

**A.S.D. Govt. Degree College for Women
(Autonomous), Kakinada**

Under Jurisdiction of Adikavi Nannaya University, Rajamahendravaram)
Re-accredited by NAAC with “B” Grade in Cycle III



Department of Physical Education

Certificate course

on

YOGA& Weight Lifting

2024-2025

From

Cap.Dr.G. Pramila Rani
Physical Director
Department of Physical Education
ASD Govt. Degree College for Women (Autonomous)
Kakinada.

To

The Principal
ASD Govt. Degree College for Women (Autonomous)
Kakinada.

Madam,

Sub: - Seeking Permission to start a Certificate course on Yoga & Weight Lifting for the Students of all college for the Academic Year 2024-2025.

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As per the resolutions taken in the Games & Sports Committee, the Department of Physical Education would like to start a certificate course titled “**YOGA & WEIGHT LIFTING**” to all college students with 60 intake from 23rd September 2024. It is a 45 days course which focuses on equipping essential Yoga & Weight Lifting skills.

Hence I request you to grant permission to start the certificate course for the Academic year 2024-2025.

Thanking you Madam

Date : **20.07.2024**
Station: **Kakinada**




Lt. G.PRAMILA RANI
M.A. M.Ped., M.Phil., SET
Lec' in Phy Edn
ASD GDC (W) (A)
3(A) Girls Bn NCC
KAKINADA



ASD Govt. Degree College for Women (A), Kakinada

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Department of Physical Education

Circular

Date: 20.7.2024

All students of our College informed that Department of Physical Education has is going to conduct a Certificate Course on "YOGA & WEIGHT LIFTING" for 45 Days on (**23rd Sep 24 to 26th Nov 24**). Those who are interested should enroll their names with Cap. Dr. G.Pramila Rani HoD of Physical Education on or before 23rd September 2024. The Certificate Course timings will be in the afternoon session 4 to 5p.m every day. Time table in detail will be intimated shortly.

Name of the Trainer : Sri.D.Siddayya , Diploma NSNIS)
(Khelo India Weight Lifting Coach, Kakinada

Timings : 4.00pm to 5.00pm


BA.
I Year
II Year K.yam
III Year N.B.Sm

B.Com.
I Year
II Year
III Year

BSc.
I Year
II Year
III Year K.S.Labre



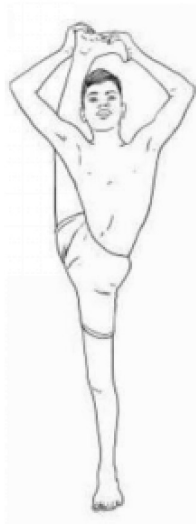

Department of Physical
L. G. PRAMILA RANI
M.A., M. PEd., M. Phil., SET
Lec^r in Phy Edn
ASD GDC (W) (A)
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Principal
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AUTONOMOUS
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STHAMBH SIRASANA

- The athlete must be in one leg balance and the body should be straight.
- Hands, trunk, and leg should be perpendicular to the floor.
- By bending at knee keep one leg behind the back parallel to the ground.
- Head in between the hands and face facing forward.



DHAWJASANA/FLAG POSTURE

- Athletes must be in one-leg balance without bending at the knee.
- The other leg should be stretched straight touching the side of the head.
- Both elbows in straight alignment, gripping the heel with the same hand and toes with the other hand.
- Gaze in front keeping neck straight.



STANDING EKA PADA SKANDHASANA

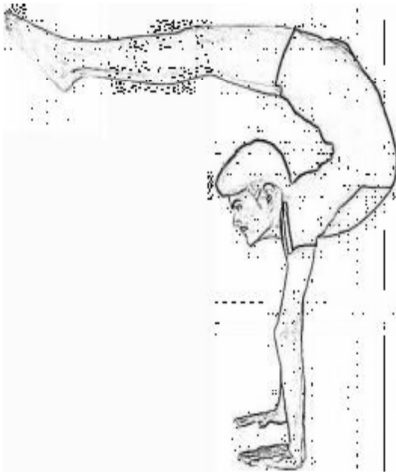
- Athletes must be in one-leg balance without bending at the knee. • Any one heel should touch the opposite side shoulder and toe of the folded leg stretched out.
- Back, neck, and head to be maximum straight.
- Hand folded in the front of the chest.

