–60 seconds without instruction to allow athletes to notice inner sensations. This space helps them develop autonomy and inner awareness. It’s also where deep shifts often begin to settle.

- **Closing and transition**

End gently with a grounding cue – such as “Notice your body’s contact with the ground,” or “Take one deep breath and return slowly.” Provide a few moments of movement or silence before transitioning into warm-up, training, or team reconvening.

When these six elements are present, the session feels complete, safe, and intentional – not improvised or disjointed. It allows athletes to trust the process, stay mentally engaged, and carry forward the benefit into sport-specific action.

18.3 SAMPLE MEDITATION SESSION FORMATS

A. Pre-competition focus (10 minutes)

- Posture: Seated upright on cushion or chair
- Breath: 4:4 rhythm (inhale 4, exhale 4)
- Technique: Visualization of successful execution, confident walk, sharp movements
- Closing: 3 deep breaths, quiet grounding

B. Recovery after intense training (12–15 minutes)

- Posture: Lying down, legs elevated on bolster
- Breath: 1:2 ratio (inhale 4, exhale 8)
- Technique: Body scan from toes to crown, exhale-based release of tension
- Closing: Bring awareness to the room, gentle head turn and breath reset

C. Stress regulation mid-season (6–8 minutes)

- Posture: Supported cross-leg seated
- Breath: Simple awareness with no control for 2 minutes, then even count
- Technique: Open awareness – observe sounds, breath, sensations without judgment
- Closing: Internal repetition of anchor phrase like “I am focused,” “I am ready”

18.4 DURATION AND PROGRESSION

Begin with short durations (5–7 minutes), especially for athletes new to meditation. As focus and breath regulation improve:

- Increase to 12–15 minutes in focused sessions
- Use longer formats (15–20 minutes) only in off-season or post-training cooldown
- Include reflection or journaling in advanced camps, if appropriate

Table 18.1: Duration and Progression for Athletes

Level	Duration Range	Guidance Style
New athlete	5–7 min	High verbal support, clear structure
Trained athlete	8–12 min	Mix of silence and guided breath
High-performing athlete	12–20 min (as needed)	Athlete-led with minimal instruction

18.5 SAFETY AND ETHICAL CUES FOR INSTRUCTORS

- Use neutral, professional language (avoid metaphysical or religious references)
- Ask permission before touching or adjusting posture
- Be inclusive of different belief systems and comfort levels
- Respect silence – don’t fill every moment with talking
- Remind athletes they can open eyes or adjust position if needed



Notes

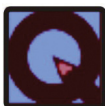
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INTEXT QUESTIONS 18.2

1. Write the duration of meditation for:
 - (a) New athlete
 - (b) Trained athlete
 - (c) High performing athlete



WHAT HAVE YOU LEARNT

Dear learners, in this unit, you have learnt:

- A Yoga Instructor – Sports should design a meditation session with a defined purpose, e.g. mental clarity or rebuilding emotional balance after setbacks etc.
- The core components of an effective meditation session includes intention settings, postural setup, breath cueing, guided technique, observation phase, and closing and transition.
- The Yoga Instructor – Sports should use safety and ethical clues for instructions. e.g. asking for permission before touching or adjusting postures or using neutral professional languages.



TERMINAL QUESTIONS

1. Enumerate the core components of an effective meditation session. Design a sample meditation session format.
2. Explain the key considerations in designing a meditation session.



ANSWER TO INTEXT QUESTIONS

18.1

1. (a) down regulating (b) resilient
(c) upright postures, alert cues.

18.2

1. (a) 5-7 min (b) 8-12 min (c) 12-20 min



Notes

19

MINDFULNESS AND ITS APPLICATIONS IN SPORTS PERFORMANCE

In the previous unit, you have learnt about sports aligned modification to optimize focus, relaxation or energy readiness, and understand the structure of goal-specific meditation session for athletes. Hereafter athletes manage intense emotions, anxiety and stress by fostering a non judgemental awareness of feelings without getting overwhelmed by mindfulness.

Dear learners, in this unit, you will study about the techniques to develop mindfulness in training, recovery and competition to enhance awareness, decision making and emotional control in sports.



OBJECTIVES

After studying this unit, you will be able to:

- define mindfulness in the context of sports performance;
- identify how mindfulness enhances awareness, decision-making, and emotional control in sport;
- learn techniques to develop mindfulness in training, recovery, and competition;
- understand how to integrate mindfulness into Yoga and breathwork sessions.

19.1 IMPLICATION OF MINDFULNESS

Mindfulness is the ability to be fully present, aware of what you're doing and feeling, without being overwhelmed or distracted. In sports, this means being

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Execute an Advance Meditation Program



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Mindfulness and its Applications in Sports Performance

attentive to the moment – not lost in past mistakes or future pressure. It is a mental discipline that strengthens focus, response control, and emotional regulation.

Unlike passive relaxation, mindfulness is active engagement with the now. It's not about calming down; it's about waking up to what's actually happening – physically, mentally, emotionally – and choosing how to respond with clarity.

For Athletes, Mindfulness means:

- Being attuned to the movement of the body – whether you're sprinting, holding a Yoga pose, or resetting between drills.
- Staying connected to the rhythm of your breath, using it as an anchor to stabilize focus and maintain tempo.
- Noticing sensory cues in the moment – like sound, light, temperature, and body contact – without letting them become distractions.
- Observing thoughts and emotions that arise – such as fear, self-doubt, excitement, or frustration – without reacting impulsively or getting mentally hijacked.

When practiced consistently, mindfulness helps athletes:

- Stay composed under competitive stress
- Recover mentally from errors faster
- Improve decision-making speed and clarity
- Avoid emotional reactivity or performance anxiety

Mindfulness does not remove difficulty; it increases awareness and response flexibility when difficulty arises.

Quick Mindfulness Exercise for Athletes (3–5 Minutes)

Purpose: Build focus, breath control, and body awareness under pressure

Setup: Seated, standing still, or in resting posture (e.g., Child's Pose or Legs-Up-the-Wall)

Instructor script (say slowly and calmly)

“Let's pause for a moment. No need to change anything yet – just bring your attention to your body.”

“Notice where your feet meet the ground... feel the contact points. Stay there for a breath or two.”

“Now bring awareness to your breath. Don’t try to fix it – just feel it move in... and out.”

“If thoughts come up, that’s okay. Acknowledge them, then gently bring your focus back to the breath or the body.”

“Let’s try that again. Inhale slowly... feel the breath come in. Exhale fully... let your shoulders drop.”

“Now shift your attention to one area of your body – maybe your hands, your core, or your chest. Just observe any sensation – warmth, tension, or even stillness.”

“Keep your breath steady. You are not trying to relax. You’re trying to notice.”

“In a few seconds, we’ll return to movement. But for now – stay here, just noticing.”

(Pause silently for 15–30 seconds)

“Now take one slow, deep breath in... and let it go. Wiggle your fingers, roll your shoulders, and return to the moment.”

Use this exercise:

- Before a drill to establish sharpness
- After high-effort sets to rebuild attention
- Post-error, to reduce overthinking and emotional buildup



INTEXT QUESTIONS 19.1

1. Write two purposes of Quick mindfulness exercise for athletes.

.....

.....

19.2 HOW MINDFULNESS IMPROVES SPORTS PERFORMANCE

Mindfulness offers athletes more than just mental calm – it enhances performance by sharpening cognitive control, refining motor coordination, and speeding up psychological recovery. When integrated into regular training, mindfulness builds internal stability that translates directly into external execution under pressure. Below are key performance domains where mindfulness has a direct impact:



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Mindfulness and its Applications in Sports Performance

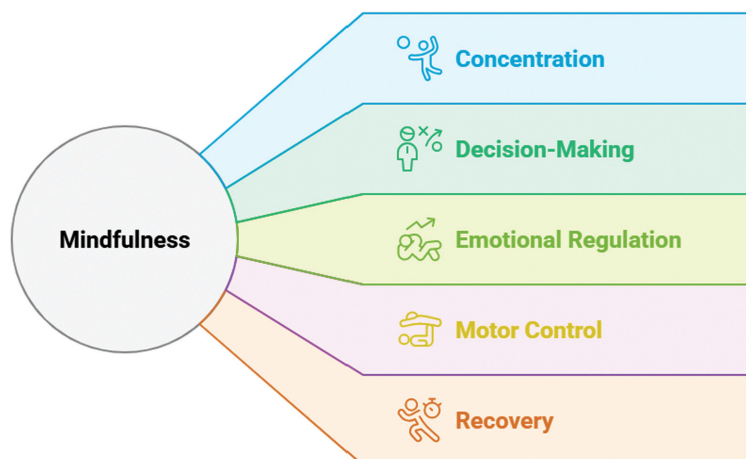


Fig. 19.1: Impact of Mindfulness on Sports Performance

- **Concentration**

Mindfulness trains athletes to stay fully engaged with the present task – whether that’s tracking a moving ball, holding a balance, or staying with the breath during fatigue. It reduces the pull of distractions like crowd noise, opponent behavior, or internal pressure by strengthening mental endurance. This is especially valuable during long competitions or moments when precision matters most.

- **Decision-making**

By slowing down the speed of reactive thought, mindfulness creates a buffer between impulse and action. Athletes learn to respond rather than react – reducing errors caused by emotional overdrive, panic, or mental clutter. In fast-paced sports, even a half-second of awareness can mean the difference between a forced error and a winning move.

- **Emotional regulation**

Competitive environments often trigger anger, frustration, anxiety, or self-judgment. Mindfulness helps athletes notice emotional spikes without becoming controlled by them. This builds composure under pressure and reduces the risk of mental spirals after mistakes or confrontations.

- **Motor control**

Mindfulness improves the athlete’s ability to detect subtle shifts in posture, breath, and muscle engagement. This heightened body awareness leads to better form, injury prevention, and fine-tuning of movement – whether in a sprint start, a Yoga pose, or a technical lift. It turns unconscious habits into deliberate action.

- **Recovery**

One of mindfulness's greatest advantages is in resetting after setbacks. Athletes often replay errors in their mind, which slows down recovery. Mindfulness encourages present-moment awareness and non-judgmental reflection – helping athletes move on faster, regain focus, and avoid mental fatigue.

Mindfulness acts like a performance stabilizer – quieting mental noise, sharpening attention, and improving the athlete's ability to respond with clarity and control in the face of internal or external pressure.

19.3 APPLICATION OF MINDFULNESS IN SPORTS

Mindfulness becomes most valuable not during ideal conditions, but in moments of uncertainty, pressure, or emotional activation. Athletes must learn to stay mentally centered – not by ignoring difficulty, but by engaging with it from a place of clarity.

Some of the most critical moments include:

- **Returning to serve after a fault in tennis**

The athlete must release the previous error, reset mentally, and approach the next serve with composure – not frustration.

- **Reacting to a missed lift in weightlifting**

Rather than letting one failed attempt shake confidence, the athlete must return to breath, assess mechanics, and step back into readiness without emotional residue.

- **Staying focused during a team time-out or penalty phase**

With external noise and shifting pressure, athletes must anchor internally to remain sharp and responsive to tactical cues.

- **Entering a race after a delay or false start**

Delays can drain focus and raise adrenaline unnecessarily. Mindfulness helps athletes return to baseline without losing edge.

- **Cooling down after an intense performance or emotional loss**

Mindfulness turns the cooldown into more than just physical recovery – it becomes an emotional reset that prevents mental overload.



Notes

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Notes

Mindfulness and its Applications in Sports Performance

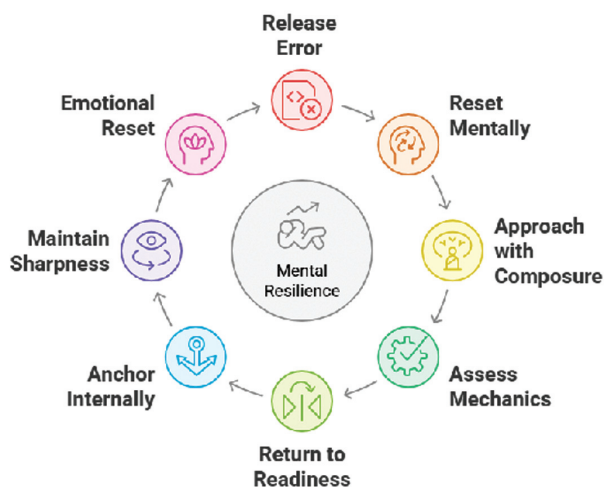


Fig. 19.2: Cycle of Mental Resilience

In all these scenarios, mindfulness does not suppress emotion – it teaches athletes to acknowledge it, detach from its grip, and re-center their awareness.

19.4 PRACTICAL MINDFULNESS TECHNIQUES AND STRATEGIES

Mindfulness is best developed through simple, repeatable techniques that encourage athletes to return to the present moment with clarity and awareness. Below are key methods Yoga Instructors – Sports can introduce, each with a practical implementation strategy:

- **Breath awareness**

Guide athletes to quietly observe the natural rhythm of their breath – how it enters and exits – without controlling or changing it. This builds internal anchoring and strengthens calm focus during performance without requiring physical effort.

- **Body scan with labeling**

Lead a slow scan from head to toe, inviting athletes to mentally name the sensations they notice in each area. Labels might include “tight,” “warm,” “numb,” or “relaxed.” This deepens body awareness and teaches athletes to observe tension without reacting.

- **Anchor-based mindfulness**

During movement drills or static holds, direct attention to physical points like foot contact with the ground, hand pressure, or hip alignment. This trains athletes to use the body itself as a steady reference point, even in dynamic settings.



Notes

- **Noting thoughts or emotions**

When athletes experience mental distraction, instruct them to silently acknowledge the thought or emotion using a simple label – such as “worry,” “planning,” or “judgment” – then gently return focus to the breath or task. This builds emotional distance without avoidance.

- **Mindful walking or slow movement**

Ask athletes to walk slowly, shift between positions, or flow between Asanas while noticing the feeling of each step or transition. This is especially effective during cooldowns or recovery phases where internal pacing matters.

- **Sensory mindfulness (1-minute drill)**

Guide a quick awareness reset: have athletes silently identify three things they can see, two things they can hear, and one thing they can physically feel. This short exercise sharpens sensory presence and brings the mind back to the moment in less than a minute.

These strategies can be layered into existing warm-ups, recovery sequences, or moments of stillness – building mindfulness not as a separate skill, but as a mental reflex that supports clarity and composure in sport.

19.5 INTEGRATION OF MINDFULNESS IN YOGA AND BREATH SESSIONS

For Yoga Instructors – Sports, mindfulness should not feel like an extra task – it should be woven into every breath, cue, and transition. Athletes will absorb mindfulness more effectively when it becomes a subtle part of their movement experience rather than a standalone practice.

Here’s how instructors can reinforce mindfulness during Asana and pranayama:

- **Ask athletes to observe breath texture** during long holds – e.g., “Is it smooth? Jagged? Quiet?” This links breath awareness to posture stability.
- **Cue specific body sensations**, such as “Notice the weight on your right heel,” or “Feel the left shoulder soften toward the mat.” This deepens somatic focus.
- **Allow silent pauses between sequences (10–30 seconds)** for athletes to self-reflect and notice internal shifts.
- **Start each session with a check-in**, like “Scan from head to toe – what feels tight, heavy, or clear today?” This primes internal attention.

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Execute an Advance Meditation Program

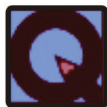


Notes

Mindfulness and its Applications in Sports Performance

- **Encourage athletes to describe their post-session state** using simple words like “steady,” “alert,” “clear,” or “grounded.” This builds emotional vocabulary and body awareness.

When mindfulness is integrated this way, Yoga becomes more than physical – it becomes a platform for self-study, focus training, and emotional mastery.



INTEXT QUESTIONS 19.2

1. Write True/False:

- (a) Mindfulness offers athletes more than just mental calm. ()
- (b) Mindfulness creates a buffer between impulse and action. ()
- (c) Athletes must learn to stay mentally centered. ()



WHAT HAVE YOU LEARNT

Dear learners, in this unit, you have learnt:

- Mindfulness in Sports means being attentive to the moment. It is a mental discipline that strengthens focus, response control and emotional regulation.
- Mindfulness increases concentration, decision making, emotional regulation, motor control, and recovery,
- Practical mindfulness techniques and strategies includes breath awareness, body scan with labeling, anchor based mindfulness, noting thoughts and emotions, mindful walking or slow movements, and sensory mindfulness.



TERMINAL QUESTIONS

1. Explain the impact of mindfulness in improving Sports performance.
2. State the practical mindfulness techniques and strategies for athletes.



ANSWER TO INTEXT QUESTIONS

19.1

1. Build focus, breath control body awareness.

19.2

1. (a) True (b) True (c) True

MODULE-5: MAINTAIN SAFETY, HYGIENE AND SANITATION AT WORKPLACE

20. Preparing for a Safe and Effective Yoga Session
21. Understanding Labels on Yoga Props and Equipment
22. Maintaining Personal Hygiene before and after Yoga Sessions
23. Workplace Hygiene and Sanitation Regulations in Yoga Spaces
24. Sanitizing Practices for Equipment and Athlete Safety
25. Creating a Safe and Interactive Yoga Environment
26. Understanding and Preventing Common Yoga Injuries
27. Responding to Medical Emergencies and Identifying Risk Factors

KEY LEARNING OUTCOMES

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

- Prepare the Yoga session area with attention to space, equipment, and comfort
- Read and interpret safety labels on Yoga props and equipment
- Maintain personal and group hygiene before and after sessions
- Follow institutional sanitation protocols and manage cleaning schedules
- Prevent injuries through correct prop use, supervision, and first-response skills



Notes

20

PREPARING FOR A SAFE AND EFFECTIVE YOGA SESSION

A basic framework of a Yoga session includes the balancing of mind and body, warm-up of body and loosening of physical tensions, main Asanas, cool-down period and class closure. During the Yoga session, focus on mindful breathing, listen to your body's signals to avoid pain and modify poses as needed. For preparing a safe and effective Yoga session, learners should practice on an empty stomach, choose a quiet and well ventilated space and wear comfortable clothing that allows free movement.

Dear learners in this unit, you will learn about the role of the Yoga Instructor, Yoga Trainer and Yoga Assistant in preparing the Yoga session area. You will also learn how to identify the safety checks and environmental readiness before starting a Yoga session.



OBJECTIVES

After studying this unit, you will be able to:

- identify safety checks and environmental readiness required before starting a Yoga session;
- understand the factors that influence comfort, alignment, and injury prevention;
- recognize the role of the Yoga Instructor – Sports, Yoga Trainer – Sports, and Yoga Assistant – Sports in preparing the session area;
- learn how to organize space, props, and athlete flow to support focus and performance.

MODULE-5

Maintain Safety, Hygiene and Sanitation at Workplace



Notes

Preparing for a Safe and Effective Yoga Session

20.1 IMPORTANCE OF SESSION READINESS

Preparing for a Yoga session is not just about laying out mats and props. It is about creating an integrated environment where the athlete's body, mind, and breath can align safely and effectively. In Sports Yoga, where performance goals intersect with physical limits, session readiness is a non-negotiable factor. Readiness affects performance quality, risk prevention, and group dynamics.

A well-prepared session environment accomplishes the following:

- Reduces the chances of slips, stumbles, or equipment misuse
- Creates clarity and rhythm for pose transitions
- Accommodates athletes across different physical states – injured, fatigued, or energised
- Minimizes unnecessary movement or waiting, preserving the mental zone
- Communicates professionalism and care, increasing athlete trust

20.2 ENVIRONMENTAL SAFETY CHECKLIST

A well-prepared Yoga space is one where every detail supports movement, mindfulness, and athlete safety. Even before a single breath is taken on the mat, the environment shapes how the session unfolds. Below are the six key elements of environmental readiness, each explained in depth.

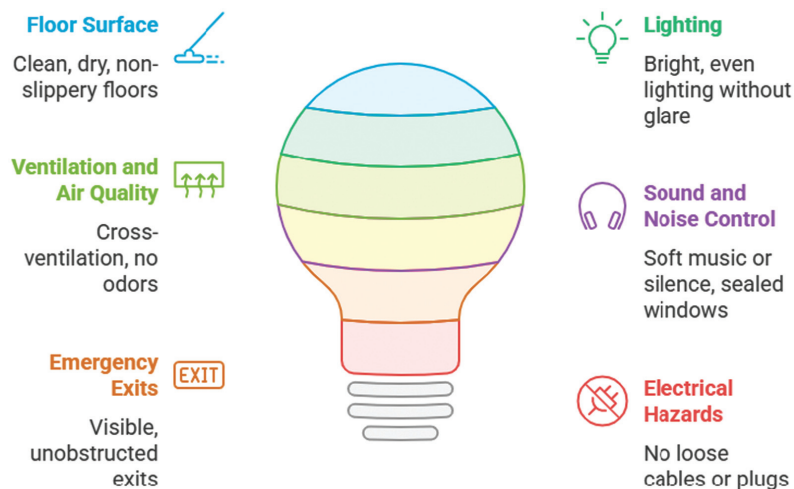


Fig. 20.1: Elements of a Well-prepared Yoga Space



Notes

1. Floor surface

The foundation of every Yoga posture is – literally – the floor. Before the session begins, ensure that the entire floor area is dry, even, and clean. Dust, hair, oil spots, or small debris can become invisible hazards, especially during weight-bearing poses or transitions like lunges. Cracks, loose tiles, or uneven surfaces may cause misalignment, trips, or loss of focus. A smooth, non-slippery floor gives athletes the confidence to move without second-guessing their grip or footing.

2. Lighting

Lighting directly influences perception and energy levels. The room should be lit evenly to eliminate shadows that can distort the visibility of form, especially in mirror-less environments. Overhead lighting should be soft yet sufficient – avoid glare or flickering lights that can strain the eyes or create visual discomfort. Natural light is ideal but should be filtered to avoid hotspots or sudden brightness changes across the room.

3. Ventilation and air quality

Fresh, circulating air supports the breath-centered nature of Yoga. Before a session, cross-ventilation should be tested to ensure the room does not feel stuffy or stagnant. Avoid using overly harsh ceiling fans or direct air vents that blow cold air on specific areas. Such discomfort can lead to muscular tension, especially in the hamstrings, shoulders, or neck. The air should feel clean, with no presence of mold, dampness, or strong odors.

4. Sound and noise control

Silence is not just the absence of noise – it is a container for inner focus. Check that windows and doors close properly to block out street sounds, construction noise, or hallway chatter. If music is used, ensure it is soft, ambient, and aligned with the session goal. Sudden noises or interruptions during balancing or meditative segments can startle athletes and break their concentration.

5. Emergency exits

Instructor as well as every Yoga Trainer and Assistant should know the exact location of fire exits, extinguishers, and any alarms. These should never be blocked by props, mats, or bags. During a pre-session check, walk through the space to confirm that all escape routes are clearly marked and unobstructed. While emergencies are rare, being unprepared even once can be catastrophic.

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Maintain Safety, Hygiene and Sanitation at Workplace



Notes

Preparing for a Safe and Effective Yoga Session

6. Electrical hazards

In modern Yoga settings, electrical equipment is often present – be it music players, fans, heaters, or digital timers. Ensure that all cords, plugs, and extension wires are neatly taped down or completely removed from practice zones. Never allow charging cables or phone wires to cross the floor where athletes might step, lie down, or move quickly between poses. Preventing electrocution, tripping, or short-circuiting is essential for both safety and professionalism.



INTEXT QUESTIONS 20.1

1. Fill in the blanks:

- The foundation of every Yoga posture is literally the
- Lighting directly influences perception and levels.
- Silence is not just the absence of noise, it is a container for focus.

20.3 SESSION LAYOUT AND SPATIAL PLANNING

The way a Yoga space is physically arranged is not just a matter of convenience – it is a blueprint for safety, attention, and emotional comfort. A poorly planned layout can create crowding, disconnection, or anxiety, especially in group formats. A thoughtfully designed space, on the other hand, enhances body awareness, allows seamless movement, and creates a calm, focused atmosphere that supports the goals of sports Yoga training.

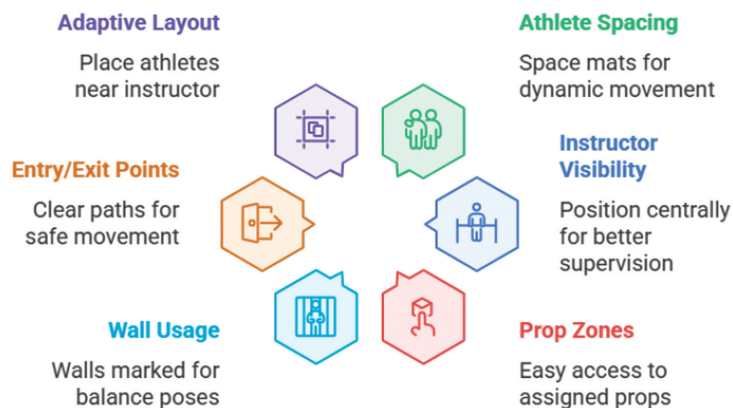


Fig. 20.2: Session Layout and Spatial Planning

Athlete spacing is the first rule of safe planning. Every mat should have a minimum clearance of two to three feet on all sides. This gives athletes the freedom to fully extend limbs during wide postures, inversions, or arm balances without worrying about hitting someone nearby. Proper spacing also reduces the risk of accidental collisions, especially during faster flows or group transitions.

Instructor visibility is another crucial consideration. Regardless of the group size or room shape, the instructor must be visible to every athlete from their mat. If the room is large, standing centrally or using a slightly raised platform can ensure visibility for cues and demonstrations. Being seen clearly improves alignment, minimizes confusion, and keeps the group rhythm synchronized.

Prop zones should be organized in a way that avoids clutter while ensuring accessibility. Ideally, each mat has a dedicated set of props—blocks, straps, bolsters—placed neatly to one side. This allows athletes to reach what they need without disrupting the flow or shifting position mid-pose. For shared prop setups, designated corners or baskets can be arranged with clear paths for movement.

Wall usage should be intentionally designed and marked, especially for balance-based or restorative practices. Certain walls may be equipped with ropes or bars, while others might serve as alignment guides for poses like Viparita Karani or wall-supported handstands. Assigning specific zones for these practices avoids confusion and keeps the room organized.

Entry and exit points should always remain unobstructed. These paths allow athletes to step out, rest, or in case of emergency, exit quickly. Bags, shoes, or unused equipment should never block these channels. Ideally, entry points should also be placed away from central mat zones to minimize distraction.

Adaptive layout planning is a mark of a sensitive and inclusive instructor. Athletes recovering from injury, new to Yoga, or with limited mobility should be placed closer to the instructor. This allows for better observation, quicker assistance, and more personalized cueing—without drawing unnecessary attention to them.

A well-planned session layout ensures that every athlete feels seen, safe, and supported. When physical space supports ease, the mind and breath follow naturally. Figure ahead shows a sample 6 athlete session layout

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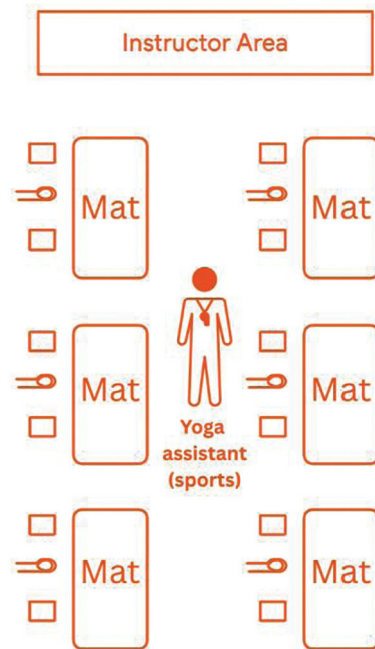
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Notes

Preparing for a Safe and Effective Yoga Session



Note:

- Keep 2–3 feet between each mat
- Place blocks and straps within reach
- Leave clear space around walls for circulation

Proper spacing avoids accidental collisions, supports balance postures, and gives a sense of personal comfort. Always ask participants to return props to their spots after use, keeping the space tidy for the next group.

Fig. 20.3: Sample Session Layout

20.4 EQUIPMENT AND PROP PREPARATION

Yoga props play a crucial role in enhancing safety, alignment, and recovery. Far from being decorative, they act as biomechanical supports that allow athletes to access poses without strain and reduce the risk of injury. Proper preparation and thoughtful placement of props before each session reflects professionalism, minimizes distractions, and reinforces trust in the instructor's setup.

Pre-session prop setup checklist

Each mat station should have:

- 1 mat (either a personal mat or a sanitized studio mat)
- 2 Yoga blocks (foam for gentle/restorative work, cork for stability in intense sessions)
- 1 Yoga strap (adjustable and durable)
- 1 bolster or folded blanket (optional, based on session type and athlete needs)



Notes

Prop readiness guidelines

- All props must be clean, dry, and free from damage
- Sizing should match the athlete's height and flexibility (e.g., longer straps for tall athletes, thicker bolsters for tighter hips)
- Props used for rehabilitation or injury-specific purposes must be clearly labelled and stored separately
- Props should be neatly placed and aligned to create a calm, organized space that reduces clutter-based stress and improves athlete focus

Instructor checklist: equipment & prop prep

- Arrive early and check all props for damage or dirt.
- Sanitize shared mats, blocks, and straps before use.
- Match prop sizes to athlete needs (longer straps, firmer blocks).
- Place props neatly near each mat based on session plan.
- Label rehab props and store separately.
- Keep spare props ready for latecomers.
- Do a final sweep to ensure everything is clean, aligned, and safe.

20.5 INSTRUCTOR AND STAFF RESPONSIBILITIES

A well-coordinated team ensures that all elements of a session – from space preparation to athlete comfort – are handled smoothly. Each role contributes uniquely to safety, efficiency, and flow. Here's how:

Yoga Instructor – Sports

- Conducts a final walkthrough of the Yoga space before athletes enter
- Reviews lighting, floor condition, and prop layout for any potential risks
- Plans and approves any safety modifications, such as changing mat direction or spacing
- Verifies that props meet the requirements for the session's theme (e.g., restorative vs. strength)
- Ensures the environment aligns with the day's performance or recovery goals

Yoga Trainer – Sports

- Leads the physical setup of props and equipment before the instructor arrives

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Maintain Safety, Hygiene and Sanitation at Workplace



Preparing for a Safe and Effective Yoga Session

- Checks floor cleanliness, dryness, and overall safety for dynamic or balancing poses
- Coordinates hygiene checks for props and tools
- Briefs the Yoga assistant on the day's session plan, including any modifications for specific athletes
- Acts as a communication bridge between the assistant and instructor during setup

Yoga Assistant – Sports

- Arranges mats with proper spacing and alignment (2–3 feet minimum)
- Cleans, sanitizes, and places props like blocks, straps, and bolsters near each mat
- Manages the entry and exit flow of athletes, guiding them calmly to their spaces
- Ensures walkways remain clear, doors stay gently closed, and distractions are minimized
- Alerts the trainer if any last-minute concerns arise, such as damaged props or athlete confusion

Why this matters:

This division of responsibilities ensures that no safety factor is overlooked. The instructor can then focus fully on delivery, knowing the environment is optimized for both performance and care.

20.6 SIGNS OF AN UNSAFE OR UNREADY ENVIRONMENT

Even with regular routines and familiar spaces, safety lapses can occur if attention to detail is missing. Recognizing early signs of an unprepared environment allows instructors to prevent accidents, discomfort, or loss of focus among athletes.

Common warning signs that should not be ignored:

- **Crowded layout or overlapping mats**
Athletes appear cramped or have difficulty stretching arms and legs without touching each other. This increases the risk of collision, imbalance, and distraction.
- **Wet or dusty floor causing loss of grip**
Dampness, sweat patches, or layers of dust on the floor can make transitions and standing poses risky. A single slip during a balancing Asana could lead to injury.

- **Distracting sound or harsh lighting**

External noise (traffic, loud conversations), flickering bulbs, or overly bright lights can disturb mental focus, especially during meditative or breath-based sequences.

- **Props missing or broken**

Lack of access to essential props like blocks or straps – or the use of damaged ones – can hinder alignment, create imbalance, or cause injuries during support-based poses.

- **Poor airflow causing discomfort during deep breathwork**

Stale, stuffy air or direct air vents hitting only certain participants can make it difficult to maintain steady breath, leading to discomfort, overheating, or tension.

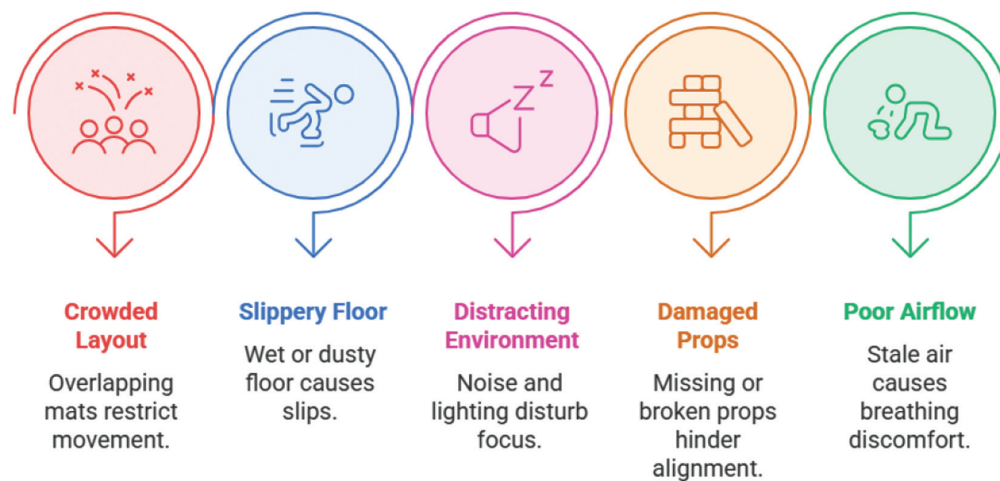


Fig. 20.4: Common Warning Signs

Instructor Action:

If any of these red flags are present, the Yoga Instructor – Sports must immediately pause the setup process. It is their duty to either:

- Resolve the issue (e.g., rearrange mats, replace broken props, adjust lighting)
- Reassign athlete placement for balance and space
- Relocate to a backup room or open area if the environment cannot be fixed in time

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Maintain Safety, Hygiene and Sanitation at Workplace



Notes

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Preparing for a Safe and Effective Yoga Session

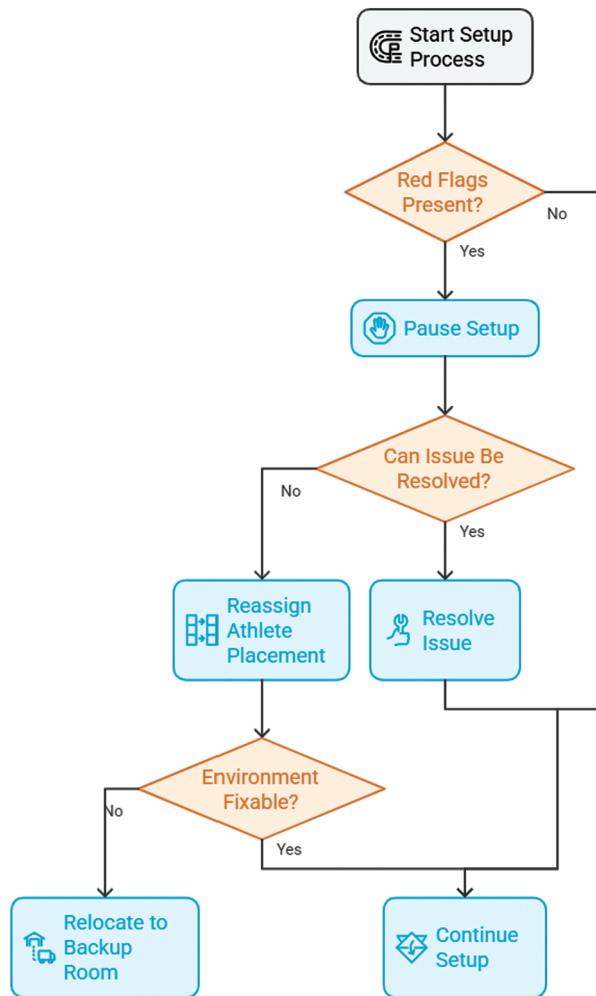
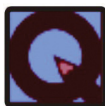


Fig. 20.5: Action Plan for High Quality Yoga Session

These checks reinforce professionalism and care – core values of a high-quality Yoga session.



INTEXT QUESTIONS 20.2

1. Write any two duties of Yoga Instructor – Sports, if they see red flags during set up process.
 - (a)
 - (b)

2. Whose duty is to arrange the mats during Yoga session?

.....
.....



WHAT HAVE YOU LEARNT

Dear learners, in this unit, you have learnt:

- A well-prepared session environment leads to clarity and rhythm for pose transitions, builds trust, accommodates athletes across different physical states etc.
- Environmental safety checklist includes floor surface, lighting, ventilation and air quality, sound and noise control, emergency exits, and electrical hazards.
- Session layout and spatial planning athlete spacing, instructor visibility, prop zones, wall usage, entry and exit points, and adaptive layout planning.
- Proper preparation and placement of props before each session reflects professionalism, minimizes distractions, and reinforces trust in the instructor's setup.
- Unsafe and unready environment includes crowded layout or overlapping mats, wet or dusty floor, distracting sound, props missing or broken, poor airflow causing discomfort.



TERMINAL QUESTIONS

1. Explain the environmental safety checklist for Yoga session space.
2. State Instructor and staff responsibilities in creating a safe and efficient session flow.



ANSWER TO INTEXT QUESTIONS

20.1

1. (a) Floor (b) energy (c) inner

20.2

1. (a) Resolve the issue (b) Re-assign athlete placement
2. Yoga Assistant – Sports



Notes

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Maintain Safety, Hygiene
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Workplace



Notes

21

UNDERSTANDING LABELS ON YOGA PROPS AND EQUIPMENTS

In the previous unit, you have studied about how to identify the safety checks and environmental preparations necessary before starting a Yoga session and understand the factor that affect comfort, alignment and injury prevention. Various Yoga equipment and props help athletes hold poses for longer periods of time, maintain proper alignment, and gradually improve flexibility and strength without strain or risk of injury. The labels on Yoga props and equipment involves knowing their purpose, materials and how they support athletes practice.

Dear learners in this unit, you will study about the role of Yoga Trainer and Assistant in daily equipment safety check to ensure injury prevention. You will also learn to read the safety label instructions and marking on Yoga props and equipments.



OBJECTIVES

After studying this unit, you will be able to:

- learn to read and interpret safety labels, instructions, and markings on Yoga props and equipment;
- identify warnings, usage guidelines, and expiry-related information relevant to sports Yoga sessions;
- understand the role of Yoga Trainer – Sports and assistant in daily equipment safety checks;
- apply best practices to ensure injury prevention and responsible prop usage.

21.1 WHY READING LABELS MATTERS IN SPORTS YOGA

Yoga props are more than just supportive tools – they are safety essentials that guide correct alignment, provide balance, and protect joints during complex postures. In a sports Yoga setting, where athletes often perform deeper stretches, hold poses longer, or bear more weight, the quality and condition of each prop directly impact their physical safety.

Labels on props and equipment act like silent instructors. They offer important cues about material strength, intended use, and safety limitations. Ignoring these can result in slips, strained muscles, or sudden equipment failure – especially during poses that rely on external support.

Why you must read and check labels regularly:

- **To prevent injuries during support-based postures**

Props like blocks, straps, and bolsters are meant to reduce strain, but if a block compresses too much or a strap tears mid-pose, it can cause the very injury it was meant to prevent. Labels help identify whether the prop meets safety standards for a given use.

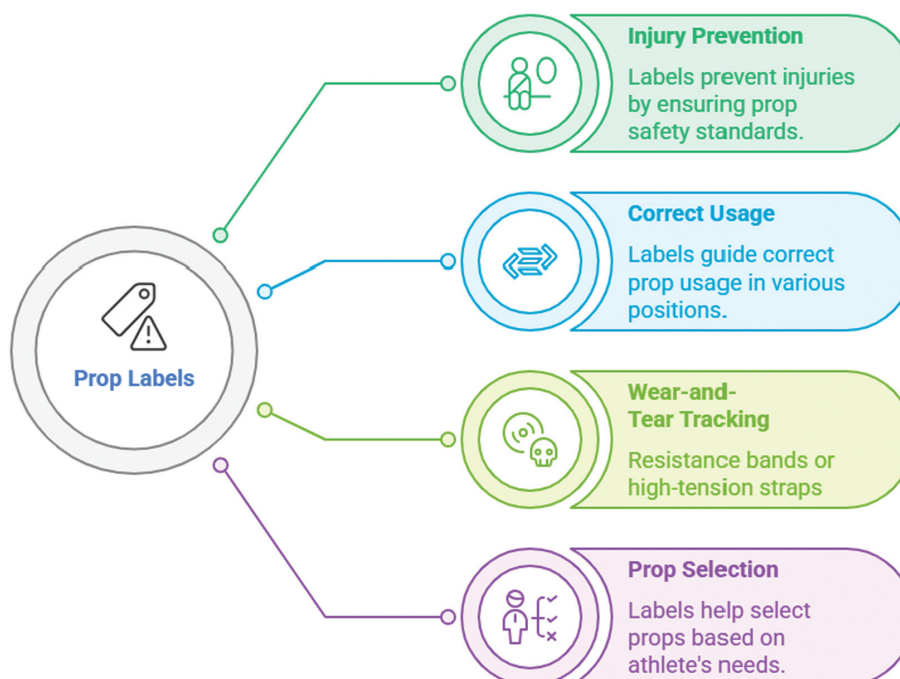


Fig. 21.1: Role of Labels



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Notes

Understanding Labels on Yoga Props and Equipments

- **To ensure correct usage in dynamic or weight-bearing positions**

Some blocks, for example, are designed only for gentle support – not to bear full body weight in standing balance poses. Labels often specify whether a prop is safe for load-bearing or inversion work.

- **To track wear-and-tear or degradation over time**

Materials like foam, rubber, or fabric naturally degrade. Labels may include a manufacture date or expiry period (especially for resistance bands or high-tension straps), helping trainers assess when it's time to replace them.

- **To select the right prop for the athlete's size, flexibility, or purpose**

A beginner athlete may need a longer strap or a softer bolster, while an experienced one might require denser blocks. Labels provide measurements, material type, and usage warnings that guide appropriate matching.

Understanding labels is a simple yet powerful act of injury prevention, especially in high-performance environments. Instructors, trainers, and assistants must build the habit of checking these details – not just when props are new, but regularly as part of equipment maintenance.

Table 21.1: Common Labelling Elements on Yoga Props

Label element	What it tells you
Brand and model	Identifies prop design and size range
Material composition	Latex, cork, foam, rubber – important for allergies or grip variation
Weight limit (if applicable)	Maximum load-bearing capacity (important for blocks, wall ropes)
Cleaning instructions	Approved disinfectants, washing methods, drying advice
Manufacture date	Indicates product age – some materials degrade over time
Expiry or recheck date	Typically seen on resistance bands, anti-slip mats
Usage warnings	“Do not use on wet surface,” “Not for inversion postures”

Instructors must ensure that all prop sets used in athlete sessions are checked regularly for faded, damaged, or unreadable labels.

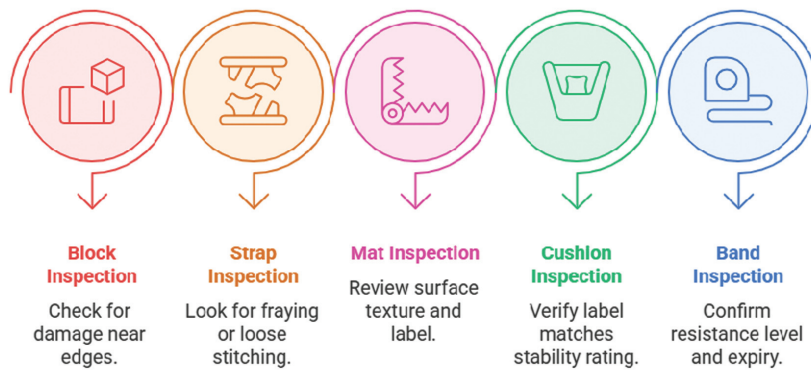


Fig. 21.2: Props Safety Checks

21.2 ROLES AND RESPONSIBILITIES IN LABEL AND EQUIPMENT MANAGEMENT

Maintaining equipment safety is not just a background task – it is a critical function of every Yoga professional involved in session delivery. Whether it’s a resistance strap, Yoga block, or inversion wall rope, each prop must be assessed for safety before use. This ensures that the equipment matches the intensity of the practice and the specific needs of the athletes.

Yoga Instructor – Sports

As the lead decision-maker, the Yoga Instructor – Sports is responsible for final approval of all props used in the session. Their choices are based on posture intensity, athlete condition, and session objectives.

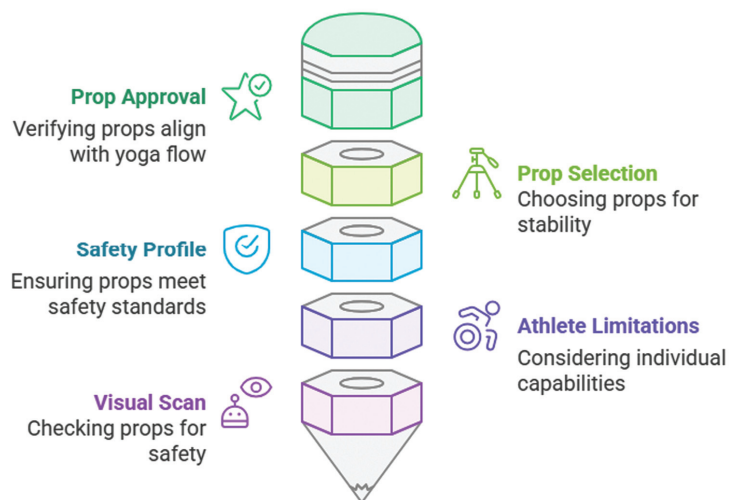


Fig. 21.3: Role of Yoga Instructor – Sports in Safety Checks

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Understanding Labels on Yoga Props and Equipments

Once the instructor's approvals are in place, the responsibility shifts to the Yoga trainer, who evaluates each prop more technically based on individual athlete needs.

Yoga Trainer – Sports

The Yoga Trainer – Sports handles the operational selection and validation of each piece of equipment. They focus on matching the right prop to the right athlete by reading and interpreting safety labels.



Fig. 21.4: Role of Yoga Trainer – Sports in Safety Checks

Once props are matched and cleared, the Yoga Assistant takes over the physical setup and final inspection at ground level.

Yoga Assistant – Sports

The Yoga Assistant – Sports is responsible for setting up the training space and checking each prop for cleanliness, damage, and accessibility. They are often the first to notice visible red flags before athletes enter.



Notes

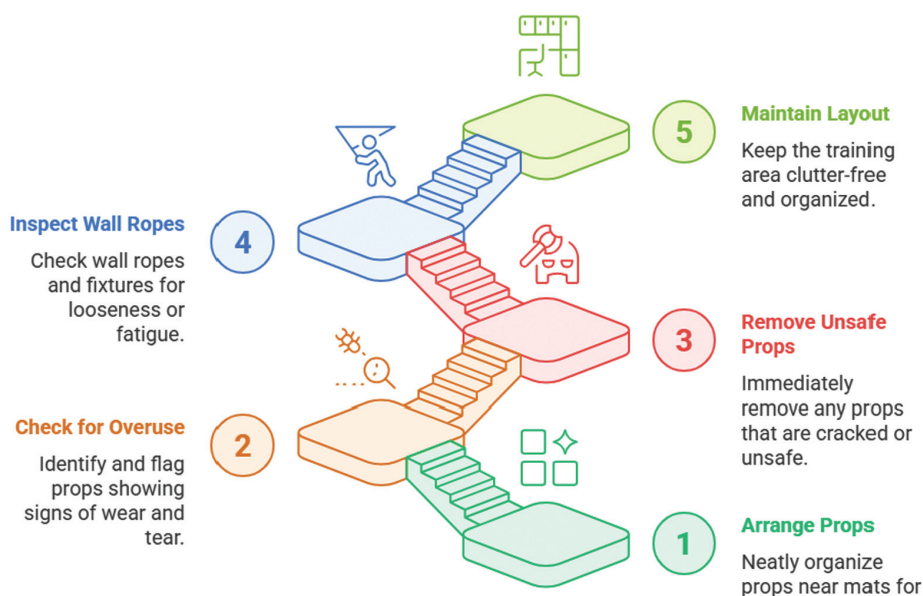
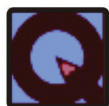


Fig. 21.5: Role of Yoga Assistant – Sports in Safety Checks

By working together in this structured chain – **Instructor → Trainer → Assistant** – the team ensures that every Yoga session begins with complete confidence in the tools athletes rely on.