INDIVIDUAL ARTISTIC YOGASANA KEY POINTS



STANDING VRISCHIKASANA

- Athletes must be in a full-hand balance position with a back bend.
- Shoulder distance between the hands.
- Knees and feet should touch each other.
- Hold feet resting on cranium.
- Face facing forward and maximum arch in the back.



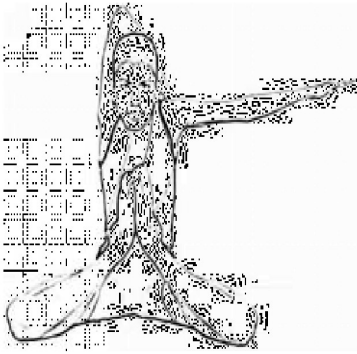
STANDING LINKARASANA

- The athlete must be in a full-hand balance position.
- Arms should be straight at shoulder level distance with fingers closed.
- Keep both legs straight forward over the head with toes pointed in front.
- Hip should not touch the back of the head.
- Face facing forward and maximum arch in the back.



NATARAJASANA

- Athlete must be in one leg balance in a back bend position.
- Legs must be in splits of 180° degree keeping the knee extended.
- Both hands gripping on the extended knee with pointed toes upward.
- Both upper arms must touch the ear and face facing forward.



KANDAPEEDASANA

- Heels are at the naval keeping back maximum straight.
- The toes are pointing upwards and the soles are touching the belly.
- Knees are resting on the floor.
- Keep one hand extending straight at shoulder level parallel to the floor.

• The other hand folded at the elbow is on the back of the head and palm on the shoulder of an extended hand.



UTTHIT DWIPAD SKANDHASANA

- The athlete must be in a complete hand balance position.
- Shoulders are to be taken out from the crossing of legs behind the head.
- Arms parallel to each other up to shoulder width keeping fingers together.
- Back maximum straight and gaze forward.



WEIGHT LIFTING PROGRAMME – SYLLABUS

Sl.no	Topics	Syllabus
1	Involvement of muscle and joints at different phases of classical lifts.	<ol style="list-style-type: none"> 1. The snatch and clean and jerk are two competitive lifts <ul style="list-style-type: none"> • Introduction of snatch • Usage of muscles in various phases of snatch <ul style="list-style-type: none"> - Starting position - First pull - Power position - Amortization - Explosion - Unsupported squat under - Supported squat under - Lift up - fixation 2. Biomechanical and myographical parameters of clean <ul style="list-style-type: none"> - Phase I is the preparatory and beginning - Phase II is pull or preliminary acceleration - Phase III is amortisation – movement of the knees Under the bar - Phase IV is full extension - Phase V is pivot less phase – beginning of the second maximum flexion of knees - Phase VI is active interaction of the lifter with the bar in the drop. 3. Biomechanical and myographical parameters of jerk <ul style="list-style-type: none"> • Muscles acting during various phases of jerk 4. Angular (degree) displacement during the first and second pull of snatch,



		<p>understanding the concepts of angles at various phases in joint</p> <ul style="list-style-type: none"> • Ankle • Knee • hip joints
2	Bio mechanical application of classical lifts.	<ol style="list-style-type: none"> 1. Newton's Laws <ul style="list-style-type: none"> - Law of inertia - Law of acceleration - Law of action and reaction 2. Lever action <ul style="list-style-type: none"> - Introduction - Types of lever - Lever action - Types of lever 3. kinematic chain of lifter <ul style="list-style-type: none"> - during the phases of snatch and clean 4. Barbell trajectory <ul style="list-style-type: none"> - Its importance - Trajectory and horizontal displacement 5. Height of the pull in relation to the height of the lifter <ul style="list-style-type: none"> - snatch - clean - during the phases of jerk 6. Clean phases and its elements <ul style="list-style-type: none"> - Type of muscle work in various phases - Motive elements of clean 7. Analysis of Force and velocity in various phases of snatch <ul style="list-style-type: none"> - Concept of velocity - Force
3	Training of youth and multi- year training program	<ol style="list-style-type: none"> 1. Development of child and its phases <ul style="list-style-type: none"> - Growth - Maturation - Adaptation 2. Study of children ability to develop