INTEXT QUESTIONS 21.1

1. Match the following:

Group A

- (i) Brand and model
- (ii) Weight limit
- (iii) Manufacture date

Group B

- (a) indicate product age
- (b) identifies prop design and size range
- (c) Maximum load bearing capacity



WHAT HAVE YOU LEARNT

Dear learners, in this unit you have learnt:

- Yoga props are safety essentials that guide correct alignment, provide balance, and protect joints during complex postures/Asanas. Labels on props and equipment act like silent instructors.

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Notes

Understanding Labels on Yoga Props and Equipments

- One must read and check labels regularly to prevent injuries during support based postures, ensure correct usage in dynamic or weight bearing positions, to track wear and tear or degradation over time, and to select the right prop for the athlete's size, flexibility or purpose.
- Whether Yoga Instructor, Yoga Trainer or Yoga Assistant in sports; each has to ensure the equipment matches the intensity of the practice and the specific needs of the athletes.



TERMINAL QUESTIONS

1. Explain the role and responsibility of Yoga Instructor and Yoga Assistant in label and equipment management.
2. State the significance of labels on Yoga props and equipments.



ANSWER TO INTEXT QUESTIONS

21.1

1. (i) (c) (ii) (a) (iii) (b)



Notes

22

MAINTAINING PERSONAL HYGIENE BEFORE AND AFTER YOGA SESSIONS

In the previous unit, you have learnt about reading the safety labels, instructions and marking on Yoga props and equipments, identifying warning signals, usage guidelines, and expiry related information relevant to sports Yoga session. Yoga is a holistic approach in creating a foundation for overall well-being. There is a clear connection between personal hygiene and Yoga as good personal hygiene makes one less prone to illness and infection, hence making one healthier.

Dear learners, in this unit, you will study about the importance of personal hygiene habits which are required before and after conducting or participating in Yoga sessions.



OBJECTIVES

After studying this unit, you will be able to:

- understand the importance of personal hygiene in sports Yoga settings;
- identify key hygiene habits required before and after conducting or participating in Yoga sessions;
- apply hygiene protocols to reduce the spread of infections and maintain respect in shared training spaces;
- recognize the roles of Yoga Instructor – Sports, trainer, and assistant in upholding hygiene standards.

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Maintaining Personal Hygiene before and after Yoga Sessions

22.1 WHY PERSONAL HYGIENE MATTERS IN SPORTS YOGA

Personal hygiene in Sports Yoga isn't just about cleanliness – it's a matter of professionalism, respect, and injury prevention. In a training space where athletes often work in close proximity, share equipment, and engage in intense breathwork, the smallest hygiene lapse can affect everyone in the room. A Yoga Instructor – Sports is expected not only to follow hygiene practices personally but to cultivate a culture of hygiene awareness within the group. Personal hygiene:

- **Prevents health risks and infections**

Sweat, skin flakes, and shared contact surfaces (like mats and straps) create ideal conditions for the spread of fungal or bacterial infections. Clean habits reduce this risk drastically.

- **Supports athlete comfort and performance**

Athletes distracted by unpleasant odors, sticky mats, or sweaty props are less likely to stay focused. Good hygiene enhances their physical and mental presence during the session.

- **Maintains the professional standard of the Yoga Space**

A well-managed hygiene protocol reflects the discipline and integrity of the Yoga instructor. It signals to athletes that safety and respect are prioritized, especially in sports institutions or camps.

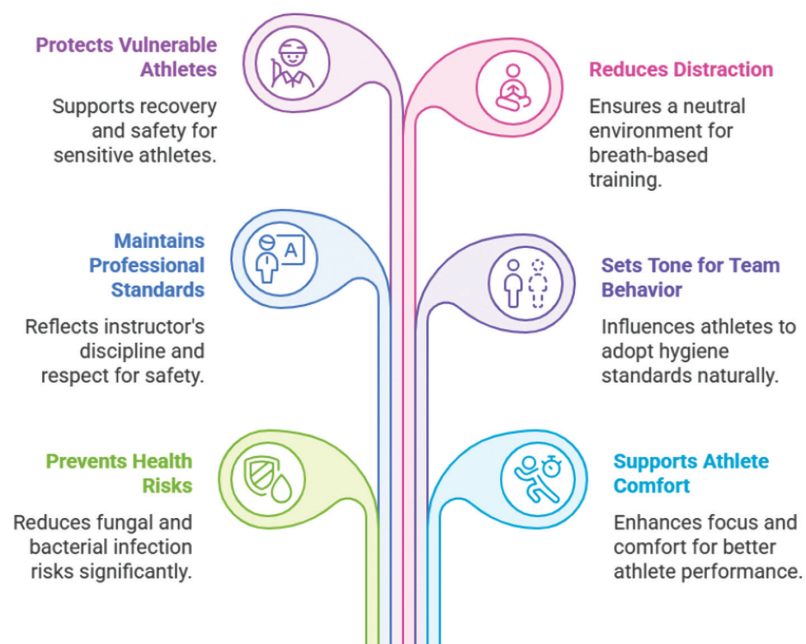


Fig. 22.1: Benefits of Personal Hygiene in Nutshell

- **Sets the tone for team behavior**

When the instructor leads with visible hygiene discipline – clean attire, well-groomed appearance, organized props – it influences the group. Athletes begin to mirror these standards naturally.

- **Protects vulnerable athletes**

Some athletes may be recovering from injuries, on medication, or sensitive to allergens. Maintaining clean air, sanitized gear, and fragrance-free zones becomes crucial to support their recovery.

- **Reduces distraction in breath-based training**

In Pranayama, meditation, or cooling postures, shared air quality matters. Avoiding strong fragrances, oily lotions, or stale clothes helps maintain a neutral, calming environment for everyone.

By treating hygiene as a shared responsibility and modeling it consistently, the Yoga Instructor – Sports ensures that sessions remain not only effective but respectful and inclusive for all participants.

22.2 ADVANCED RESPONSIBILITY: HYGIENE LEADERSHIP BY THE YOGA INSTRUCTOR – SPORTS

Essential Personal Hygiene Habits

The Yoga Instructor – Sports must embody high standards of cleanliness and presentability to set the tone for the athletes. Their hygiene habits directly impact the atmosphere, safety, and credibility of every session.

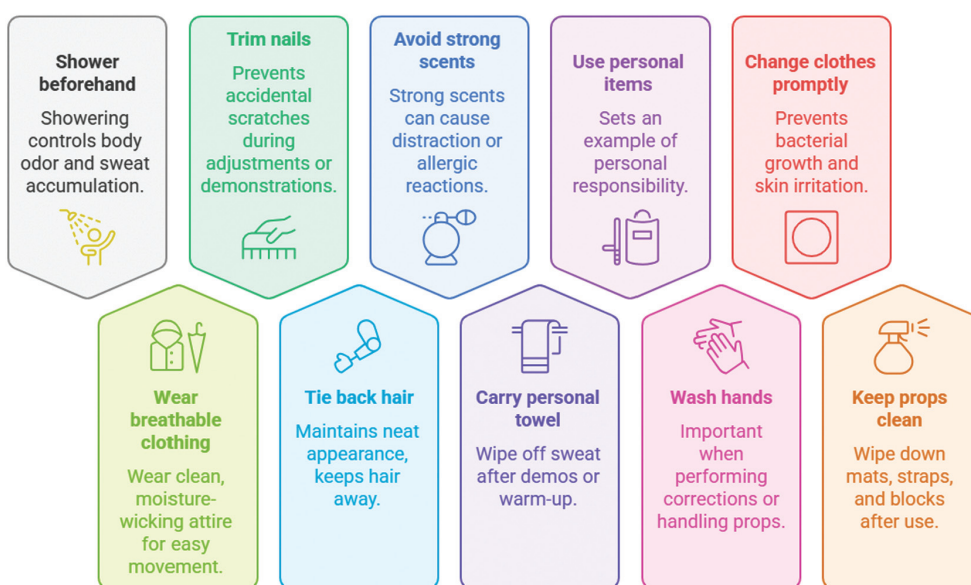


Fig. 22.2: Essential Personal Hygiene Habits

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Maintaining Personal Hygiene before and after Yoga Sessions

By consistently practicing these habits, the Yoga Instructor – Sports reinforces the message that hygiene is a foundation of discipline, safety, and respect – qualities every athlete must adopt.

22.3 ADVANCED RESPONSIBILITY: HYGIENE LEADERSHIP BY THE YOGA INSTRUCTOR – SPORTS

In addition to following the personal hygiene habits expected of all participants and trainers, the Yoga Instructor – Sports takes on a leadership and monitoring role, ensuring that hygiene becomes a culture, not just a checklist. This level of responsibility extends beyond personal practice and includes guiding others, enforcing standards, and modeling professional behavior consistently.

Before the Session

- **Lead by visible example** – arrive fresh, well-groomed, and appropriately dressed for the session tone
- **Conduct a hygiene spot-check** of the practice area and athletes, especially during camps or shared spaces
- **Remind athletes** of hygiene practices gently through briefing, posters, or group agreements
- **Provide sanitization access** by placing wipes, hand rub, or towel stations where needed
- **Avoid last-minute changes** that compromise hygiene – like borrowing used mats or props without checking

After the Session:

- **Ensure post-session cleaning protocols are followed** – by both athletes and assistants
- **Supervise the packing of props** to prevent wet or unclean gear from being stored without airing
- **Acknowledge and correct hygiene lapses** diplomatically (e.g., pointing out when someone hasn't wiped down their mat)
- **Update the hygiene SOP** (standard operating procedure) regularly based on climate, group size, and feedback
- **Reinforce the value of hygiene as a sign of mutual respect**, not just a health measure

While all participants and trainers are expected to maintain hygiene, the Yoga Instructor – Sports sets the tone, enforces the standards, and ensures that these habits are internalized as a professional norm – especially in high-performance sports environments.

22.4 SHARED SPACE HYGIENE: ETIQUETTE AND RESPECT

In a group Yoga setting – especially within sports training centers – maintaining hygiene is not only a personal duty but a collective commitment. Each participant, including the instructor, contributes to a clean, focused, and respectful environment. Simple mindful behaviors can prevent discomfort, reduce distractions, and enhance the shared training experience.

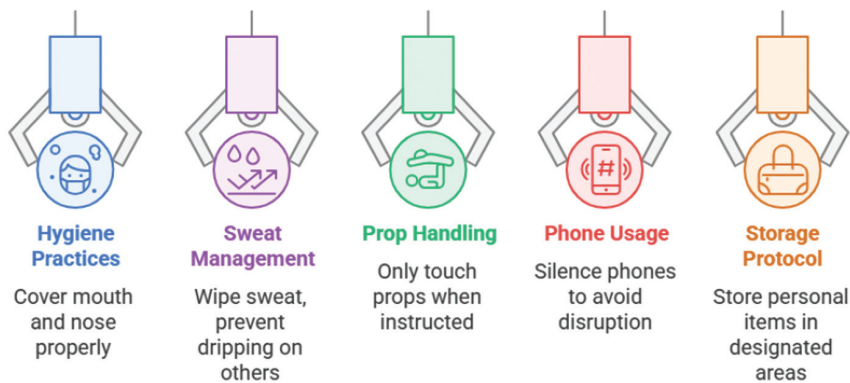


Fig. 22.3: Etiquette at Shared Spaces

22.5 HYGIENE RESPONSIBILITIES BY ROLE

In a professional Sports Yoga environment, hygiene isn't left to chance – it's an organized, team-driven effort. Each role in the Yoga Instruction team contributes to establishing, maintaining, and reinforcing hygiene standards that protect athlete health and preserve the integrity of the training space. Together, they uphold a “clean-in, clean-out” culture that begins before the first breath and lasts beyond the final posture.

Maintaining hygiene in a Sports Yoga setting requires consistent teamwork. Each role plays a specific part in creating a clean, safe environment for athletes:

- **Yoga Instructor – Sports:** Enforces the hygiene code, leads by example, and reminds athletes of clean habits before and after sessions.
- **Yoga Trainer – Sports:** Demonstrates proper hygiene practices and guides athletes in following them correctly.

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Notes

Maintaining Personal Hygiene before and after Yoga Sessions

- **Yoga Assistant – Sports:** Checks the readiness of mats, floors, and props, and ensures hygiene posters or reminders are clearly placed.

Together, they foster a strong “**clean-in, clean-out**” culture that keeps the space safe, respectful, and athlete-ready.



INTEXT QUESTIONS 22.1

1. Write two responsibilities of Yoga Instructor – Sports

(a) Before the session

(i)

(ii)

(b) After the session.

(i)

(ii)



WHAT HAVE YOU LEARNT

Dear learners, in this unit, you have learnt:

- Personal hygiene in Sports Yoga indicates professionalism, respect and injury prevention.
- Personal hygiene prevents health risks and infections, supports athlete comfort and performance, maintains the professional standard of the Yoga space, set the tone for term behaviour, protects vulnerable athletes and reduces distraction breath based training.
- Yoga Instructor – Sports should lead by example. Their hygiene habits directly impact the atmosphere, safety and credibility of every session.
- At an advance level, each participant including the instructor, contributes towards a focused, safe, clean and respectful environment.
- A Yoga Instructor – Sports primarily enforces the hygiene code and lead by example. Yoga Trainer – Sports demonstrates proper hygiene practices and guides athletes in following them correctly. Yoga Assistant – Sports checks the readiness of mats, floors and props, as well as ensures hygiene postures or reminders are clearly placed.



TERMINAL QUESTIONS

1. State the reasons for personal hygiene in Sports Yoga. Give an example.
2. Explain the hygiene leadership by the Yoga Instructor – Sports especially before and during the Yoga session.



ANSWER TO INTEXT QUESTIONS

22.1

1. (a) (i) Lead by visible example
(ii) Conduct a hygiene spot check
(b) (i) Ensure post session cleaning protocols are followed
(ii) Update the hygiene

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23

WORKPLACE HYGIENE AND SANITATION REGULATIONS IN YOGA SPACES

Dear learners, in the previous unit, you have learnt about the roles of Yoga Instructor Trainer and Assistant in maintaining personal hygiene standards during Yoga sessions. This helps to reduce the spread of infection. Along with personal hygiene, it is also important to maintain workplace hygiene and sanitization in Yoga and sports training space. Dear learners, to regulate hygiene and sanitization in the training area, and to follow instructions on workplace, one should also address personal hygiene, cleanliness of the Yoga space.

In this unit, you will study about the importance of regulatory hygiene standards and sanitation guidelines in Yoga studios and sports learning space.



OBJECTIVES

After studying this unit, you will be able to:

- understand the importance of regulatory hygiene standards in Yoga studios and sports training spaces;
- identify key sanitation guidelines related to floor, props, air quality, and high-contact surfaces;
- learn compliance procedures based on institutional policies and local health codes;
- recognize the roles of Yoga Instructor – Sports, trainer, and assistant in maintaining sanitation integrity.

23.1 SIGNIFICANCE OF SANITATION REGULATIONS IN YOGA ENVIRONMENTS

As a Yoga Instructor – Sports, your responsibility extends beyond teaching Asanas and breathing techniques. You are also a guardian of the training environment. Maintaining cleanliness, air quality, and hygiene protocols is essential to protect athlete well-being, uphold the standards of the profession, and comply with institutional regulations.

Whether you're working in a school, sports academy, or private facility, sanitation is not optional – it is a daily operational requirement. This unit will help you understand the hygiene standards you are expected to monitor, implement, and enforce.

Yoga practice involves deep breathing, floor contact, and shared props – making hygiene one of the most important aspects of a safe and respectful space. As a Yoga Instructor – Sports, you must ensure that:

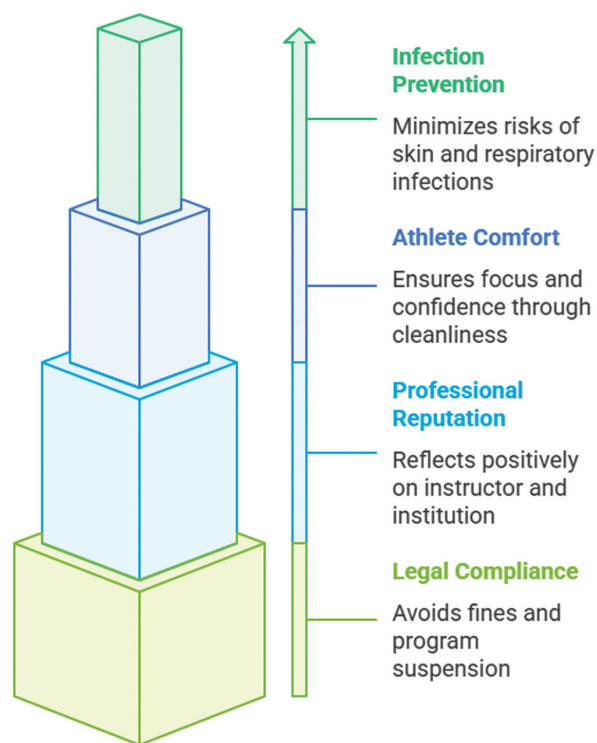


Fig. 23.1: Importance of Sanitation Regulations

Remember: In professional setups, especially sports academies and educational institutions, sanitation compliance is inspected and documented. As an instructor, your role includes preparing the environment to meet these standards every day.



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Workplace Hygiene and Sanitation Regulations in Yoga Spaces

23.2 KEY HYGIENE AND SANITATION STANDARDS FOR YOGA SPACES

As a Yoga Instructor – Sports, you should be able to recognize and manage the sanitation requirements of each area within your training facility. You are expected to guide your team to implement the following standards:

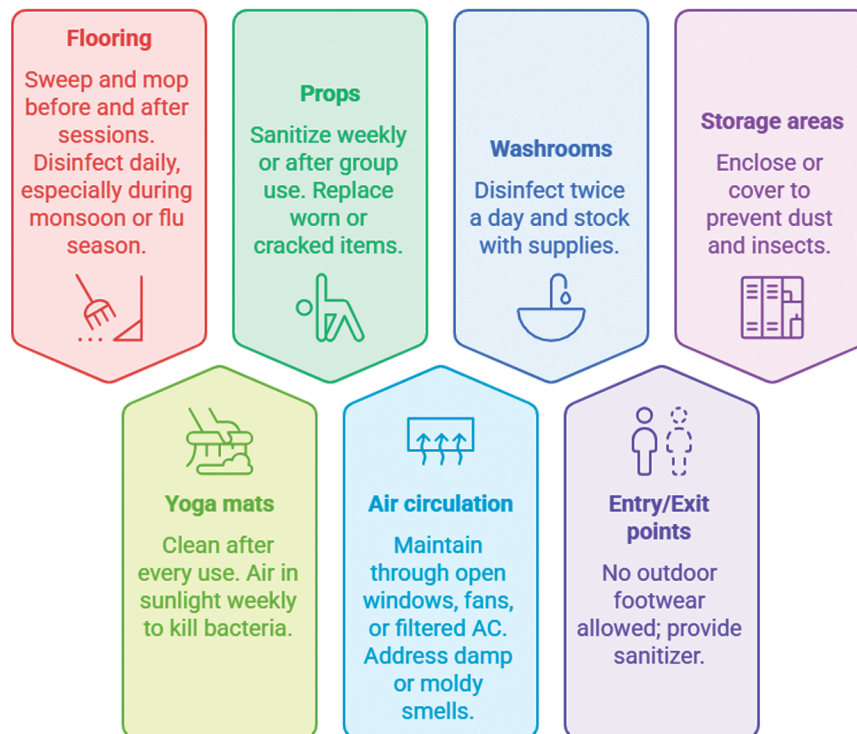
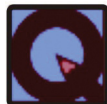


Fig. 23.2: Sanitation Standards

Tip for the job: Always maintain a written hygiene log with dates, initials, and tasks completed. This builds trust and shows readiness during inspections.



INTEXT QUESTIONS 23.1

1. Match the following:

Group A

- (i) Props
- (ii) Yoga mats
- (iii) Entry/Exit points

Group B

- (a) Clean after every use
- (b) No outdoor footwear allowed
- (c) Replace cracked items



WHAT HAVE YOU LEARNT

Dear learners, in this unit, you have learnt:

- Maintaining cleanliness, air quality and hygiene protocols is essential to protect athlete well-being, uphold the standards, and comply with regulations.
- Key hygiene and sanitation standards for Yoga space includes flooring, props, Yoga mats, air circulation, storage areas, entry/exit points and washrooms.
- Yoga practices involves deep breathing, floor contact and shared props making hygiene one of the most important aspects of a safe and respectful space.



TERMINAL QUESTIONS

1. Enumerate the key hygiene and sanitation standards for Yoga spaces.
2. State the significance of sanitation regulations in Yoga environment.



ANSWER TO INTEXT QUESTIONS

23.1

1. (i) (c) (ii) (a) (iii) (b)

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24

SANITIZING PRACTICES FOR EQUIPMENT AND ATHLETE SAFETY

In the previous unit, you have learnt about the role of Yoga Instructor, Trainer and Assistant in maintaining sanitation integrity and regulating hygiene standards in Yoga and sports training spaces. Athletes practice good personal hygiene, such as washing hands and using their own towels and recognize warning signs of infections. To ensure equipment sanitation and athlete safety, regularly clean and disinfect high touch surfaces after each use with appropriate disinfectants, adhering to product instructions for contact time and safety.

Dear learners, in this unit, you will study about the correct sanitization procedures of Yoga equipment to prevent infections and ensure hygiene compliance.



OBJECTIVES

After studying this unit, you will be able to:

- understand how to sanitize Yoga equipment before and after use to ensure athlete safety;
- identify safe and approved cleaning agents for various types of props and surfaces;
- apply correct sanitization procedures to prevent infections and ensure hygiene compliance;
- recognize role-specific duties for Yoga Instructor – Sports, trainer, and Assistant in equipment sanitation.

24.1 WHY SANITIZING YOGA EQUIPMENT IS ESSENTIAL

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. 24.1: Sanitation Standards

24.2 TYPES OF YOGA PROPS AND THEIR SANITIZATION NEEDS

As a Yoga Instructor – Sports, you are not expected to personally clean every prop after each session – but you are fully responsible for ensuring that the sanitization process is happening correctly, consistently, and as per professional standards. That means you must guide your team, especially the Yoga Assistant and Trainer, to implement and monitor prop hygiene routines based on usage intensity and material type.

Remember: athletes trust the space you provide. Sanitized equipment is not just a hygiene issue – it's a professional and ethical responsibility.

Prop sanitization priorities & frequency guidelines

- **Yoga mats (shared use)**

These are high-touch, sweat-absorbing surfaces. They must be disinfected after every use. Whether personal or shared, mats should be wiped down



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Sanitizing Practices for Equipment and Athlete Safety

using approved sprays and microfiber cloths and allowed to dry fully before rolling.



Fig. 24.2: Yoga Instructor – Sports Role in Sanitation

- **Blocks (foam or cork)**

These props come into contact with hands, feet, and the floor. Foam blocks absorb sweat and dirt easily; cork blocks, while sturdier, can also collect grime. Clean them weekly or after any group session. Assign this to the assistant with spot checks by the trainer.

- **Straps**

Since straps are often used around the feet, thighs, and shoulders, they can collect sweat and bacteria. They should be washed weekly or after heavy group usage. Check for fraying and stiffness – both signs of overuse or material breakdown.

- **Bolsters and blankets**

These come in direct contact with the face, chest, or back during rest and meditation. Clean covers weekly, and if possible, use removable and washable fabric sleeves. Replace foam inserts or filler when odor or softness changes.

- **Resistance bands**

These are under high tension and come in close contact with skin. They must be wiped down after every group use. Ensure no oily or alcohol-based cleaners are used, as they can degrade elasticity.



- **Wall bars and ropes**

Used for balance and inversions, these collect grip sweat and skin oil. They should be wiped weekly or more often if heavily used. Also check for rust, looseness, or rope wear.

Table 24.1: Yoga Props Sanitization and Frequency

Prop/surface	Sanitization priority	Frequency
Yoga mats (shared)	High-touch, high-sweat surface	After every use
Blocks (foam/cork)	Hand/foot contact; absorbent material	Weekly or after group use
Straps	Close body contact, absorbs sweat	Weekly or after heavy use
Bolsters, blankets	Contact with face/body during rest	Weekly; change covers if applicable
Resistance bands	High tension, skin contact	After group sessions
Wall bars/ropes	Risk of grip sweat accumulation	Weekly or as needed

As the Yoga Instructor – Sports, your leadership in sanitization doesn't mean "doing everything" – it means ensuring everything gets done right.

24.3 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. Instructors 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.

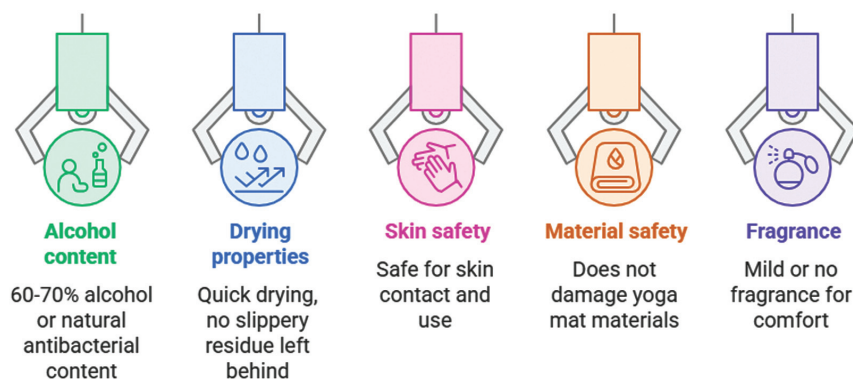


Fig. 24.3: Properties of Effective Sanitizing Agents

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Sanitizing Practices for Equipment and Athlete Safety

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.
- **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.

Before using any new cleaning agent on Yoga equipment, it is essential for a Yoga Instructor – Sports to perform a patch test. This simple step helps prevent accidental damage to props such as mats, blocks, straps, and bolsters, which may react differently based on their material. For example, a strong disinfectant might cause foam to degrade, cork to crack, or fabric to fade. A patch test allows you to check for unwanted reactions – such as discoloration, residue, stickiness, or material breakdown – by applying the cleaner to a small, hidden area first. This also helps ensure the cleaner won't leave behind substances that could irritate athletes' skin during use. More importantly, it avoids unnecessary replacements and maintains the professional quality of your equipment. In high-performance Yoga settings, such attention to detail reflects your care, responsibility, and respect for both the tools and the people using them.

Sanitizers to Avoid

Certain products can harm props or cause irritation, even if they look strong.

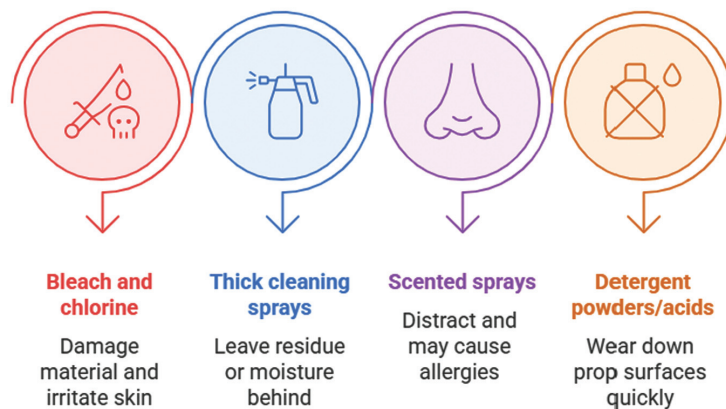


Fig. 244: Sanitizers to Avoid

Instructor's responsibilities while using agents

Instructor's must check every product before using it in the session space.

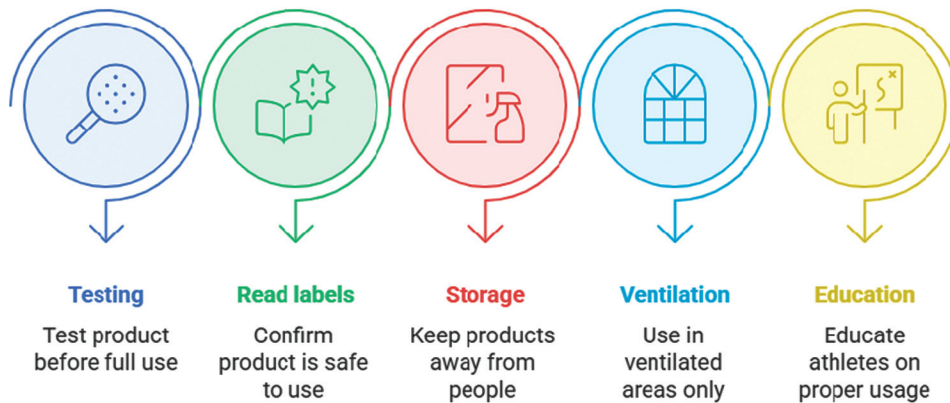
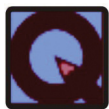


Fig. 24.5: Instructor's Responsibility for Sanitization Agents



INTEXT QUESTIONS 24.1

1. Write sanitizers for:
 - (a) Mats
 - (b) Cork or wooden blocks

24.4 SANITIZATION PROCEDURES, STORAGE HYGIENE, AND ROLE-BASED RESPONSIBILITIES

As a Yoga Instructor – Sports, maintaining a hygienic training environment involves more than just cleaning – it requires a systematic process, safe storage habits, and well-defined team roles. Sanitizing shared mats, props, and equipment ensures athlete safety, while proper storage extends the life of your gear. Knowing who is responsible for what task helps build a reliable hygiene routine across every session.

Step-by-step sanitization procedure (for shared mats)

Mats are the most frequently used and sweat-exposed surface in Yoga sessions. Here's how to clean them safely and effectively:

1. Spray the entire surface of the mat lightly with an approved disinfectant solution.



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Sanitizing Practices for Equipment and Athlete Safety

2. Let it sit for 2–3 minutes or as recommended on the product label.
3. Wipe the mat thoroughly using a clean microfiber cloth.
4. Allow the mat to air-dry completely in sunlight or a well-ventilated area.
5. Roll the mat loosely only after it is fully dry to avoid moisture buildup and odor.

Posting these steps near the prop storage area ensures consistency among trainers, assistants, and even athletes when needed.

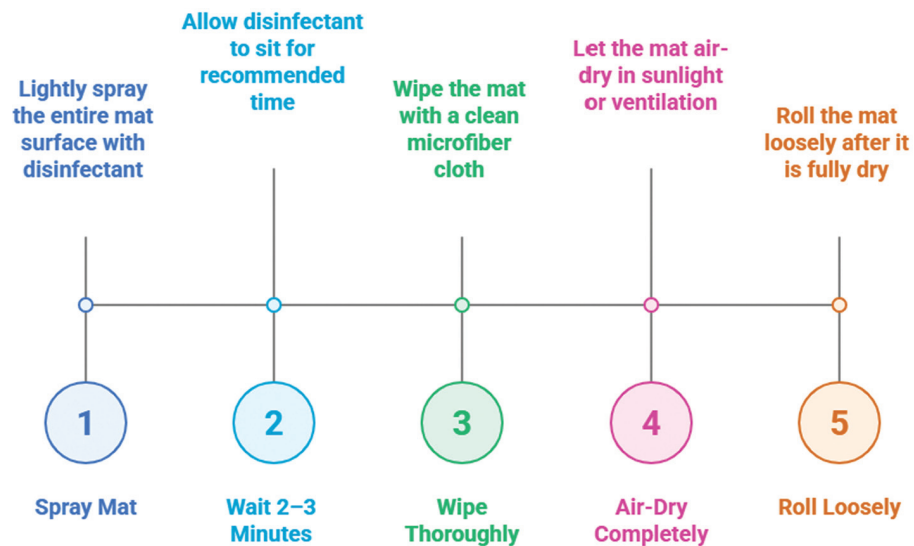


Fig. 24.6: Steps of Sanitation Procedure for Mats

Equipment storage hygiene guidelines

Cleanliness doesn't end after sanitizing – how and where props are stored also affects hygiene. Follow these key storage practices:

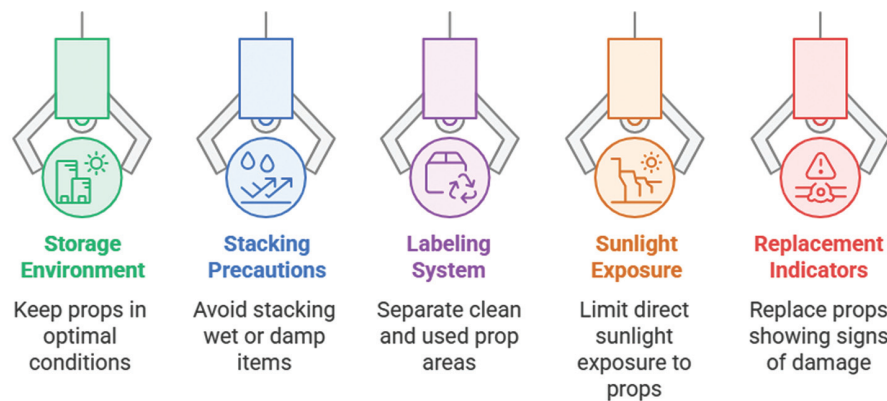


Fig. 24.7: Equipment Storage Hygiene

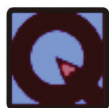
Well-maintained storage reflects professionalism and protects the health of all participants.

Sanitization responsibilities by role

Hygiene is a shared team responsibility. Each team member has a unique role in maintaining cleanliness and compliance:

- **Yoga Instructor – Sports:** Approves the cleaning agents used, oversees weekly hygiene audits, and ensures that hygiene records and compliance logs are up to date.
- **Yoga Trainer – Sports:** Trains assistants on proper cleaning methods, checks expiration dates on products, and verifies that correct sanitization practices are followed.
- **Yoga Assistant – Sports:** Executes day-to-day cleaning, labels and organizes clean/used props, and reports any damaged or unsanitary equipment to the trainer or instructor.

A coordinated effort across roles ensures that every session begins in a safe, clean, and athlete-ready environment.



INTEXT QUESTIONS 24.2

1. State true/false:

- (a) Spray the entire surface of the mat lightly with an approved disinfectant solution. ()
- (b) Hygiene is not a shared team responsibility. ()
- (c) Well maintained storage reflects professionalism and protect the health of all participants. ()



WHAT HAVE YOU LEARNT

Dear learners, in this unit you have learnt:

- Sanitization kill bacteria, prevents the growth of fungi and removes sweat residue, that could lead to infection.
- It is the responsibility of Yoga Trainers to ensure that the sanitization process is happening correctly, consistently and as per professional standards.



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Sanitizing Practices for Equipment and Athlete Safety

- Yoga equipments, Yoga mats, blocks, straps, bolsters and blankets, resistance bands, wall bars and ropes should be properly and regularly sanitized.
- Best sanitizer should be used for each equipment. At the same time before using any new cleaning agent on Yoga equipment, it is essential for a Yoga Instructor – Sports to perform a patch test. This simple step prevents accidental damage to the props.
- Sanitize like bleach and chlorine, thick cleaning sprays, scented sprays and detergent powders/acids.
- Yoga Instructor – Sports should test the product before use, confirm that the product is safe to use, keep products away from people, use agents in ventilated areas only, and educate athletes on proper usage.



TERMINAL QUESTIONS

1. What are different types of Yoga props? Describe their respective sanitization needs.
2. Describe step by step sanitization procedure for shared mats.
3. State the equipment store hygiene guidelines.



ANSWER TO INTEXT QUESTIONS

24.1

1. (a) Alcohol based spray with mild essential oil
(b) Vinegar water mix

24.2

1. (a) True (b) False (c) True



Notes

25

CREATING A SAFE AND INTERACTIVE YOGA ENVIRONMENT

Dear learners, in the previous unit, you have studied about how to sanitize Yoga equipment, before as well as after the use to ensure athlete safety. A safe and interactive Yoga environment is essential for promoting physical safety, emotional well-being, inclusively, and a supportive community for athletes.

In this unit, you will study about the importance of spatial planning, caring and behavioural norms to create a safe and interactive Yoga environment.



OBJECTIVES

After studying this unit, you will be able to:

- understand the factors that contribute to a physically and emotionally safe Yoga environment;
- learn how to create an interactive session atmosphere that supports athlete engagement;
- recognize the importance of spatial planning, cueing, and behavioral norms in safety;
- apply strategies for promoting inclusion, respect, and positive communication during sessions.

25.1 REQUIREMENTS FOR A SAFE AND INTERACTIVE YOGA ENVIRONMENT

A truly effective Yoga session for athletes goes beyond correct posture and breath – it is built on the foundation of a safe and interactive environment. For a Yoga

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Creating a Safe and Interactive Yoga Environment

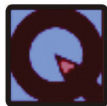
Instructor – Sports, creating this atmosphere is not a passive feature but a deliberate, ongoing responsibility. Athletes must feel that they are entering a space where their bodies are protected, their progress is respected, and their presence is valued.

A safe environment is one where every athlete – regardless of skill level, injury status, or background – feels physically secure, psychologically supported, and emotionally at ease. This reduces stress, boosts confidence, and lowers the likelihood of injury caused by hesitation, overexertion, or peer pressure.

An interactive environment adds another powerful layer. It encourages athletes to engage actively, rather than passively follow instructions. They should feel confident enough to ask questions, modify poses, or take breaks without fear of judgment.

- Clear instructor communication
- Permission to pause, ask, or adapt
- Supportive energy within the group
- Zero tolerance for judgment, comparison, or mockery

When athletes feel safe and supported, they are more likely to train consistently, communicate openly, and take risks that lead to real growth. By building a space rooted in safety and interaction, you're not just guiding movement – you're facilitating transformation.



INTEXT QUESTIONS 25.1

1. Match the following:

Group A

- (i) Private feedback
- (ii) Fair attention
- (iii) Respect diversity

Group B

- (a) Ensuring equal focus on all athletes
- (b) Offering personalized advice away from public scrutiny
- (c) Acknowledging and valuing individual differences

25.2 ELEMENTS OF A SAFE YOGA ENVIRONMENT

Creating a safe Yoga experience for athletes goes beyond just maintaining the physical environment – it involves a conscious effort to protect emotional health and foster inclusive interaction. As a Yoga Instructor – Sports, your leadership shapes not only the posture of the body but also the atmosphere of the room. A well-prepared space, respectful communication, and emotionally intelligent cueing all contribute to a practice where athletes feel secure, seen, and supported.

Your goal is to eliminate hazards, minimize discomfort, and cultivate a culture of respect. Athletes should be able to express physical limitations without hesitation, explore movements without fear of judgment, and trust that their instructor and peers will respect their process.

Key safety practices for Yoga Instructors – Sports

1. Physical and instructional safety measures

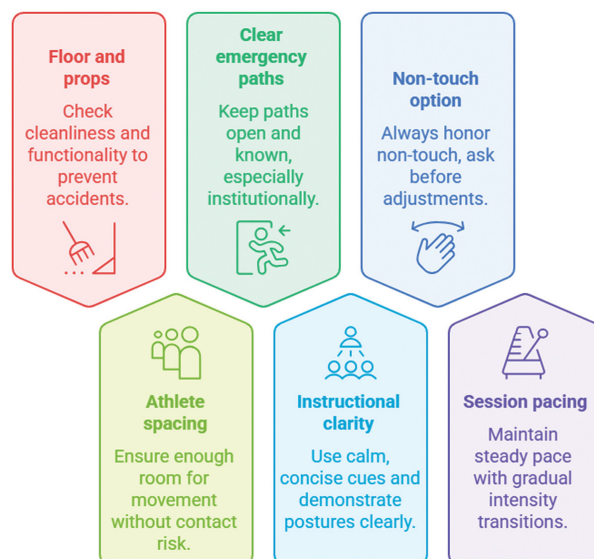


Fig. 25.1: Physical and Instructional Safety Measures

2. Social and emotional safety guidelines

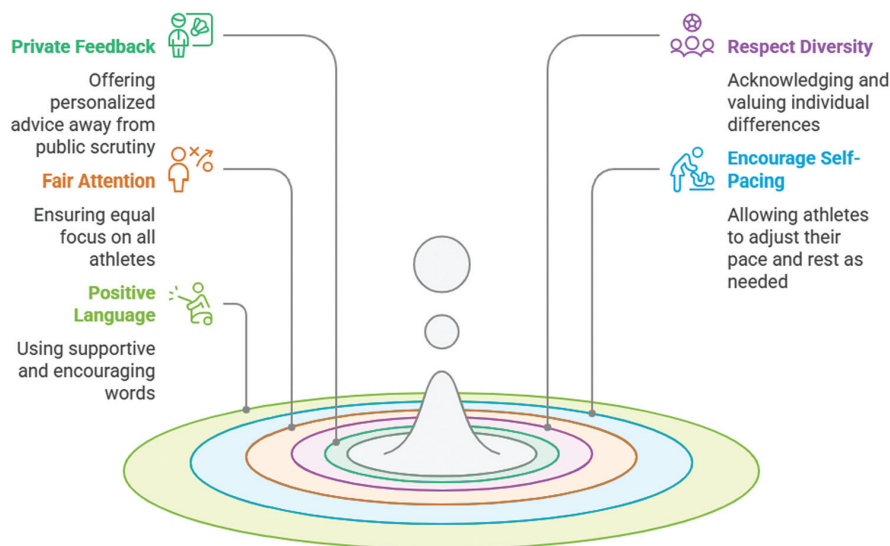


Fig. 25.2: Social and Emotional Safety Guidelines



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Creating a Safe and Interactive Yoga Environment

By integrating physical setup checks, clear communication, and empathetic teaching, you ensure that the Yoga session becomes a safe, empowering space – one where athletes thrive both physically and mentally. This level of awareness and care is what distinguishes a professional Yoga Instructor – Sports from a general practitioner.

25.3 STRATEGIES FOR SAFE, INCLUSIVE, AND ENGAGING INTERACTION

Creating a technically sound session is only half the job of a Yoga Instructor – Sports. The other half is about cultivating trust, interaction, and psychological safety. Athletes perform best in environments where they feel valued, heard, and supported – not just physically, but emotionally. Your tone, teaching methods, and team collaboration all contribute to making the session more than just a physical routine.

Interaction and engagement strategies

A high-performance session is not about giving instructions and waiting for results. It's about ongoing engagement. Here's how you can promote active, safe participation:

- **Eye-level demonstration:** Avoid towering over athletes or talking down to them – kneel or sit when needed to connect eye-to-eye. This builds comfort and trust.
- **Name use and positive reinforcement:** Use athletes' names to personalize encouragement. A simple “Well done, Rahul” strengthens connection.
- **Call-and-response cueing:** Ask questions like “Ready for the next pose?” or “Inhale or exhale here?” to keep the group alert and engaged.
- **Mirror-based feedback** (if available): Encourage athletes to observe and self-correct using mirrors instead of relying only on your corrections.
- **Verbal check-ins:** Ask open-ended questions like “How does that pose feel for your lower back?” This invites feedback and signals care.
- **Peer learning (if appropriate):** In supervised settings, pairing athletes for pose correction or cue repetition encourages mutual respect and learning.

All interactions must maintain professional boundaries, consent, and equal opportunity to engage – no athlete should feel left out or overexposed.



Language and cueing for psychological safety

The way you speak during a session shapes the emotional tone. Your language must always empower, never pressure. Here are examples of safe and inclusive language that every Yoga Instructor – Sports should use:

- **“Explore your range today.”** – Encourages inner awareness without setting fixed standards
- **“Take support if you need it.”** – Gives athletes permission to use props or pause without shame
- **“If this feels unstable, pause.”** – Reinforces autonomy and body awareness
- **“Notice your breath right now.”** – Brings the mind back to the present moment

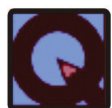
Avoid phrases like “Push more,” “This should be easy,” or “Why can’t you do it?” – they create pressure, fear of failure, and can harm self-esteem or lead to injury.

Instructor and Staff Roles in Maintaining Safe Interaction

Creating a respectful and interactive environment is a **team responsibility**, not a solo act. Each member of your instructional team plays a part:

- **Yoga Instructor – Sports:** Leads the tone of the session, models respectful interaction, and steps in immediately if behavior becomes unsafe or disrespectful.
- **Yoga Trainer – Sports:** Helps monitor group dynamics, reinforces etiquette during transitions, and checks athlete comfort.
- **Yoga Assistant – Sports:** Manages smooth prop distribution, monitors flow of movement, and supports athletes who may need quiet adjustments or assistance.

Together, these strategies ensure that every session is not just physically effective but emotionally inclusive, mentally uplifting, and socially respectful – hallmarks of a professional sports Yoga practice.



INTEXT QUESTIONS 25.2

1. Write true/false:

- Use athletes name to encouragement. ()
- Creating a respectful and interactive environment is a team responsibility. ()
- During sessions your language must always be pressurized never encouraging. ()

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Creating a Safe and Interactive Yoga Environment



WHAT HAVE YOU LEARNT

Dear learners, in this unit you have learnt:

- It is the responsibility of the Yoga Instructor – Sports to create a safe and interactive environment for the athletes during the session.
- A safe environment reduces stress, boosts confidences and lowers the possibility of injuries.
- Safety practices should be carried at physical and instructional levels. There should also be social and emotional safety guidelines.
- As a part of interactive and engaging strategies to foster a safe environment, there should be eye-level demonstration, call and response cueing, mirror based feedback, verbal check in etc.
- Yoga Instructor – Sports should be mindful on usage of tone and language. The language must encourage and empower, rather than creating stress and pressure.
- Creating a safe and interactive environment for athletes is a team work. Hence Yoga Instructor (sport) and Yoga Assistant – Sports should work in harmony and create a physically effective emotionally secure, respectful and encouraging session environment.



TERMINAL QUESTIONS

1. What are the key safety practices for safe Yoga environment. Explain physical and instructional safety measures with examples.
2. Explain the interactive and enacting strategies for creating safe and inclusive interaction, with examples.



ANSWER TO INTEXT QUESTIONS

25.1

1. (i) (b) (ii) (a) (iii) (c)

25.2

1. (a) True (b) True (c) False



Notes

26

UNDERSTANDING AND PREVENTING COMMON YOGA INJURIES

In the previous unit, you have learnt about the factors that contribute to a physically and emotionally safe Yoga environment. Dear learners, safe Yoga environment supports athlete to create an interactive session. This type of atmosphere can also help to prevent common injuries that occur during Yoga sessions.

In this unit, you will study about the strategies to prevent common injuries through correct techniques, prop use and progression during Yoga sessions for the athletes.



OBJECTIVES

After studying this unit, you will be able to:

- identify the most common injuries that may occur during Yoga sessions for athletes;
- understand the causes behind Yoga-related injuries in sports settings;
- learn strategies to prevent injuries through correct technique, prop use, and progression;
- apply instructor-led and role-based practices for athlete safety.

26.1 WHY INJURIES OCCUR IN YOGA FOR ATHLETES

While Yoga is commonly perceived as a gentle, low-risk practice, in sports populations, the risk of injury can be surprisingly high if the session is not thoughtfully designed and monitored. As a Yoga Instructor – Sports, your responsibility is not only to teach postures, but to anticipate what could go wrong – and design around it.

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Understanding and Preventing Common Yoga Injuries

Injuries happen in Yoga for athletes not because Yoga is unsafe, but because of how it is approached – both by the instructor and the athlete. Athletes often bring high levels of strength, willpower, and competitive drive, which can lead them to push through discomfort, skip foundational steps, or bypass props in an effort to “perform” a pose rather than feel it.

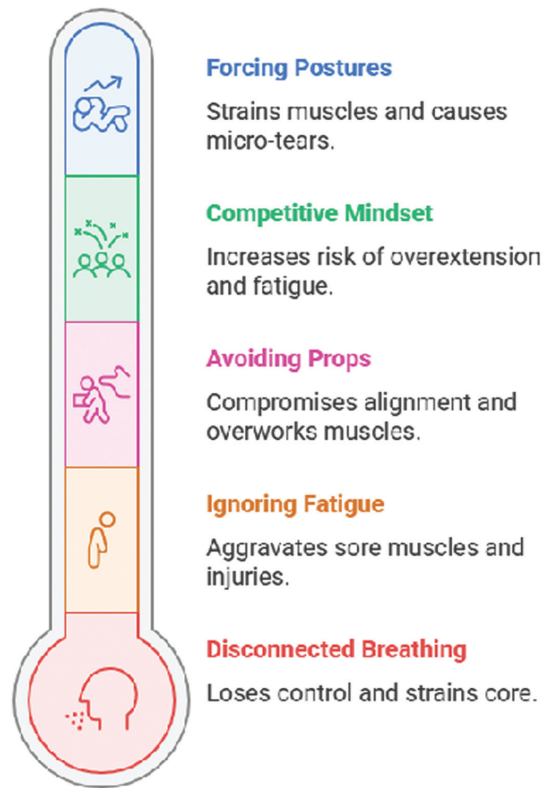


Fig. 26.1: Common causes of Injury in Sports Yoga

Common causes of injury in Sports Yoga:

- **Forcing postures beyond current range of motion**

Athletes may overstretch in pursuit of full expression of a pose, especially if they're used to achieving maximum effort in their sport. This can lead to strains, sprains, or micro-tears in muscles and ligaments.

- **Disconnect between breath and movement**

In Yoga, the breath is the anchor. When movement is not synchronized with breath – especially during transitions – athletes may lose control, strain their core, or fall out of alignment.

- **Stressing fatigued or injured areas**

Athletes may arrive at the session with sore muscles, tight joints, or unhealed injuries. Without awareness or proper modification, these areas are easily aggravated during Yoga practice.

- **Skipping or misusing props**

Props are designed to make Yoga safer and more accessible. Athletes who avoid using them – either due to ego or unfamiliarity – may compromise their alignment and overwork certain muscle groups.

- **Bringing a competitive mindset into stillness-based practices**

Yoga asks for internal focus and surrender. When athletes treat it as another performance arena – trying to be “better” or “faster” – they increase their risk of overextension, loss of control, or muscular fatigue.

- **Overlooking pre-existing conditions**

Common issues like shoulder impingement, lumbar disc issues, or tight hamstrings need careful adaptation. If unaddressed, these can turn a restorative posture into a risk factor.

As a Yoga Instructor – Sports, you must constantly observe, adjust, and educate. Injury prevention begins with intelligent session planning, safe cueing, and empowering athletes to prioritize body awareness over achievement.

26.2 RECOGNIZING COMMON INJURIES, RISK FACTORS AND PREVENTION 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 Instructor – Sports must understand not just 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 Sports 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.

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Understanding and Preventing Common Yoga Injuries

Table 26.1: Injury Type and Causes

Injury type	How it typically occurs
Hamstring strain	Overstretching in forward folds without bending knees or warming up; common in tight athletes
Wrist pain/compression	Excessive weight on hands in plank or downward dog; poor alignment or locked elbows
Shoulder impingement	Incorrect binds or overhead lifts; poor scapular control during arm balances
Lower back strain	Deep backbends or seated folds with poor core engagement or rounded spine
Neck strain	Misaligned head placement in lying poses; jerky transitions or unsupported neck lifts
Knee discomfort	Twisting or deep bends without joint support; poor foot-knee-hip alignment
Ankle sprain or rolling	Loss of balance in standing or single-leg postures; unstable footing

Risk factors that contribute to injury

To prevent the injuries listed above, Yoga Instructors must actively monitor these four risk categories:

Table 26.2: Categorization of Risks

Category	Examples of Risk
Athlete-related	Tight muscles, joint hypermobility, exhaustion, or ego-driven behavior (trying to overachieve)
Instructor-related	Inadequate warm-up, unclear or rushed cueing, not observing signs of discomfort in participants
Environment-related	Slippery or uneven floors, broken or missing props, overcrowded layout
Program design-related	Sudden jumps in posture difficulty, overly long holds, lack of transitional breaks

By identifying risk factors and being aware of how injuries happen, you can build safer sequences, communicate clearly, and create an environment that supports long-term sports development – not short-term strain. This is the mark of a skilled and responsible Yoga Instructor – Sports.



Table 26.3: Injury Prevention Strategies through Teaching

Prevention Method	Instructor Application
Use of props	Encourage even for advanced athletes to support safe alignment
Gradual pose progression	Build difficulty week by week, not in a single session
Clear breath cueing	Guide “exhale during effort” to reduce strain
Allowing rest and variation	Give permission to opt out or use alternatives
Monitoring joint alignment	Observe knees, wrists, and neck for load-bearing posture issues
Teaching athletes about body signals	Educate on sharp pain vs stretch discomfort

26.3 INSTRUCTOR AND STAFF ROLES IN INJURY PREVENTION

Injury prevention is a team effort that relies on proactive planning, real-time observation, and open communication. Each member of the Yoga instruction team contributes to creating a safe environment for athletes. As a Yoga Instructor – Sports, you lead the safety culture – but your Trainer and Assistant play essential roles in reinforcing it.

Yoga Instructor – Sports

- Designs injury-safe sequences that include warm-up, gradual progressions, and recovery poses
- Observes athlete form and makes timely corrections during movement
- Offers modifications or prop options to suit different body types and limitations
- Educates athletes about body awareness, safe range of motion, and listening to pain signals
- Encourages a culture of honesty and self-care by saying things like, “It’s OK to pause – we learn from what we feel”

Yoga Trainer – Sports

- Demonstrates safe posture alignment during instruction and modeling
- Reinforces the use of props to support joints and manage flexibility limitations

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Understanding and Preventing Common Yoga Injuries

- Monitors athletes for subtle signs of discomfort, such as breath holding or stiffness
- Logs any injury complaints or unusual movements in the session report
- Helps athletes apply feedback through hands-on support (if consent is given)

Yoga Assistant – Sports

- Observes the group continuously for instability or poor posture
- Adjusts prop layout or spacing to reduce risk of slips, collisions, or awkward transitions
- Reminds athletes to use support when needed and offers quick help without disrupting flow
- Reports any safety issues – like damaged props, slippery spots, or fatigue – to the trainer or instructor
- Supports smooth transitions by maintaining clear walkways and assisting during entry/exit of postures

Together, these roles form a **safety net** around every athlete. When the team works in sync, the risk of injury drops dramatically – and the quality of the Yoga experience improves for all.

26.4 INJURY IDENTIFICATION AND FIRST AID

Recognizing Injuries: Minor vs. Major

As a Yoga Instructor – Sports, your first responsibility is to identify whether an injury is minor (can be managed on-site) or major (requires medical attention).

Minor Injuries:

- Mild muscle cramps
- Light sprains or strains
- Localized swelling or discomfort
- Small cuts or abrasions
- Temporary dizziness

Management: Apply the R.I.C.E. protocol and/or basic first aid. Monitor symptoms.

R.I.C.E. is the standard early-response protocol for sprains, strains, and swelling.

- **R – Rest:** Stop the activity. Assist the athlete into a comfortable, safe position.
- **I – Ice:** Apply a wrapped ice pack to the area for 10–15 minutes. Repeat every 1–2 hours if needed.
- **C – Compression:** Wrap the area with a bandage to control swelling – ensure it's snug but not tight.
- **E – Elevation:** Raise the injured limb above heart level to reduce inflammation.

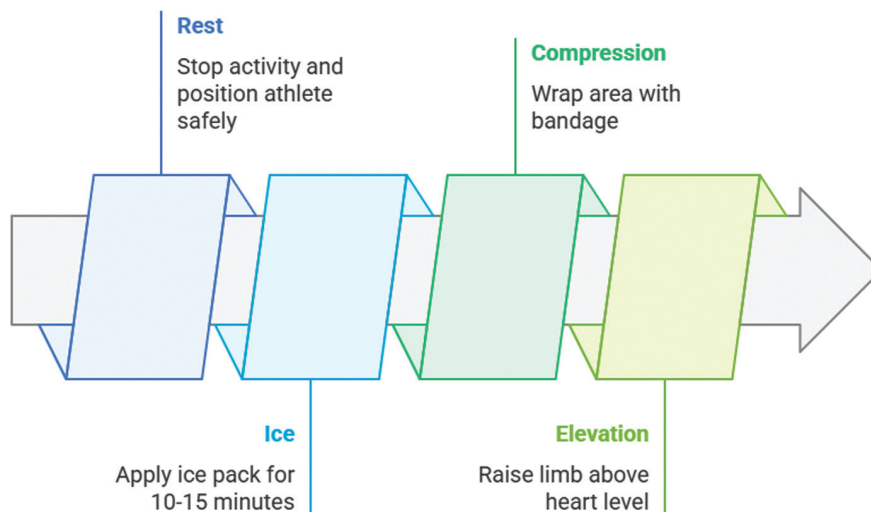
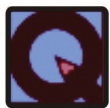


Fig. 26.2: R.I.C.E protocol

Use R.I.C.E. during the first 24-48 hours post-injury for best results.



INTEXT QUESTIONS 26.1

1. Match the following:

Group A

- (i) Wrist pain
- (ii) Clear breath cueing
- (iii) Use of props

Group B

- (a) to support safe alignment
- (b) locked elbow
- (c) exhale during efforts



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Understanding and Preventing Common Yoga Injuries

26.5 BASIC FIRST AID KNOWLEDGE FOR YOGA INSTRUCTORS

First aid situations & responses:

- **Cramps:** Gently stretch and massage the area; offer hydration.
- **Nosebleeds:** Have the athlete sit slightly forward, pinch nostrils, and breathe calmly through the mouth.
- **Dizziness or fainting:** Lay the person down, elevate legs, loosen clothing, provide fresh air or water.
- **Cuts or abrasions:** Clean with antiseptic or water, stop bleeding with pressure, apply a bandage.
- **Burns (e.g., mat friction):** Cool the area with water. Do not apply creams without guidance.

Keep a first aid kit accessible with sterile bandages, antiseptic wipes, gloves, and an emergency contact list.

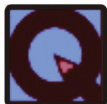
Major injuries:

- Deep joint pain or swelling
- Loss of consciousness or seizure
- Chest pain or shortness of breath
- Excessive bleeding or open wounds
- Suspected fracture, head, or spinal injury

In case of an emergency, the Yoga Instructor – Sports should stay calm, pause the session, and move the affected athlete to a safe area. If trained, provide basic first aid, call for medical assistance if needed, and document the incident in the session log while informing supervisors promptly.

Final checklist: what every Yoga Instructor must maintain

- ☒ First Aid Kit (fully stocked)
- ☒ Emergency Contact List
- ☒ Athlete Medical History Forms
- ☒ Incident Logbook
- ☒ Clear Emergency Exit Access
- ☒ Team Briefing on Roles during Emergencies



INTEXT QUESTIONS 26.2

1. Write the first aid for:
 - (a) Cramps
 - (b) Dizziness or fainting



WHAT HAVE YOU LEARNT

Dear learners, in this unit you have learnt:

- If injuries take place during session, it is the duty of Yoga Instructor (Sorts) to prevent injuries through corrective technique and prop use.
- The common causes of injury in Sports Yoga are forcing postures beyond current range of motion; disconnect between breath and movement; stressing fatigue or injured areas, skipping or missing props, bringing a competitive mindset into stillness based practices and overlooking pre-existing conditions.
- A Yoga Instructor – Sports should recognize common injuries, risk factor, and adopt prevention Yoga.
- Risk factors that contribute to injury can be athlete related, instructor related, environment related and program design related.
- The preventive measures include use of props, clear breath cueing, monitoring joint alignment etc.
- For injury prevention, Yoga Instructor – Sports, Yoga trainer – Sports, and Yoga Assistant – Sports should work holistically.



TERMINAL QUESTIONS

1. What are the common causes of injuries in sports?
2. Describe the role of Yoga Instructor – Sports and staff in injury prevention.



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ANSWER TO INTEXT QUESTIONS

26.1

1. (i) (b) (ii) (c) (iii) (a)

26.2

1. (a) Gently stretch, massage and offer hydration
(b) Lay the person down, elevate legs, loosen clothing, provide fresh air or water.



Notes

27

RESPONDING TO MEDICAL EMERGENCIES AND IDENTIFYING RISK FACTORS

Dear learners, in the previous unit, you have studied about the most common injuries that may occur during Yoga sessions for athletes and the causes behind them. Some injuries may seem minor but can be much more serious in reality. In such situations, athletes should be aware of which type of medical emergency step should be adopted during a Yoga session.

In this unit, you will study about the common risk factors that can lead to medical emergencies during Yoga sessions. Also learn to monitor warning signs and implement basic first response actions.



OBJECTIVES

After studying this unit, you will be able to:

- identify common risk factors that can lead to medical emergencies during Yoga sessions;
- understand the protocol for responding quickly and effectively to emergencies;
- learn how to monitor warning signs and apply basic first response actions;
- recognize role-based responsibilities in emergency preparedness and response.

27.1 UNDERSTANDING RISK IN YOGA-BASED SPORTS SETTINGS

While Yoga is generally perceived as calm and low-risk, in sports environments, medical emergencies can and do occur – especially when athletes push through

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Responding to Medical Emergencies and Identifying Risk Factors

fatigue, ignore warning signs, or have pre-existing health conditions. As a Yoga Instructor – Sports, you must understand that even controlled spaces can become unpredictable, particularly when group energy is high or the session involves deep physical or mental engagement. Your job is not to diagnose, but to be alert, prepared, and ready to take action. Early detection and quick, calm response can prevent minor incidents from turning serious.

Understanding risk in Yoga-based sports settings

Medical emergencies in Yoga are uncommon but not impossible. Athletes may enter a session with hidden vulnerabilities or push themselves too far physically or mentally. Situations that may lead to emergency include:

- **Pre-existing medical conditions**, such as diabetes, asthma, or epilepsy, that may not have been disclosed
- **Overexertion or prolonged breath-holding**, especially in athletes unfamiliar with pranayama practices
- **Undiagnosed cardiac or respiratory issues**, which may surface during sustained effort or heat
- **Heat exhaustion or dehydration**, especially in poorly ventilated spaces or high-temperature climates
- **Fainting or imbalance**, often due to fatigue, fast transitions, or low blood sugar

27.2 COMMON MEDICAL EMERGENCIES

As a Yoga Instructor – Sports, you must be trained to spot these risks early – such as visible dizziness, pale skin, labored breathing, or instability – and take action without delay. Below is a list of emergencies you may encounter and the possible causes behind them. Recognizing the pattern of symptoms helps you respond more effectively:

Table 27.1: Common Medical Emergencies

Emergency	Possible Cause
Dizziness or fainting	Sudden postural shifts, dehydration, low blood pressure, or overexertion
Breathlessness or wheezing	Asthma flare-up, panic attack, or improper breath retention in advanced pranayama
Muscle cramp or strain	Inadequate warm-up, overstretching, or lack of hydration



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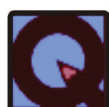
Emergency	Possible Cause
Seizure or black-out	Pre-existing neurological condition such as epilepsy
Chest pain or discomfort	Undiagnosed cardiac stress, anxiety attack, or breath control gone wrong
Heat exhaustion	Poor ventilation, prolonged effort, excessive clothing, or lack of breaks

As a professional Yoga Instructor – Sports, your awareness, preparation, and presence of mind can turn a potential emergency into a well-managed incident. This is what separates a good instructor from a trained professional.

Table 27.2: Warning Signs Yoga Instructor Must Monitor

Observation	Interpretation
Sudden sitting or collapsing mid-pose	Dizziness, drop in blood pressure
Gasping or breath-holding repeatedly	Anxiety, breath strain, panic onset
Pale, clammy skin	Shock or fatigue
Blank stare, confusion, or imbalance	Blood sugar drop, early neurological distress
Complaints of chest or stomach pain	Medical attention needed – do not delay

If any of these signs appear, the session should be paused and the athlete guided to rest immediately.



INTEXT QUESTIONS 27.1

- Give any two possible reasons for:
 - Heat exhaustion or dehydration and
 - Fainting or imbalance and

27.3 STEP-BY-STEP EMERGENCY RESPONSE PROTOCOL

In any Yoga session – especially with athletes – emergencies, though rare, must be handled with calm, clarity, and precision. As a Yoga Instructor – Sports, your ability to respond swiftly and professionally can make a critical difference in the outcome. Whether it's a fainting spell, breathlessness, or injury, knowing how to act in the first few moments is essential for ensuring the safety of the individual and maintaining control of the group.

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Responding to Medical Emergencies and Identifying Risk Factors

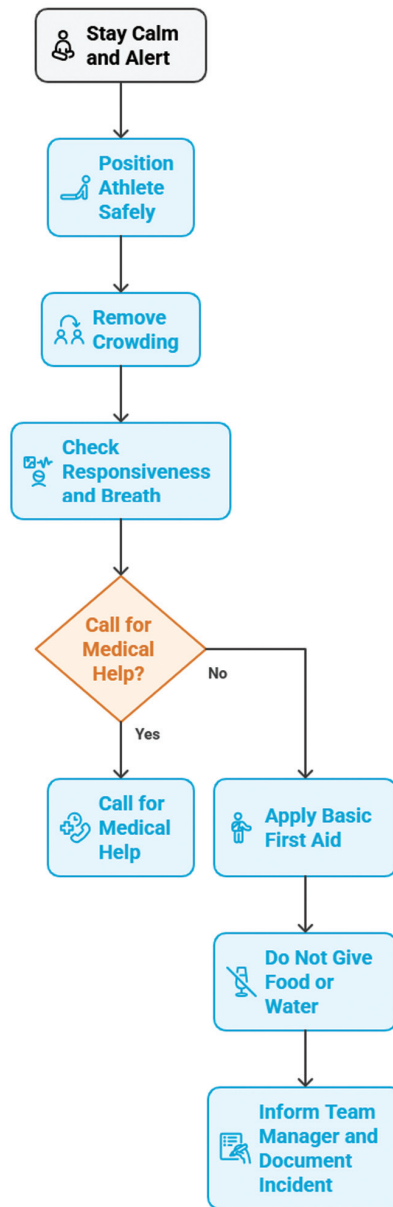


Fig. 27.1: Step by Step Emergency Response

Emergency response is a critical shared responsibility within the Yoga for sports environment. Each team member plays a specific and essential role in ensuring quick, safe, and effective action when an injury or medical situation occurs:

- **Yoga Instructor – Sports:** Leads the immediate response during any emergency, instructs all participants to remain calm, and takes charge of communication with on-site or external medical personnel. Also ensures that emergency protocols are followed without delay.

- **Yoga Trainer – Sports:** Assists in managing the situation on-ground – helping athletes stay composed, adjusting the practice area if needed, and supporting the instructor in executing evacuation or safety plans.
- **Yoga Assistant – Sports:** Quickly retrieves the first aid kit, notifies medical support teams if required, clears surrounding space to avoid further harm, and helps document the incident for reporting.

Additional emergency preparedness guidelines:

1. Conduct periodic drills

Run mock drills every few months (e.g., fainting, sprains, allergies) to rehearse roles and response time.

2. Maintain a readiness checklist

Before each session, confirm:

- First aid kit is stocked
- Emergency numbers are visible
- Ice packs are ready
- Exits are clear
- Phone is charged

3. Track athlete-specific flags

Review intake forms for medical history:

- Asthma, diabetes, epilepsy, cardiac issues, past injuries or surgeries, allergies (e.g., latex, medications)

4. Post-incident review

After any emergency, debrief with staff:

- What happened, who acted
- Outcome and follow-up
- What to improve

5. Emotional safety follow-up

In the next session, reassure the group.

Normalize calm, alert behavior and open sharing.

MODULE-5

Maintain Safety, Hygiene and Sanitation at Workplace



Notes

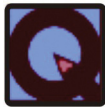
MODULE-5

Maintain Safety, Hygiene and Sanitation at Workplace



Notes

Responding to Medical Emergencies and Identifying Risk Factors



INTEXT QUESTIONS 27.2

1. Write true/false:

- (a) During Yoga session any emergencies can be handled with calm, clarity and precision. ()
- (b) Yoga Instructor – Sports ensures that emergency protocols were followed without delay. ()
- (c) Each team member doesn't play a essential role when medical situation occurs. ()



WHAT HAVE YOU LEARNT

Dear learners; in this unit you have learnt:

- As Yoga Instructor Sports, one must be alert, prepared and ready to take action. Early detection and quick, calm response and prevent minor incidents from turning sessions.
- Emergency response is a critical shared responsibility within the Yoga for sports environment. Hence Yoga Instructor – Sports, Yoga Trainer – Sports, and Yoga Assistant – Sports should work in harmony.
- Additional energy preparedness includes conduction of periodic drills, maintain a readiness checklist, track athlete specific flags, post incident review, and emotional safety follow-up.



TERMINAL QUESTIONS

- 1. Describe common medical emergencies in the sports environment.
- 2. State the additional emergency preparedness guidelines.



ANSWER TO INTEXT QUESTIONS

27.1

- 1. (a) Poorly ventilated spaces, high-temperature climate
- (b) fatigue, low blood sugar

27.2

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

**MODULE-6: BUILD AN ENVIRONMENT-FRIENDLY
WORKPLACE**

- 28. Environment-friendly Materials Available to Replace Conventional Materials
- 29. Ways of Disposing Non-recyclable Waste Appropriately
- 30. Common Sources of Pollution and Ways to Minimize Them

KEY LEARNING OUTCOMES

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

- Identify sustainable alternatives to commonly used Yoga materials
- Dispose of non-recyclable items using safe and regulated methods
- Audit Yoga space practices for pollution and environmental inefficiency
- Apply eco-conscious strategies in daily routines and prop management
- Promote sustainability as a core value in Yoga instruction and studio culture



Notes

28

ENVIRONMENT-FRIENDLY MATERIALS AVAILABLE TO REPLACE CONVENTIONAL MATERIALS

Yoga is all about harmony and mindfulness hence it makes a lot of sense to use products that live by these values. Most conventional Yoga products include harmful plastics or synthetic materials that are neither biodegradable nor sustainable source. In contrast, eco-friendly Yoga essentials are made of natural, recycled or sustainable produced materials and thus have minimal environmental impact.

Dear learners, in this unit, you will study about the need for using environment friendly materials in Yoga training spaces. You will also understand the sustainable material choices, support athlete safety, and environment responsibility.



OBJECTIVES

After studying this unit, you will be able to:

- recognize the need for using environment-friendly materials in Yoga training spaces;
- identify alternatives to plastic-based or non-biodegradable Yoga equipment;
- understand how sustainable material choices support athlete safety and environmental responsibility;
- apply material awareness in procurement, setup, and disposal of Yoga-related products.

MODULE-6

Build an Environment-Friendly Workplace



Notes

Environment-friendly Materials Available to Replace Conventional Materials

28.1 SIGNIFICANCE OF ENVIRONMENT-FRIENDLY MATERIALS MATTER IN YOGA

As a Yoga Instructor – Sports, your responsibility extends beyond delivering effective Yoga sessions to athletes. You are also a guardian of the space where these sessions take place. One important but often overlooked area of responsibility is the environmental impact of the materials used in the Yoga facility. From the mats athletes sit on to the blocks they balance with, every item contributes to the ecological footprint of your workspace.

The problem with conventional materials

Most commercial Yoga equipment is made from synthetic materials that are harmful to the environment. These include:

- **PVC (polyvinyl chloride)** mats, which are not biodegradable and release toxins when manufactured or incinerated
- **Rubber or foam props** that disintegrate into microplastics over time and pollute the soil and water systems
- **Plastic straps and bricks** that are rarely recyclable and often end up in landfills
- **Imported materials** that carry a high carbon footprint due to shipping and packaging waste

These materials may seem convenient or affordable, but their long-term impact on the environment is serious. They contribute to resource depletion, pollution, and toxic exposure for both humans and wildlife.

Aligning with Yogic principles

Yoga is rooted in the values of *ahimsa* (non-violence), *saucha* (cleanliness), and *aparigraha* (non-possessiveness). Using environment-friendly materials is not just an ethical choice – it is a spiritual alignment with the very philosophy you teach. An eco-conscious Yoga space:

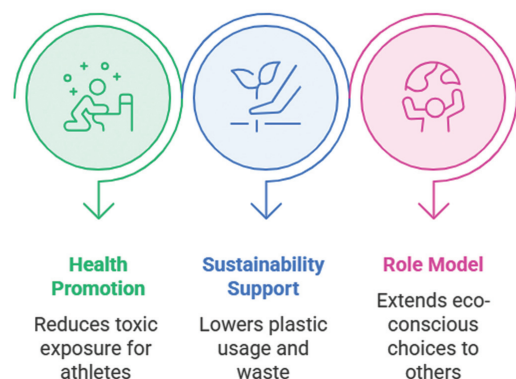


Fig. 28.1: Eco-conscious Space Promotes

Table. 28.1: Benefits of Eco-friendly Alternatives

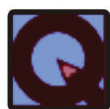
Problematic Material	Eco-friendly Replacement	Benefit
PVC Yoga mats	Natural rubber, jute, or cork mats	Biodegradable, non-toxic
Plastic blocks	Bamboo or cork blocks	Durable and compostable
Foam bolsters	Organic cotton bolsters	Skin-friendly and chemical-free
Synthetic straps	Cotton/hemp straps	Long-lasting and recyclable

These alternatives may cost more upfront but prove beneficial in the long run due to durability, low maintenance, and alignment with fitness values.

Role of the Yoga Instructor – Sports

As a professional, you can lead the transition to eco-conscious practices by:

- **Auditing existing materials** and phasing out unsustainable ones
- **Educating athletes** about the importance of clean materials for personal and planetary health
- **Sourcing locally** to reduce the carbon footprint of your Yoga equipment
- **Collaborating with vendors** who offer green certifications or organic product lines



INTEXT QUESTIONS 28.1

- Write any one eco-friendly replacement of these materials:
 - PVC Yoga mats
 - Plastic blocks
 - Foam bolsters
 - Synthetic straps

28.2 COMMON CONVENTIONAL VS. ECO-FRIENDLY YOGA MATERIALS

A conscious Yoga Instructor – Sports is mindful not just of form and technique but also of the materials present in the training environment. From the mat beneath the athlete's feet to the cleaning agents used after class, every choice reflects the trainer's commitment to health, sustainability, and yogic ethics.



Notes

MODULE-6

Build an Environment-Friendly Workplace



Notes

Environment-friendly Materials Available to Replace Conventional Materials

The table below compares widely used conventional materials with their sustainable, eco-conscious alternatives:

Table 28.2: Conventional vs Eco-friendly Alternatives

Yoga Item	Conventional Material	Eco-friendly Alternative
Yoga mat	PVC (polyvinyl chloride)	Natural rubber, cork, jute, or organic cotton
Yoga block	EVA foam or plastic	Compressed cork or bamboo
Strap or belt	Synthetic fiber	Organic cotton or hemp
Bolster filling	Polyfill or foam	Organic kapok or buckwheat hulls
Floor cleaner	Chemical-based disinfectants	Plant-based, biodegradable surface sprays
Packaging	Plastic wrap or bubble sheet	Recycled cardboard or cloth-based wrap

Benefits of Eco-Friendly Yoga Material

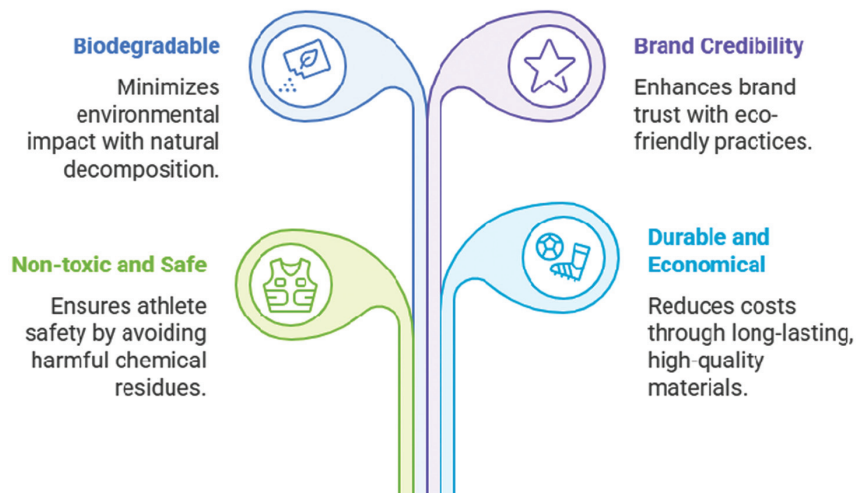


Fig. 28.2: Benefits of Eco-Friendly Yoga Material

By selecting greener materials, a Yoga Instructor – Sports sets the tone for a responsible, health-enhancing, and earth-honoring practice space.

28.3 IDENTIFICATION OF ECO-SAFE PRODUCTS

Choosing genuinely sustainable Yoga products requires more than just trusting product tags or marketing buzzwords. As a Yoga Instructor – Sports, you play a key role in sourcing safe, ethical, and eco-conscious materials for your space. Use the following practical guidelines when evaluating Yoga props and equipment:

- **Look for clear material labeling:** Authentic products will specify details such as “100% natural rubber,” “biodegradable,” or “no PVC”. Avoid vague phrases like “eco-friendly” without proof.
- **Verify recognized certifications:** Reputable eco-products often carry certifications such as:
 - **OEKO-TEX®** (tested for harmful substances)
 - **GOTS** – Global Organic Textile Standard (ensures organic status of textiles)
 - **USDA Organic** (for agricultural and plant-based inputs like cotton or kapok)
- **Check brand transparency:** Trust brands that openly disclose sourcing practices, material composition, and end-of-life recyclability or compostability.
- **Assess the product’s scent:** A strong chemical odor could indicate synthetic fillers or glues. Choose products with a neutral or natural scent.
- **Evaluate grip and durability:** Especially for Yoga mats made from cork, rubber, or jute – ensure they maintain traction over time.

Caution: Be wary of greenwashing – marketing that uses eco-friendly language without genuine sustainability practices or third-party verification.

28.4 BENEFITS OF SWITCHING TO ECO-FRIENDLY YOGA GEAR

Making the switch to eco-conscious Yoga equipment isn’t just about the environment – it’s also about improving the quality and safety of training for your athletes. Here’s how the change creates a win-win for people and the planet:

Table 6.1.3: Benefits of Eco-friendly Yoga Gear

For Athletes	For the Environment
Reduced exposure to toxic chemicals and microplastics	Significantly lower landfill waste
Breathable, non-irritating, and skin-safe surfaces	Gear that decomposes naturally at the end of use
Better traction, grip, and sweat resistance	Reduces demand for resource-heavy materials like PVC
Enhanced comfort and performance during sessions	Supports conservation of water, energy, and soil health
Boosts trust in the instructor’s values and professionalism	Encourages ethical sourcing and sustainable supply chains

MODULE-6

Build an Environment-Friendly Workplace



Notes

MODULE-6

Build an Environment-Friendly Workplace



Notes

Environment-friendly Materials Available to Replace Conventional Materials

Athletes today are increasingly drawn to studios and instructors who demonstrate environmental responsibility. By making mindful choices, you not only align with yogic values but also build a space that feels healthy, conscious, and future-ready.

28.5 ROLE-BASED APPLICATION IN MATERIAL DECISIONS

Each role in a Yoga training setup carries unique responsibilities toward maintaining an eco-friendly environment. The chart below outlines how instructors, trainers, and assistants can contribute to sustainability through their daily actions.

Yoga Instructor – Sports

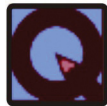
- Approves and selects eco-conscious purchases
- Educates athletes about the importance and use of sustainable materials
- Ensures the studio reflects Yogic values of environmental stewardship

Yoga Trainer – Sports

- Monitors the condition and safe usage of natural Yoga props
- Handles rotation and maintenance of eco-materials
- Guides athletes on proper handling of biodegradable and reusable gear

Yoga Assistant – Sports

- Cleans, dries, and stores eco-friendly props and materials
- Labels items for reuse or recycling as per policy
- Assists in proper segregation of waste and recycling practices



INTEXT QUESTIONS 28.2

1. Write true/false:

- A Yoga Instructor – Sports can enhance the health by selecting eco-friendly materials. ()
- GOTS ensures organic status of textiles. ()
- Plant-based floor cleaners are not good eco-friendly alternative. ()



WHAT HAVE YOU LEARNT

Dear learners, in this unit you have learnt:

- There is an environmental impact of the materials used in the Yoga facility.
- The conventional material may seem affordable, but their long term usage impacts the environment.
- Using environment-friendly materials is not just an ethical choice it is a spiritual alignment with the very philosophy of Yoga. As Yoga is rooted in the values of ahimsa (non-violence), Sauch (Cleanliness), and Aparigraha (non-possessiveness).
- A Yoga Instructor – Sports should be committed to health, sustainability, and yogic ethics.
- Usage of eco-friendly Yoga material is health enhancing and earth honoring practice.
- Eco-safe products should be clearly identified. One must look for clear material labeling some of the verified certifications are OCKO-TEX®, GOTS, USDA organic etc.
- Each role in Yoga training has unique responsibilities towards maintaining an eco-friendly environment. Hence all should work in a synchronized manner for eco-friendly environment.



TERMINAL QUESTIONS

1. Differentiate between common conventional and eco-friendly Yoga materials.
2. State the practical guidelines for evaluating Yoga props and equipment.



ANSWER TO INTEXT QUESTIONS

28.1

1. (a) Natural rubber, jute or cork mats (b) Bamboo or cork blocks
(c) organic cotton bolsters (d) cotton/hemp straps

28.2

1. (a) True (b) True (c) False



Notes



Notes

29

WAYS OF DISPOSING NON-RECYCLABLE WASTE APPROPRIATELY

In the previous unit, you have learnt about the uses of environmentally friendly material in Yoga framing spaces. These material choices support athlete safety and environmental responsibility. A Yoga environment as commitment to sustainability directly reflects its respect for the nature. Proper disposal of non-recyclable material minimizes harm to the atmosphere and upholds the spirit of the practice.

Dear learners, in this unit, you will study about the importance of proper disposal of non-recyclable material in Yoga training environments. As well identify common types of non-recyclable waste generated in Yoga atmosphere.



OBJECTIVES

After studying this unit, you will be able to:

- understand the importance of proper disposal of non-recyclable materials in Yoga training environments;
- identify common types of non-recyclable waste generated in Yoga spaces;
- learn safe and environmentally responsible methods of discarding such waste;
- apply segregation, storage, and disposal practices aligned with institutional and civic guidelines.

29.1 NON-RECYCLABLE WASTES IN A YOGA SPACE

Not all waste can be transformed into new products. Some materials are considered non-recyclable due to contamination, complex material composition, or chemical treatment. In Yoga and sports environments – where hygiene, safety, and regular equipment use are prioritized – several such items tend to accumulate. If not disposed of properly, they can contaminate recyclable waste streams and contribute to long-term environmental harm.

What is non-recyclable waste?

Non-recyclable waste refers to items that:

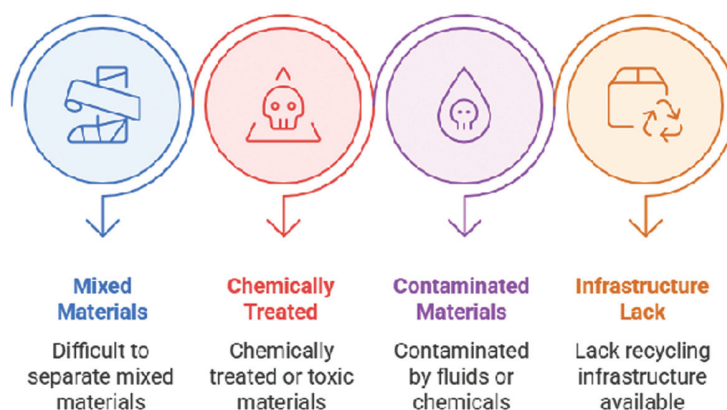


Fig. 29.1: Non-recyclable Wastes

Common Non-Recyclable Items in a Yoga Setup

- **Torn PVC mats or foam blocks:** These are usually made from synthetic compounds like EVA or vinyl, which cannot be broken down or repurposed easily.
- **Single-use sanitizing wipes:** Contain synthetic fibers and chemical agents that are neither biodegradable nor recyclable.
- **Packaging waste from Yoga gear:** Plastic films, bubble wraps, and styrofoam inserts from mats, blocks, or straps are difficult to recycle.
- **Expired or damaged resistance bands:** Often made of mixed rubber compounds that degrade over time and are not recyclable.
- **Improperly discarded personal hygiene items:** Includes used tissues, sanitary products, or face wipes that pose a biohazard risk.
- **Broken plastic bottles and laminated cards:** While some plastic is recyclable, damaged items – especially those mixed with adhesives or lamination – are rejected by most recycling plants.



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MODULE-6

Build an Environmental Friendly Workplace



Notes

Ways of Disposing Non-recyclable Waste Appropriately

Why Proper Segregation Matters

- **Avoids contamination:** A single non-recyclable item in a recycling bin can render the entire batch unusable.
- **Improves sustainability scores:** Clean separation ensures that recyclable materials are actually repurposed, reducing overall waste footprint.
- **Promotes a culture of awareness:** Athletes and staff become more mindful of their consumption and disposal habits.

As a Yoga Instructor – Sports, it's essential to train assistants and educate athletes on how to identify and sort such waste. Labeling bins, holding short orientation briefings, and collaborating with waste management vendors can go a long way in maintaining a clean and sustainable practice space.

29.2 IMPORTANCE OF PROPER DISPOSAL IN SPORTS YOGA ENVIRONMENTS

Maintaining a clean, sustainable, and respectful training environment goes beyond just teaching Yoga – it includes how we handle the materials and waste generated in daily sessions. Improper waste disposal not only undermines the values of Yoga but also poses serious health, environmental, and professional risks.

The following table outlines the key risks associated with poor disposal practices and their potential impact in a sports Yoga setting:

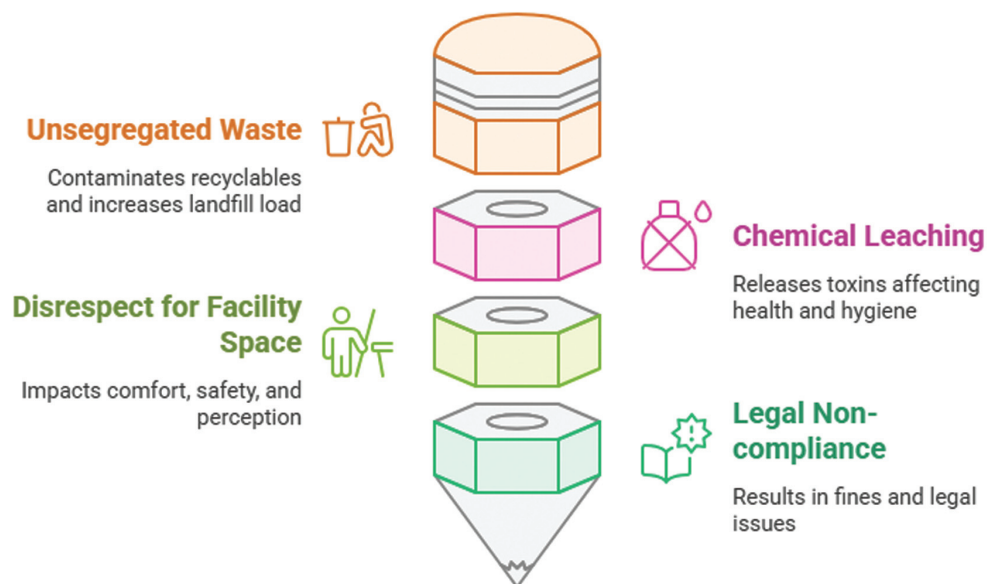


Fig. 29.2: Impact of Poor Disposal

Proper waste management isn't just a back-end process – it's a front-line demonstration of your commitment to *Ahimsa* (non-harming), *Saucha* (cleanliness), and *Satya* (truthful, responsible living). As a Yoga Instructor – Sports, how you manage the facility directly influences the culture of environmental respect among athletes and staff.

29.3 STEP-BY-STEP METHOD FOR NON-RECYCLABLE WASTE DISPOSAL

Proper disposal of non-recyclable waste is essential in maintaining a safe, clean, and eco-responsible Yoga training environment. While recyclable items can be reprocessed, non-recyclables – such as contaminated wraps, worn-out props, or medical waste – require special handling to avoid health risks and environmental damage. Following a systematic disposal method ensures compliance with hygiene standards and promotes accountability across the facility.

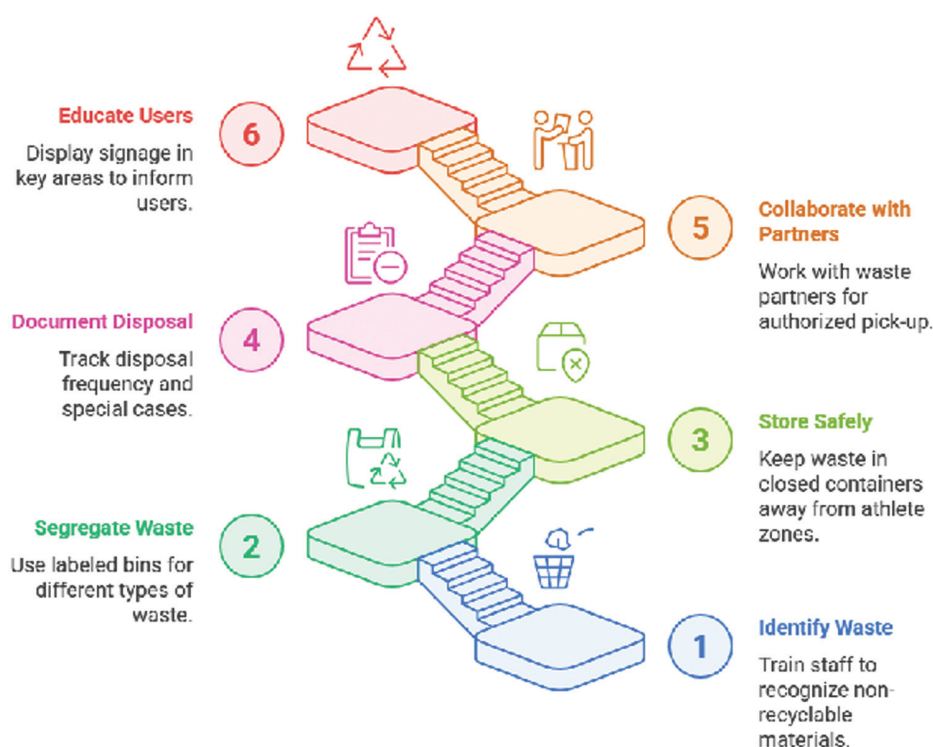


Fig. 29.3: Implementing Effective Waste Management

By adopting a clear and consistent method for handling non-recyclable waste, instructors and staff can significantly reduce hazards, prevent contamination, and contribute to a more organized session area. Beyond the procedure itself, understanding which disposal methods are appropriate for different types of waste



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Build an Environmental Friendly Workplace



Notes

Ways of Disposing Non-recyclable Waste Appropriately

helps align daily operations with broader sustainability and health goals. Let's now explore some practical examples of appropriate disposal methods used in Yoga and sports facilities.

29.4 EXAMPLES OF APPROPRIATE DISPOSAL METHODS

Proper disposal is not just about getting rid of waste – it's about doing so responsibly to protect health, preserve the environment, and maintain the hygiene standards of a sports Yoga facility. Every item used during a Yoga session – be it a mat, strap, tissue, or packaging – has a suitable method of disposal, and applying the correct one prevents contamination and aligns with sustainability values.

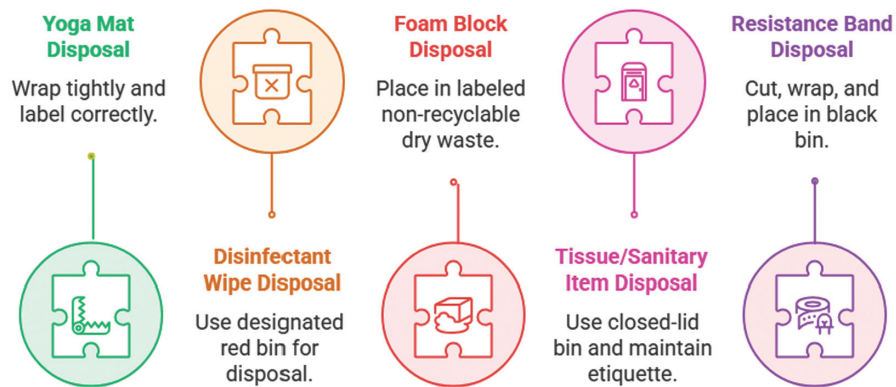


Fig. 29.4: Waste Disposal Methods

- **Never burn synthetic waste** (like torn mats, plastic wraps, or foam blocks), and **never discard items in natural spaces** such as gardens or outdoor practice areas. This leads to air, soil, and water pollution, and damages the reputation of eco-conscious Yoga spaces.
- **Repurposing and Upcycling:** Some Yoga centers now collaborate with eco-recycling programs that convert old Yoga mats into **playground flooring, carpet underlay, or insulation boards**. Explore such initiatives when replacing large volumes of equipment.
- **Medical and sanitary waste** (used bandages, tissues, or gloves) should be sealed in red-coded biohazard bags and handed over to authorized municipal disposal services.
- **Reusable textiles** (like worn blankets or bolster covers) can be laundered and donated if clean, or responsibly discarded with fabric waste channels.

29.5 ROLES AND RESPONSIBILITIES IN WASTE DISPOSAL

Maintaining a clean and compliant environment is a collective responsibility. Every team member – from the Yoga Instructor to the trainer and assistant – plays a vital role in ensuring that waste is managed efficiently, hygienically, and sustainably within the sports Yoga facility. A clear division of duties not only promotes accountability but also ensures consistent standards across all sessions, reinforcing professionalism and care in every corner of the space.

- **Yoga Instructor – Sports:**

- Leads the implementation of waste segregation protocols
- Educates athletes on responsible disposal practices
- Verifies eco-certifications of waste vendors and recycling partners
- Oversees compliance during regular audits or hygiene reviews

- **Yoga Trainer – Sports:**

- Labels bins correctly and ensures they are placed strategically across the facility
- Checks for improper disposal or mixing of recyclable and non-recyclable items
- Provides clear instructions to assistants and helps reinforce proper waste behavior among athletes

- **Yoga Assistant – Sports:**

- Handles day-to-day bin management including cleaning, lining, and timely sealing
- Transports filled waste to designated collection points as per local regulations
- Maintains cleanliness around waste zones and logs daily disposal in the session register

Weekly Tip: Review your waste log every Friday to catch any unnoticed pile-up, improper disposal, or hygiene lapses. This simple weekly habit keeps the facility clean, compliant, and stress-free. Encourage team members to share feedback or observations – their insights can help improve the system and ensure nothing slips through the cracks.



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MODULE-6

Build an Environmental Friendly Workplace



Notes

Ways of Disposing Non-recyclable Waste Appropriately



INTEXT QUESTIONS 29.1

1. **Write true/false:**

- (a) PVC mats are usually made from synthetic compounds. ()
- (b) Proper segregation method doesn't improve sustainability scores. ()
- (c) Disrespect for facility space impacts comfort, safety and perception. ()

2. **Match the following:**

Group A

- (i) Segregate waste
- (ii) Store safely
- (iii) Collaborate with partners

Group B

- (a) keep waste in closed containers
- (b) work with waste partners for authorized pick-up
- (c) use labelling for different types of waste



WHAT HAVE YOU LEARNT

Dear learners, in this unit, you have learnt:

- Some materials are considered non-recyclable due to contamination, complex material composition or chemical treatment. If not disposed of properly they can contaminate recyclable waste streams and contribute to long-term environmental harm.
- Common non-recyclable items in a Yoga set-up torn PVC mats on foam blocks; single use sanitizing wipes, packaging waste from Yoga gear, expired or damaged resistance bands, improperly discarded personal hygiene items, and broken plastic bottle and laminated cards.
- Improper waste disposal not only undermines the value of Yoga but also poses serious health, environmental and professional risk.
- By adopting a clear and consistent method for handling non-recyclable waste, instructors and staff can significantly reduce hazards, and prevent contamination. Thereby, contributing towards a more organized session area.

Ways of Disposing Non-recyclable Waste Appropriately

- Maintaining a clean and compliment environmental is a collective responsibility at all the lead of session Yoga instructor Yoga Trainer and Yoga Assistant.



TERMINAL QUESTIONS

1. Proper disposal of non-recyclable waste matters in Sports (Yoga) environment. Explain.
2. Explain the step by step method for non-recyclable waste disposal.
3. Describe the roles and responsibilities of term members in waste disposal.



ANSWER TO INTEXT QUESTIONS

29.1

1. (a) True (b) False (c) True
2. (i) (c) (ii) (a) (iii) (b)

MODULE-6

Build an Environmental Friendly Workplace



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Build an Environmental Friendly Workplace



Notes

30

COMMON SOURCES OF POLLUTION AND WAYS TO MINIMIZE THEM

Dear learners, you have learnt about the safe and environmentally responsible methods of proper disposal of non-recyclable materials in Yoga training environments. But Yoga environment can be affected by both indoor and out door pollution, which can disrupt the practices, affect focus on mindfulness and breath work. Minimizing pollution involves addressing airborne chemical, dust and others contaminants by focusing on ventilation, eco-friendly materials and responsible cleaning.

In this unit, you will study about the types of pollution caused by Yoga training environments. Also learn the strategies to reduce air, plastic, water, noise and energy related issues.



OBJECTIVES

After studying this unit, you will be able to:

- identify common types of pollution caused by Yoga training environments;
- understand how material choices, energy use, and habits contribute to environmental harm;
- learn strategies to reduce air, plastic, water, noise, and energy-related pollution in Yoga spaces;
- apply practical solutions to promote sustainability within sports training centers.

30.1 POLLUTION IN YOGA ENVIRONMENTS: A HIDDEN ISSUE

Yoga is often associated with purity, balance, and harmony – but behind the tranquil setting, modern Yoga facilities can unintentionally contribute to various forms of pollution. Especially in institutional setups, gyms, or high-traffic group classes, the environmental impact of daily operations is often overlooked.

Even though Yoga is a low-impact physical activity, the infrastructure and maintenance routines can create a significant ecological footprint. Understanding these hidden sources of pollution is the first step toward building truly sustainable Yoga environments.

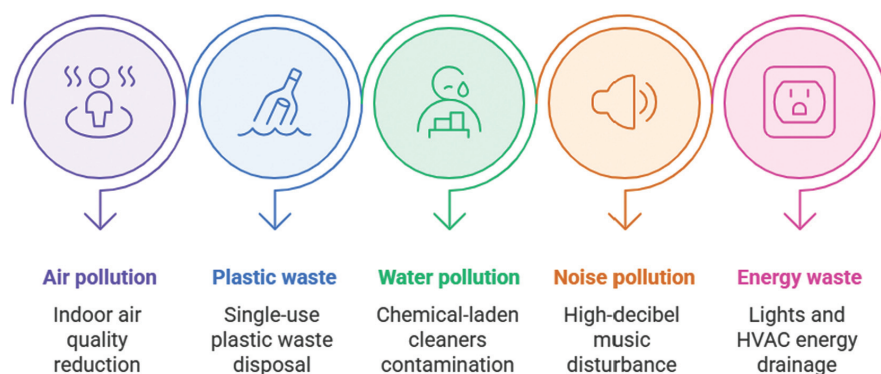


Fig. 30.1: Pollution in Yoga Environment

Common types of pollution in Yoga facilities

- Air pollution**

Use of incense sticks, aerosol sprays, scented oils, or lack of proper ventilation can reduce indoor air quality. In poorly ventilated studios, carbon dioxide buildup from multiple participants can cause discomfort or fatigue.

- Plastic waste**

Single-use plastic water bottles, packaging from Yoga mats and props, plastic-lined sanitary bins, and disposable cleaning supplies contribute to long-term landfill waste and microplastic pollution.

- Water pollution**

Many facilities use chemical-laden cleaners, floor disinfectants, or detergent-based sprays that wash down into drainage systems and eventually contaminate water sources.



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Build an Environmental Friendly Workplace



Notes

Common Sources of Pollution and Ways to Minimize Them

- **Noise pollution**

Overuse of high-decibel music systems, electric diffusers, or cleaning equipment can disturb the calm atmosphere Yoga is meant to cultivate, and even cause auditory fatigue over time.

- **Energy waste**

Leaving lights, fans, air conditioning, or heating on between sessions or during non-peak hours drains electricity and increases carbon emissions. Facilities that use inefficient lighting or HVAC systems face even higher energy losses.

Moving from awareness to action

Mitigating pollution in Yoga settings requires collective effort:

- Train staff and athletes to recognize eco-hazards
- Use biodegradable products and refillable dispensers
- Encourage reusable bottles and mats
- Schedule energy use based on session timings
- Install exhaust fans or purifiers instead of burning incense for air freshness

Sustainability in Yoga is not just a philosophy – it's a daily practice. A clean conscience begins with a clean environment.

30.2 IMPACT AND SUSTAINABLE SOLUTIONS TO POLLUTION

Sports Yoga centers may appear calm and clean on the surface, but hidden environmental issues can build up if pollution sources are not managed properly. Recognizing the impact of these pollutants and adopting simple eco-conscious practices can transform a regular space into a truly yogic and sustainable environment.

Table 30.1: Pollution, Impact and Sustainable Practice

Pollution Type	Impact	Sustainable Practice
Air pollution	Breath irritation, asthma triggers, indoor discomfort	Use essential oil diffusers instead of incense; ventilate naturally with open windows or exhaust fans
Plastic pollution	Non-biodegradable waste accumulation	Promote reusable bottles, cloth mat covers; choose bulk packaging to reduce plastic use



Notes

Pollution Type	Impact	Sustainable Practice
Water pollution	Affects aquatic life, damages drainage and pipelines	Switch to plant-based or biodegradable floor cleaners and soaps
Noise pollution	Disrupts meditation, reduces athlete focus	Lower music volume; use sound absorbing mats and silent training equipment
Energy waste	High carbon footprint and electricity bills	Install motion-sensor lights and fans; rely on natural light and airflow where possible

Pro Tip:

- Make eco-awareness a part of your team culture. Small, consistent actions lead to lasting change.
- Use weekly briefings, eco-friendly posters, and visible reminders near prop corners, waste bins, and wash stations to reinforce sustainable habits.

When mindfulness meets routine, environmental responsibility becomes second nature.

30.3 ROLE BASED POLLUTION MANAGEMENT

Every team member in a Yoga facility has a distinct responsibility in minimizing pollution and promoting environmental sustainability. These roles must work in harmony to shift the focus from basic cleanliness to conscious, eco-friendly practices.

Yoga Instructor – Sports

As the leader of the space, the instructor plays a critical role in setting the environmental tone. They are responsible for:

- Initiating awareness drives and eco-campaigns for athletes and staff
- Approving purchases that align with sustainability goals (such as biodegradable props or refillable cleaners)
- Creating a policy framework for pollution reduction across air, water, plastic, and energy use
- Reviewing and updating studio-wide green practices regularly

MODULE-6

Build an Environmental Friendly Workplace



Notes

Common Sources of Pollution and Ways to Minimize Them

Yoga Trainer – Sports

The trainer ensures that sustainable practices are being followed consistently in daily operations. Their responsibilities include:

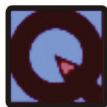
- Conducting informal audits of light usage, ventilation, and resource handling
- Guiding assistants and athletes on correct use of equipment to avoid wastage or damage
- Addressing habits that lead to unnecessary energy or material use during sessions

Yoga Assistant – Sports

The assistant acts as the ground-level executor of pollution control measures. Their tasks involve:

- Ensuring lights, fans, and ACs are turned off when not in use
- Checking ventilation systems before and after sessions
- Managing dustbins, maintaining cleanliness around them, and reporting overflows or misuse
- Supporting eco-labeling, such as marking bins for recyclable vs. non-recyclable items

From top-level decision-making to hands-on action, every role is vital in transforming a Yoga studio from just “clean” to truly “sustainable.”



INTEXT QUESTIONS 30.1

1. Fill in the blanks:

- (a) A clean conscience begins with a
- (b) Lack of proper ventilation can indoor air quality.
- (c) Packaging from Yoga mats and props, plastic-lined sanitary bins contribute to long-term land fill waste and pollution.

2. Match the following:

Group A

- (i) Air pollution
- (ii) Energy waste
- (iii) Plastic pollution

Group B

- (a) Non-biodegradable waste accumulation
- (b) asthma triggers
- (c) High carbon foot prints



WHAT HAVE YOU LEARNT

Dear learners, in this unit, you have learnt:

- Though Yoga as a low impact physical activity, the infrastructure used and maintenance routines can create a considerable ecological footprint. Therefore understanding the hidden sources of pollution is the first step toward building sustainable environment.
- The common types of pollution in Yoga environment are air pollution, water pollution, noise pollution, plastic waste, and energy waste.
- By recognizing the impact of the pollutants and adapting simple eco-friendly practices, a regular Yoga space can be transformed into a yogic and sustainable environment.
- Every term member in Yoga environment has a distinct role and responsibility in minimizing pollution and promoting environmental sustainability. Hence, Yoga Instructor – Sports, Yoga Trainer – Sports and Yoga Assistant – Sports should work harmoniously and mindfully shift the focus from basic cleanliness to eco-friendly practices.



TERMINAL QUESTIONS

1. Describe the common types of pollution in Yoga set up. Give any two examples.
2. State the impact and sustainable practices for various pollution type.
3. Explain the role of various term members in pollution management.



ANSWER TO INTEXT QUESTIONS

30.1

1. (a) Clean environment (b) reduce (c) microplastic
2. (i) (b) (ii) (c) (iii) (a)



Notes

YOGA INSTRUCTOR – SPORTS

REVISIONAL EXERCISE

Module 1: Introduction to Yoga Instructor – Sports Job Role

Multiple choice questions

1. Ravi is a newly certified Yoga Instructor – Sports working at a sports academy. A coach asks him to lead a strategy session for a football team before a major match. What should Ravi do?
 - (a) Accept the request to show versatility
 - (b) Politely decline and refer to the coach's role
 - (c) Offer meditation instead of a strategy session
 - (d) Prepare the team's tactical playbook
2. During an evaluation session, Priya notices that an athlete shares emotional stress affecting performance. As a yoga instructor, what should she prioritize?
 - (a) Sharing the details with teammates
 - (b) Ignoring it – it's not her concern
 - (c) Noting it privately and adjusting the session to support calmness
 - (d) Recommending medication directly
3. Which of the following best highlights a key difference between a yoga instructor and a fitness trainer?
 - (a) Yoga instructors conduct load-based drills
 - (b) Yoga instructors design athlete meal plans
 - (c) Yoga instructors focus on mobility, breathwork, and recovery
 - (d) Yoga instructors supervise weightlifting
4. Ramesh is building his career in yoga for athletes. What additional opportunity could help him grow?
 - (a) Focusing only on group classes
 - (b) Ignoring digital formats
 - (c) Creating online sport-specific yoga programs
 - (d) Avoiding communication with medical staff

5. A yoga instructor is working in a national-level sports institute. What role is best aligned with their job profile?
- (a) Design mental reset routines before competitions
 - (b) Monitor strength progression using dumbbell loads
 - (c) Prescribe anti-inflammatory drugs
 - (d) Decide the team's nutrition protocol

Answer the following questions:

1. Why should asana flows be tailored to specific sports?
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2. What key skill is expected from a Yoga Instructor – Sports at the advanced (5+ years) stage of their career?
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3. What makes the role of a Yoga Instructor – Sports unique within a sports performance team?
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4. What should a Yoga Instructor – Sports do if an athlete shows signs of unusual fatigue during a session?
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5. Which quality helps a Yoga Instructor – Sports connect with athletes and respond to their emotional needs?
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.....

Module 2: Design a Need Based Sports Specific Advance Yoga Program

Multiple choice questions:

1. While designing a yoga plan for a swimmer, the instructor notices reduced shoulder ROM. What's the next step?
 - (a) Assign overhead dumbbell presses
 - (b) Ignore and follow a generic flow
 - (c) Include mobility-based asanas and refer to the coach
 - (d) Shift focus entirely to core work
2. During onboarding, an athlete shares a history of fainting during intense workouts. What should the yoga instructor do?
 - (a) Push them to overcome it with breathwork
 - (b) Adjust poses without informing anyone
 - (c) Pause physical sessions and refer for medical clearance
 - (d) Treat them with herbal remedies
3. A coach provides a micro-training cycle for the week. How should the yoga instructor use this?
 - (a) Ignore the plan and follow standard yoga protocol
 - (b) Match the yoga session intensity to the cycle's phase
 - (c) Use it only to plan breaks
 - (d) Share it with unrelated athletes
4. An athlete shows signs of emotional fatigue-irritability, zoning out, and short breaths. What should the yoga instructor do?
 - (a) Assume they are not serious
 - (b) Reduce asana load and integrate calming breathwork
 - (c) Ignore unless injury occurs
 - (d) End the session early and move on
5. A yoga assistant leaves athlete forms visible in a shared space. What is the instructor's correct response?
 - (a) Do nothing – it's not urgent
 - (b) Publicly correct the assistant
 - (c) Secure the records and explain confidentiality protocols privately
 - (d) Report it to the media for awareness

Answer the following questions:

1. What is the main purpose of conducting a postural analysis for an athlete in sports yoga?

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2. How does history of athlete help a Yoga Instructor – Sports identify?

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3. Why is it important to complete pre-testing protocols before assessing an athlete in yoga?

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4. What is one professional way to protect athlete confidentiality when storing physical records?

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5. Why is it important for a Yoga Instructor – Sports to coordinate with the rest of the training team?

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Module 3: Execute an Advance Yoga Program

Multiple choice questions

1. During a warm-up, an athlete complains of tight hamstrings. What should the instructor prioritize?
 - (a) Increase stretch duration immediately
 - (b) Include dynamic stretches and monitor response
 - (c) Push into deep holds to increase flexibility
 - (d) Ignore – it's normal for athletes
2. A volleyball player needs better reaction time. Which yoga practice can best support this?
 - (a) Heavy powerlifting
 - (b) Cardio intervals
 - (c) Coordination-based balance poses and breath training
 - (d) Passive stretches only
3. While demonstrating Supta Matsyendrasana, an athlete grimaces. What should the instructor do?
 - (a) Continue the session
 - (b) Ignore unless the athlete stops
 - (c) Modify the pose or offer an alternative
 - (d) Ask teammates for advice
4. A female athlete reports feeling unsafe due to another participant's comments during yoga sessions. What should the instructor do?
 - (a) Ask her to ignore it
 - (b) Take no action
 - (c) Report the incident under workplace harassment protocols
 - (d) Make light of it in front of the group
5. Which situation best shows core stability focus?
 - (a) Static bridge hold with breath cues
 - (b) Arm curls with weights
 - (c) Jogging post-yoga
 - (d) Long-hold forward bends only

Answer the following questions:

1. What is a key yoga benefit for endurance athletes like runners and cyclists?

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2. Why is the warm-up phase critical in a sports-oriented yoga session?

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3. What is the primary function of the deep abdominal muscles in core stability for athletes?

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4. Why should a Yoga Instructor – Sports modify asanas based on the athlete's sport and joint demands?

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5. What is the first step a Yoga Instructor – Sports should take when handling a report of inappropriate behavior?

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Module 4: Execute an Advance Meditation Program

Multiple choice questions

1. During a guided meditation, the room feels hot and stuffy. What should the instructor have ensured beforehand?
 - (a) A high-pitched audio cue
 - (b) Brighter lighting
 - (c) Proper ventilation and comfortable room temperature
 - (d) Mirrors in the room
2. An athlete has trouble sitting still during meditation. What type of meditation might suit them better?
 - (a) Chanting
 - (b) Silent breath-holding
 - (c) Mindful walking or movement-based meditation
 - (d) Power Yoga
3. What role does posture play in a focused meditation practice?
 - (a) It looks good for photos
 - (b) It ensures muscles stay tense
 - (c) It supports alertness and stillness in the body
 - (d) It prevents emotional awareness
4. Before a competition, an athlete feels overwhelmed. What meditation strategy can help center their focus?
 - (a) Long savasana
 - (b) Mindfulness with sensory grounding
 - (c) High-impact visualization with external prompts
 - (d) Skipping meditation for rest
5. An athlete struggles to stay present during training. What mindfulness cue can the Yoga instructor offer?
 - (a) “Ignore your thoughts and feelings.”
 - (b) “Think about your next set.”
 - (c) “Notice your breath, your feet, and the temperature around you.”
 - (d) “Push harder through the discomfort.”

Answer the following questions

1. What environmental factor helps trigger the parasympathetic (rest-and-digest) response during meditation?

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2. What is the primary mental benefit of focused attention meditation for athletes?

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3. Why is it important for the spine to remain long and lifted during seated meditation?

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4. What is the purpose of the observation phase during a meditation session?

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5. How can Yoga Instructors – Sports integrate mindfulness into movement without making it feel like a separate practice?

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Module 5: Maintain Safety, Hygiene and Sanitation at Workplace

Multiple choice questions:

1. A Yoga mat is labeled “Anti-slip, Disinfect Only – No Wash.” What should the instructor do post-session?
 - (a) Wash it with detergent
 - (b) Ignore the label
 - (c) Wipe it using a surface disinfectant only
 - (d) Ask the athlete to take it home
2. An athlete enters the session sweaty from practice. What is the best hygiene response from the Yoga instructor?
 - (a) Continue without mentioning it
 - (b) Ask them to leave
 - (c) Offer a towel and suggest a quick freshen-up
 - (d) Ignore and extend session time
3. After using shared Yoga props, what is the most appropriate action?
 - (a) Let the next athlete handle them
 - (b) Stack them for the assistant to clean later
 - (c) Immediately sanitize props before reuse
 - (d) Pack them away without checking
4. An instructor notices a loose wire near the Yoga zone. What should they do?
 - (a) Cover it with a Yoga mat
 - (b) Ignore it
 - (c) Secure it and report it for maintenance
 - (d) Ask athletes to step around it
5. During a session, an athlete reports dizziness and blurry vision. What should the instructor do first?
 - (a) Ask them to push through
 - (b) Sit them down, provide water, and monitor response
 - (c) Tell others to take a break
 - (d) Ignore the complaint until the session ends

Answer the following questions:

1. Why is proper pre-session prop setup important for Yoga Instructors – Sports?
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2. What is the primary responsibility of the Yoga Instructor – Sports regarding prop safety before a session?
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3. What is the correct first step in sanitizing a shared Yoga mat before a session?
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4. Why is using an athlete's name during a Yoga session considered a powerful engagement strategy?
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5. What are key roles of a Yoga Assistant – Sports in preventing injuries during a session?
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Module 6: Build an Environmental Friendly Workplace

Multiplechoice questions:

1. A Yoga studio wants to replace synthetic mats. What material is a better sustainable option?
 - (a) Plastic vinyl
 - (b) Artificial leather
 - (c) Natural rubber or cork
 - (d) PVC with glitter
2. After class, disposable cups and wipes are found near the bins. What should be done?
 - (a) Burn the waste
 - (b) Mix it with kitchen waste
 - (c) Separate and dispose of non-recyclables properly
 - (d) Leave it for cleaners
3. Which action reduces indoor air pollution in Yoga spaces?
 - (a) Use strong room sprays
 - (b) Light synthetic incense
 - (c) Keep windows open and add air-purifying plants
 - (d) Close doors and run air conditioners nonstop
4. A student asks why the center avoids printed manuals. What's the best reply?
 - (a) "We forgot to print them."
 - (b) "We want to promote digital use to save paper."
 - (c) "It's cheaper this way."
 - (d) "We don't like paperwork."
5. Which of the following is a hidden but common source of pollution in Yoga centers?
 - (a) Reused steel bottles
 - (b) Incense ash
 - (c) Single-use plastic packaging and mat wrappers
 - (d) Natural fiber rugs

Answer the following questions:

1. What is one environmental benefit of using biodegradable Yoga materials?
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2. Why is it important for a Yoga Instructor – Sports to check for certifications like OEKO-TEX® or GOTS when selecting Yoga materials?
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3. Why certain Yoga or sports items are considered as non-recyclable waste?
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4. What are responsibilities of a Yoga Instructor – Sports in managing waste at a yoga facility?
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5. What are practical ways to reduce air pollution in a yoga setting instead of using incense?
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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 Instructor - Sports

Guidelines for Practical Examination

Practical Paper - Yoga Instructor - 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

• Instructions for Preparation	02
• Illustration during demonstration/performance	02
• Supervision of the posture/performance	02
• Overall instructional clarity and communication skills	02
• Management of overall activities	02
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 i.e. one for writing on answer sheet and other for demonstration/ performance.
- 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 Instructor-Sports Job Bridge Module Duration: 10:00 Hrs.			
1.	To role-play to highlight the specific technical responsibilities of an advance sports yoga instructor in comparison to a Fitness Trainer.	Role-play to highlight the specific technical responsibilities of an advance sports yoga instructor in comparison to a Fitness Trainer.	
2.	To create a career progression chart of an advance Sports Yoga Instructor	Create a career progression chart of an advance Sports Yoga Instructor	
Module 2: Design a Need Based Sports Specific Advance Yoga Program Duration: 30:00 Hrs.			
3.	To demonstrate how to evaluate the requirements of a sport and assess the athlete to design an advance sports yoga program.	Demonstrate how to evaluate the requirements of a sport and assess the athlete to design an advance sports yoga program.	
4.	To prepare a sample PAR-Q (Physical Activity Readiness Questionnaire)	Prepare a sample PAR-Q (Physical Activity Readiness Questionnaire)	
5.	To prepare a questionnaire to gather information about athlete's dietary habits.	Prepare a questionnaire to gather information about athlete's dietary habits.	
6.	To demonstrate tests to assess mobility and range of motion.	Demonstrate tests to assess mobility and range of motion.	
7.	To demonstrate Functional Performance Tests (FPT)	Demonstrate Functional Performance Tests (FPT)	
8.	To demonstrate tests to assess the strength, power, hypertrophy, and muscular endurance.	Demonstrate tests to assess the strength, power, hypertrophy, and muscular endurance.	
Module 3: Execute an Advance Yoga Program Duration: 60:00 Hrs.			
9.	To demonstrate advance warm-up, cool-down exercises with dynamic and static stretching	Demonstrate advance warm-up, cool-down exercises with dynamic and static stretching	
10.	To calculate VO2 max (maximum rate of oxygen consumption).	Calculate VO2 max (maximum rate of oxygen consumption).	

11.	To demonstrate yoga asanas to develop core stability	Demonstrate yoga asanas to develop core stability	
12.	To demonstrate yoga asanas to develop flexibility and range of motion	Demonstrate yoga asanas to develop flexibility and range of motion	
13.	To demonstrate yoga asanas to develop balance and coordination	Demonstrate yoga asanas to develop balance and coordination	
14.	To demonstrate yoga asanas to develop strength and endurance	Demonstrate yoga asanas to develop strength and endurance	
15.	To apply gender-sensitive, non-discriminatory language.	Apply gender-sensitive, non-discriminatory language.	
16.	To demonstrate athlete interaction– usage of motivational techniques such as positive phrases, feedbacks on areas of improvement, etc.	Demonstrate athlete interaction– usage of motivational techniques such as positive phrases, feedbacks on areas of improvement, etc.	

Module 4: Execute an Advance Meditation Program
Duration: 90:00 Hrs.

17.	To list pre-meditation requirements	List pre-meditation requirements	
18.	To demonstrate common meditation postures	Demonstrate common meditation postures	
19.	To demonstrate pre-meditation routines	Demonstrate pre-meditation routines	
20.	To demonstrate how to overcome distraction during a meditation session	Demonstrate how to overcome distraction during a meditation session	
21.	To demonstrate guided visualizations meditation technique to help athletes create positive mental imagery related to their sport	Demonstrate guided visualizations meditation technique to help athletes create positive mental imagery related to their sport	
22.	To conduct open awareness meditation routine to develop a broad, open awareness	Conduct open awareness meditation routine to develop a broad, open awareness	
23.	To conduct meditation techniques to calm nerves, enhance focus, and visualize success	Conduct meditation techniques to calm nerves, enhance focus, and visualize success	
24.	To conduct meditation techniques to bring mindfulness and presence into their training sessions and daily activities	Conduct meditation techniques to bring mindfulness and presence into their training sessions and daily activities	
25.	To conduct lead chakra meditation and instruct athletes to focus on the energy centers in their body, visualizing each chakra and promoting balance and alignment within the energy system	Conduct lead chakra meditation and instruct athletes to focus on the energy centers in their body, visualizing each chakra and promoting balance and alignment within the energy system	
26.	To demonstrate techniques to improve concentration and focus during meditation	Demonstrate techniques to improve concentration and focus during meditation	
27.	To create a sample remedial training plan for athletes who need improvement.	Create a sample remedial training plan for athletes who need improvement.	

Module 5: Maintain Safety, Hygiene and Sanitation at Workplace Duration: 30:00 Hrs.			
28.	To classify equipment as per their usage.	Classify equipment as per their usage.	
29.	To prepare a yoga facility readiness checklist.	Prepare a yoga facility readiness checklist.	
30.	To prepare a sample report on maintenance of yoga equipment.	Prepare a sample report on maintenance of yoga equipment.	
31.	To demonstrate hygiene and sanitation checks of work area and equipment.	Demonstrate hygiene and sanitation checks of work area and equipment.	
32.	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.	
33.	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.	
34.	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.	
35.	To demonstrate ways to find if the injury is major or minor.	Demonstrate ways to find if the injury is major or minor.	
36.	To demonstrate the process of administering first aid for common injuries.	Demonstrate the process of administering first aid for common injuries.	
37.	To perform CPR (Cardio-Pulmonary Resuscitation)	Perform CPR (Cardio-Pulmonary Resuscitation)	
38.	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: 20:00 Hrs.			
39.	To prepare statutory documents relevant to safety and hygiene.	Prepare statutory documents relevant to safety and hygiene.	
40.	To exhibit the methods of disposing non-recyclable waste.	Exhibit the methods of disposing non-recyclable waste.	
41.	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: 45:00 Hrs.			
42.	To create a career plan	Create a career plan	
43.	To implement Self-awareness, time management, critical thinking, problem solving	Implement Self-awareness, time management, critical thinking, problem solving	

44.	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	
45.	To implement communication skills while handling different customers	Implement communication skills while handling different customers	
46.	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.	
47.	To create a biodata.	Create a biodata.	
48.	To use various sources to search and apply for jobs.	Use various sources to search and apply for jobs.	

Yoga Instructor - Sports

Guidelines for OJT

Practical Paper - Yoga Instructor - Sports

Maximum marks: 20

15 days Workshop / Yoga Session

Time: 6.00 hrs

Marking Scheme:

• Understanding and planning of Yoga Session	05
• Demonstration & ability to notice discomfort during performance activity	05
• Knowledge of scientific theory related to Yoga practices	03
• Supervision and correction of performance during Yoga Practices	03
• Effective communication skills and ability to conduct safe And effective Yoga session	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. Readiness 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) and proper guidance

Demonstration of Yoga Practices; Effective Techniques, Usages of Props and Equipment safely & effectively, First Aid in Emergency during Training, Hygiene & Sanitation etc.

3. Execute an advance Yoga Program

Warm-up, cool-down exercises, core stability, develop flexibility, balance and coordination, strength and endurance, non-discriminatory language and athlete interaction.

4. Execute an advance Meditation Program

Pre-meditation requirements, common meditation postures, pre meditation routines, overcome distraction during meditation, guiding visualization meditation, open awareness; calm nerves enhance focus, bring mindfulness and improve concentration.

5. Qualities and Personality of a Yoga Instructor Sports

Behaviour & Ethics & Values - Discipline, Performance, Punctuality, Communication and leadership Skills etc.

6. Yoga Lifestyle

7. Voice Projection

8. Observation and Assistance,

9. Supervision during Yoga Practice

10. Guidance for preparation of a Yoga Class

11. Safety Measures and Precautionseffectively, First Aid in Emergency during Training, Hygiene & Sanitation etc.

On the Job Training (OJT)

S.No.	Practical	Practical – Key Learning Outcomes	Remarks
Module 3: Execute an Advance Yoga Program Duration: 60:00 hrs.			
1.	To demonstrate advance warm-up, cool-down exercises with dynamic and static stretching	Demonstrate advance warm-up, cool-down exercises with dynamic and static stretching	
2.	To calculate VO2 max (maximum rate of oxygen consumption).	Calculate VO2 max (maximum rate of oxygen consumption).	
3.	To demonstrate yoga asanas to develop core stability	Demonstrate yoga asanas to develop core stability	
4.	To demonstrate yoga asanas to develop flexibility and range of motion	Demonstrate yoga asanas to develop flexibility and range of motion	
5.	To demonstrate yoga asanas to develop balance and coordination	Demonstrate yoga asanas to develop balance and coordination	

6.	To demonstrate yoga asanas to develop strength and endurance	Demonstrate yoga asanas to develop strength and endurance	
7.	To apply gender-sensitive, non-discriminatory language.	Apply gender-sensitive, non-discriminatory language.	
8.	To demonstrate athlete interaction– usage of motivational techniques such as positive phrases, feedbacks on areas of improvement, etc.	Demonstrate athlete interaction– usage of motivational techniques such as positive phrases, feedbacks on areas of improvement, etc.	

Module 4: Execute an Advance Meditation Program

Duration: 90:00 hrs.

9.	To list pre-meditation requirements	List pre-meditation requirements	
10.	To demonstrate common meditation postures	Demonstrate common meditation postures	
11.	To demonstrate pre-meditation routines	Demonstrate pre-meditation routines	
12.	To demonstrate how to overcome distraction during a meditation session	Demonstrate how to overcome distraction during a meditation session	
13.	To demonstrate guided visualizations meditation technique to help athletes create positive mental imagery related to their sport	Demonstrate guided visualizations meditation technique to help athletes create positive mental imagery related to their sport	
14.	To conduct open awareness meditation routine to develop a broad, open awareness	Conduct open awareness meditation routine to develop a broad, open awareness	
15.	To conduct meditation techniques to calm nerves, enhance focus, and visualize success	Conduct meditation techniques to calm nerves, enhance focus, and visualize success	
16.	To conduct meditation techniques to bring mindfulness and presence into their training sessions and daily activities	Conduct meditation techniques to bring mindfulness and presence into their training sessions and daily activities	
17.	To conduct lead chakra meditation and instruct athletes to focus on the energy centers in their body, visualizing each chakra and promoting balance and alignment within the energy system	Conduct lead chakra meditation and instruct athletes to focus on the energy centers in their body, visualizing each chakra and promoting balance and alignment within the energy system	
18.	To demonstrate techniques to improve concentration and focus during meditation	Demonstrate techniques to improve concentration and focus during meditation	
19.	To create a sample remedial training plan for athletes who need improvement.	Create a sample remedial training plan for athletes who need improvement.	

Module 5: Maintain Safety, Hygiene and Sanitation at Workplace

Duration: 30:00 hrs.

20.	To classify equipment as per their usage.	Classify equipment as per their usage.	
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21.	To prepare a yoga facility readiness checklist.	Prepare a yoga facility readiness checklist.	
22.	To prepare a sample report on maintenance of yoga equipment.	Prepare a sample report on maintenance of yoga equipment.	
23.	To demonstrate hygiene and sanitation checks of work area and equipment.	Demonstrate hygiene and sanitation checks of work area and equipment.	
24.	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.	
25.	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.	
26.	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.	
27.	To demonstrate ways to find if the injury is major or minor.	Demonstrate ways to find if the injury is major or minor.	
28.	To demonstrate the process of administering first aid for common injuries.	Demonstrate the process of administering first aid for common injuries.	
29.	To perform CPR (Cardio-Pulmonary Resuscitation)	Perform CPR (Cardio-Pulmonary Resuscitation)	
30.	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 Instructor-Sports Programme** in our School/
College/Organisation/Institute of Yoga & Naturopathy
from to*

*Her/His OJT Yoga Instructor-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

PCP and Practical Training Schedule for Training Yoga Instructor - Sports

Duration of the Course: 540 Hours (Theory – 165 Hrs. Practical – 285 Hrs. and OJT – 90 Hrs)

Approximate 5 months = 42 days (5 months × 04 weeks × 02 days) × 5.00 Hrs. = 210 Hrs.

And 04 workshops × 10 days each × 06 Hrs. per day = 240 Hrs.

S.No.	Day & Duration	PCP & Practical Training: Topics	Instructions to the Teacher/ Faculty in First Session	PCP & Practical Training: Topics	Instructions to the Teachers/ Faculty in Second Session
Module–1: Introduction to Yoga Instructor-Sports Job Bridge Module					
Day-1	Saturday	To role-play to highlight the specific technical responsibilities of an advance sports yoga instructor in comparison to a Fitness Trainer.	- Conduct a role-play activity to demonstrate real-life responsibilities with examples from sports settings. - Encourage interaction and discussion.	1. Understanding the Role of an Advanced Sports Yoga Instructor 2. How an Advanced Sports Yoga Instructor is Different from a Sports Coach, Personal Fitness Trainer, or Sports Doctor	- Lecture emphasizing on multifaceted role of a yoga instructor through PPTs/case based learning/ audio-visual aid. - Highlighting the difference among sports coach, personal fitness trainer or sports doctor through audio-visual aid.
Day-2	Sunday	To create a career progression chart of an advance Sports Yoga Instructor	- Prepare a PPT/ chart to show the progression in advance sports Yoga. - Prepare a PPT/ chart to show the progression in advance sports Yoga.	Career Opportunities of an Advanced Sports Yoga Instructor Revision	Lecture through audio-visual aid and real case successful examples.
Module–2: Design a Need Based Sports Specific Advance Yoga Program					
Day-3	Saturday	To demonstrate how to evaluate the requirements of a sport and assess the athlete to design an advance sports yoga program.	- Conduct a small group activity to analyse any sport and list its requirements. - Encourage discussion and critical thinking post activity.	Types of Performance Analysis to be Conducted Before Planning an Advanced Sports Yoga Program	- Demonstrate simple observation techniques through PPT/audio visual methods and show sample athlete assessment forms. - Demonstrate Red flag signs for medical referral.
Day-4	Sunday	To prepare a sample PAR-Q (Physical Activity Readiness Questionnaire)	Guide the trainees to design a sample customized PAR-Q	Importance of Gathering Medical and Training History of the Athletes	Demonstration method with real life examples.
Day-5	Saturday	To prepare a questionnaire to gather information about athlete's dietary habits	Conduct a peer group activity where trainee should practice a sample dietary question (including meal/ time/ hydration etc.)	Importance of Designing a Yoga Program in Conjunction with the Sports Coaching Staff/ Team Manager	Demonstrate and design a yoga program interactive with sports coaching staff highlighting team skills (audio-visual aid).

Day-6	Sunday	To demonstrate tests to assess mobility and range of motion.	● Allow trainees to practice in pairs under direct instruction ● Allow trainees to practice in pairs under direct instruction method.	Ways to Analyze Athlete's Emotional Condition	● Demonstrate through PPT audio-visual aid
Day-7	Saturday	To demonstrate Functional Performance Tests (FPT)	● Allow trainees to practice through reciprocal learning under supervision. ● Allow trainees to practice through reciprocal learning under supervision.	Importance of Maintaining the Athlete's Information Confidential	● Demonstration /case based learning with examples.
Day-8	Sunday	To demonstrate tests to assess the strength, power, hypertrophy, and muscular endurance.	● Allow trainees to demonstrate correct technique method under supervision. ● Reciprocal learning ● Peer group will record and interpret findings.	Revision	● Organizes quiz/ group discussion/ Q and A

Module-3: Execute an Advance Yoga Program

Day-9	Saturday	To demonstrate advance warm-up, cool-down exercises with dynamic and static stretching	● Divide trainees in small groups and observe their demonstration. ● Record and interpret the findings.	Most Effective Advance Yoga Practices for Athletes and their Specific Training Outcomes .	● Demonstrate through PPT/ Audio-visual aid.
Day-10	Sunday	To calculate VO2 max (maximum rate of oxygen consumption)	● Trainees will demonstrate and calculate sample data. ● Assess data under supervision.	Importance of Warm-up, Cool-down, usage of Proper Equipment, and Clothing to Minimize Injuries during the Yoga Sessions	● Audio-visual aid method/ case discussion/ reciprocal learning.
Day-11	Saturday	To demonstrate yoga asanas to develop core stability	● Trainees will divide into pair and perform/ demonstrate yogasana. ● Assess them under supervision.	Significance of Core Stability in Athletes	● Audio-visual aid method/ case discussion/ reciprocal learning.
Day-12	Sunday	To demonstrate yoga asanas to develop flexibility and range of motion	● Demonstrate yogasanas and reflect to journal documenting their experience.	Benefits of Selected Asanas	● Audio-visual aid method/ case discussion/ reciprocal learning.
Day-13	Saturday	To demonstrate yoga asanas to develop balance and coordination	● Trainees will collaborate in small groups and demonstrate under the supervision of trainer. ● Trainer will record their difficulty level.	Ways to Identify if the Athlete is Uncomfortable to Perform the Physical Activities	● Demonstration through PPT/ audio-visual covering verbal and non-verbal cues. ● Cover red flag signs.
Day-14	Sunday	To demonstrate yoga asanas to develop strength and endurance	● Trainees will collaborate in small groups and demonstrate under the supervision of trainer. ● Trainer will record their difficulty level.	Inappropriate Behaviour and Sexual Harassment at Practice Place	● Lecture cum discussion. ● Apply interactive teaching method.

Day-15	Saturday	To apply gender-sensitive, non-discriminatory language.	● Demonstration and role-play under supervision.	Revision	● Quiz/ group discussion/ Q and A
Day-16	Sunday	To demonstrate athlete interaction—usage of motivational techniques such as positive phrases, feedbacks on areas of improvement, etc.	● Demonstration/ peer teach method like trainees will act like coach, athlete, and observer to build real coaching experience.	Revision	● Quiz/ group discussion/ Q and A
Module-4: Execute an Advance Meditation Program (Module 7: Employability Skills)					
Day-17	Saturday	To list pre-meditation requirements.	● Case based learning like diabetic/allergic etc. (trainees should list accordingly)	Attire and Environment Setup for Meditation	● Demonstration method and audio-visual method on selecting comfortable and non restricting clothing.
Day-18	Sunday	To demonstrate common meditation postures.	● Demonstrate Peer observation and feedback.	Types of Meditation and their Benefits for Athletes	● Demonstrate and conduct a short guided practice session.
Day-19	Saturday	To demonstrate pre-meditation routines.	● Demonstrate and reflect to practice. ● Observe comfort level, stability and ease breathing.	Interlink between Breath, Posture, and Focus in Meditation	● Demonstrate and conduct a short guided practice session.
Day-20	Sunday	To demonstrate how to overcome distraction during a meditation session.	● Demonstration through guided practice. ● Experiential learning.	Designing an Effective Meditation Session	● PPT/ audio-visual aid ● Demonstrate and conduct a short guided practice session.
Day-21	Saturday	To demonstrate guided visualizations meditation technique to help athletes create positive mental imagery related to their sport.	● Demonstration through guided practice. ● Experiential learning.	Mindfulness and its Applications in Sports Performance	● Demonstrate through audio visual aid. ● Interactive session.
Day-22	Sunday	To conduct open awareness meditation routine to develop a broad, open awareness	● Conduct under supervision	Revision	● Quiz/ group discussion/ Q and A
Day-23	Saturday	To conduct meditation techniques to calm nerves, enhance focus, and visualize success	● Conduct under supervision	Revision	● Quiz/ group discussion/ Q and A
Day-24	Sunday	To conduct meditation techniques to bring mindfulness and presence into their training sessions and daily activities	● Conduct under supervision	To create a career plan	● Practice on career plan documentation.

Day-25	Saturday	To conduct lead chakra meditation and instruct athletes to focus on the energy centers in their body, visualizing each chakra and promoting balance and alignment within the energy system	● Conduct under supervision	To implement Self-awareness, time management, critical thinking, problem solving	● Activity based learning, self reflection exercise, time management activity.
Day-26	Sunday	To demonstrate techniques to improve concentration and focus during meditation	● Demonstration through guided practice. ● Experiential learning.	To create sample word documents, excel sheets and presentations using basic features, utilize virtual collaboration tools to work effectively wherever necessary	● Demonstration and hands on practice on computer lab. ● Practice sample task.
Day-27	Saturday	To create a sample remedial training plan for athletes who need improvement.	● Peer-learning, reflect to practice and analyse.	To implement communication skills while handling different customers	● Conduct role play and simulation through group division. ● Feedback and reflection.

Module-5: Maintain Safety, Hygiene and Sanitation at Workplace (Module 7: Employability Skills)

Day-28	Saturday	To classify equipment as per their usage.	● Demonstration and hands on practice. ● Group work and co-operative learning.	Preparing for a Safe and Effective Yoga Session	● Demonstrate and conduct a short guided practice session. ● Problem based learning.
Day-29	Sunday	To prepare a Yoga facility readiness checklist.	● Demonstration and activity based learning. ● Checklist based learning.	Understanding Labels on Yoga Props and Equipments	● Demonstration and design based learning through audio visual aid.
Day-30	Saturday	To prepare a sample report on maintenance of Yoga equipment.	● Demonstration and activity based learning. ● Checklist based learning.	Maintaining Personal Hygiene before and after Yoga Sessions	● Demonstrate and conduct a short guided practice session.
Day-31	Sunday	To demonstrate hygiene and sanitation checks of work area and equipment.	● Demonstration and return demonstration under supervision.	Workplace Hygiene and Sanitation Regulations in Yoga Spaces	● Lecture and group discussion.
Day-32	Saturday	To prepare a sample report on maintenance of hygiene and sanitation at workplace.	● Demonstration and activity based learning. ● Checklist based learning.	Sanitizing Practices for Equipment and Athlete Safety	● PPT/ audio-visual aid ● Interactive session.
Day-33	Sunday	To demonstrate ways to sanitize equipment and machinery before and after the usage.	● Demonstration and return demonstration under supervision.	Revision	● Quiz/ group discussion/ Q and A

Day-34	Saturday	To draft a sample report for advanced hygiene and sanitation issues to appropriate authority.	● Situational demonstration. ● Report drafting exercise.	Revision	● Quiz/ group discussion/ Q and A
Day-35	Sunday	To demonstrate ways to find if the injury is major or minor.	● Demonstrate, peer learning, reflect to practice and analyse. ● Red flag indicators.	To use appropriate Basic English sentences/phrases while speaking. Differentiate between types of customers.	● Role play and activity based learning.
Day-36	Saturday	To demonstrate the process of administering first aid for common injuries.	● Demonstrate, peer learning, and reflect to practice on different medical conditions.	To create a bio-data	● Demonstration ● Hands on training ● Peer review method.
Day-37	Sunday	To perform CPR (Cardio-Pulmonary Resuscitation)	● Demonstration and return demonstration under supervision. ● Red flag indicators.	To use various sources to search and apply for jobs.	● Demonstration and guided practice. ● Online and offline sources. ● Practice live demonstration on profile creation on Linked in site etc.
Day-38	Saturday	To demonstrate emergency evacuation procedure and protocol in case of fire or natural disaster.	● Mock drill and facility mapping exercise under supervision.	Revision	● Activity based revision/ flash card method/ quiz/ group discussion/ rapid fire etc.

Module-6: Build an Environmental-Friendly Workplace

Day-39	Sunday	To prepare statutory documents relevant to safety and hygiene.	● Demonstration and hands on practice.	Environment-friendly Materials Available to Replace Conventional Materials	● Audio-visual aid with real life examples.
Day-40	Saturday	To exhibit the methods of disposing non-recyclable waste.	● Demonstration and hands on practice ● Sorting exercise.	Ways of Disposing Non-recyclable Waste Appropriately	● Lecture and group discussion/ case study.
Day-41	Sunday	To report malfunctioning. (fumes/sparks/ emission/vibration/ noise) and lapse in maintenance of equipment.	● Demonstration and observe ● Equipment audit exercise.	Common Sources of Pollution and Ways to Minimize Them	● Lecture and group discussion case study.
Day-42	Saturday	Summary		Guidelines for 10 days workshops	

Yoga Instructor– Sports Program - 10 days workshop (First)

Yoga Instructor– 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. To role-play to highlight the specific technical responsibilities of an advance sports yoga instructor in comparison to a Fitness Trainer. 2. To demonstrate how to evaluate the requirements of a sport and assess the athlete to design an advance sports yoga program. 3. To demonstrate Functional Performance Test (FPT). 4. To demonstrate advance warm-up, cool-down exercises with dynamic and static stretching 5. To demonstrate yoga asanas to develop core stability, flexibility, balance and coordination 6. To demonstrate common meditation postures 7. To demonstrate pre meditation routine 8. To demonstrate ways to sanitize equipment and machinery before and after the usage 9. To demonstrate ways to find if the injury is major and minor 10. To prepare statutory documents relevant to safety and hygiene	● 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.

Yoga Instructor – Sports Program - 10 days workshop (Second)

Yoga Instructor – 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 demonstrate advance warm-up, cool-down exercises with dynamic and static stretching 2. To calculate VO₂ max (maximum rate of oxygen consumption) 3. To demonstrate yoga asanas to develop flexibility, range of motion, strength, balance and coordination 4. Apply gender sensitive, non-discriminatory language 5. To demonstrate common meditation posture and pre meditation routine 6. To demonstrate techniques to improve concentration and focus during meditation 7. To demonstrate the process of administering first aid for common injuries 8. To exhibit the methods of disposing non - recyclable waste 9. To implement self-awareness, time management, critical thinking, problem solving 10. To implement communication skills while handling different 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 Instructor – Sports Program - 10 days workshop (Third)

Yoga Instructor – 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 advance warm-up, cool-down exercises with dynamic and static stretching 2. To prepare a questionnaire to gather information about athletes dietary habits 3. To demonstrate test to assess mobility and range of motion 4. To demonstrate yoga asanas to develop flexibility, range of motion, strength endurance, balance and coordination 5. To demonstrate guided visualization meditation technique to help athletes to create positive mental imagery related to their sport 6. To conduct lead chakra meditation and instruct athletes to focus on the energy centers in their body, visualizing each chakra and promoting balance and alignment within the energy system 7. To perform CPR (Cardio-Pulmonary Resuscitation) 8. To implement self-awareness, time management, critical thinking, problem solving 9. To use appropriate basic English sentences/phrases while speaking 10. To demonstrate emergency evacuation procedure and protocol in case of fire or natural disaster.	● 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 Instructor – Sports Program - 10 days workshop (Forth)

Yoga Instructor – Sports Program - 10 days workshop (Forth)				
10 days workshop (Third)	Topic of PCP and practical training in (Fourth) session	Necessary guidelines for Yoga teacher/expert	Topic of PCP and practical training in (Fourth) session	Necessary guidelines for Yoga teacher/expert
1-10 Days	1. To demonstrate advance warm-up, cool-down exercises with dynamic and static stretching 2. To demonstrate tests to assess the strength, power, hypertrophy, and muscular endurance. 3. To demonstrate athlete interaction– usage of motivational techniques such as positive phrases, feedbacks on areas of improvement, etc. 4. To demonstrate yoga asanas to develop flexibility, range of motion, strength endurance, balance and coordination 5. To demonstrate techniques to improve concentration and focus during meditation 6. To conduct meditation techniques to bring mindfulness and presence into their training sessions and daily activities 7. To demonstrate the process of administering first aid for common injuries 8. To demonstrate emergency evacuation procedure and protocol in case of fire or natural disaster 9. To implement communication skills while handling different customers 10. To create a sample remedial training plan for athletes who need improvement	● 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 Instructor – Sports Program

Guideline for OJT - 15 days Program (Time duration 90:00 hrs.)

- Conduct training sessions as per the different stages of periodization.
- Conduct performance analysis of athletes.
- Create an advance sports specific yoga program for athletes.
- Guide athletes with correct intensity, frequency, and techniques to make yoga program effective and injury free.
- Create advance meditation program for athletes to enhance performance.
- Follow safety protocols for injury prevention and medical emergency.



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