		<ul style="list-style-type: none"> - Grip strength - Balance - Vertical jumps <ol style="list-style-type: none"> 3. Factors for designing and supervision of youth resistance training program 4. Importance training variables to be developed in youth resistance training 5. The program variables that should be considered when designing a youth resistance training program 6. Models of multi - year training program <ul style="list-style-type: none"> - Canada – LTAD long term athlete development - Russian – Repetition model - Cuba – Performance based
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4	Bio motor abilities and methodology	<ol style="list-style-type: none"> 1. Bio motor ability <ul style="list-style-type: none"> - Introduction - Types of motor abilities 2. Specific motor abilities required for weightlifting <ul style="list-style-type: none"> - Strength - Speed - Endurance - Co-ordination - Flexibility 3. Strength <ul style="list-style-type: none"> - Maximum strength <ul style="list-style-type: none"> • Factors determining strength • Development of strength - Explosive strength - Speed strength <ul style="list-style-type: none"> • Types of speed abilities • Factors affecting speed strength
		<ul style="list-style-type: none"> • Development of speed ability • Adequate intensity range of strength development in various age group - Strength endurance • Methods of developing strength endurance <ol style="list-style-type: none"> 4. Co-ordination <ul style="list-style-type: none"> - Importance of co-ordination - Development of co-ordination ability 5. Flexibility <ul style="list-style-type: none"> - Importance of flexibility - Types of flexibility - Factor determining flexibility - Advantage of flexibility - Improvement in flexibility
5	Essence of planning, short term, long term and periodization	<ol style="list-style-type: none"> 1. Planning and Periodization of weightlifting training <ul style="list-style-type: none"> - Definition - Types of periodization - Types of cycle <ul style="list-style-type: none"> • Macro cycle • Meso cycle • Micro cycle 2. Principle of periodization <ul style="list-style-type: none"> - Preparatory period <ul style="list-style-type: none"> • Foundation stage • Shaping up - Competitive period <ul style="list-style-type: none"> • Objects • Main task - Transition period <ul style="list-style-type: none"> • Objects and main task 3. Periodization of bio motor abilities 4. Applied exercises to develop different strength abilities

		5. Daily training sequence
6	Women weightlifter – menstrual cycle and their training	<ol style="list-style-type: none"> 1. Women weightlifter <ul style="list-style-type: none"> - Introduction - Menstrual cycle - Hormonal changes during the menstrual cycle - Effects on body 2. Women general consideration 3. Role of coaching during the training 4. Technique work and following exercise can be used
7	Application of teaching and coaching methods	<ol style="list-style-type: none"> 1. Teaching and coaching <ul style="list-style-type: none"> - Introduction - Duties of teacher or coach - Teaching consists - Coaching consists 2. Cooperative method 3. Teaching and coaching based on 4. Methods of teaching and coaching applied for success of their sessions 5. Whether it is training session or coaching session it should be based on
8	Concepts of special or competition warmup in weightlifting	<ol style="list-style-type: none"> 1. Competition warmup <ul style="list-style-type: none"> - Introduction - Factors during the competition - Pre plan warmup attempts 2. Designing of competition warmup plan 3. Plan for 2nd and 3rd attempt of snatch 4. Plan for 2nd and 3rd attempt of clean and jerk 5. Factors to be considered for the 2nd and 3rd attempt of clean and jerk
9	Role of specific warm up and exercises designed for the specific warm up	<ol style="list-style-type: none"> 1. Specific warmup <ul style="list-style-type: none"> - principle of specific warmup - benefits - factors

		<ul style="list-style-type: none"> - Benefits <ol style="list-style-type: none"> 4. Prevention of injuries <ul style="list-style-type: none"> - Advantages
13	Pedagogic means of recovery	<ol style="list-style-type: none"> 1. Pedagogic means of recovery <ul style="list-style-type: none"> - Introduction 2. Planning for pedagogic and Methods of application <ul style="list-style-type: none"> - Macro cycle - Meso cycle - Micro cycle - Training sessions - Competition - Examples of program
14	Method of evaluation – training and competition evaluation	<ol style="list-style-type: none"> 1. Evaluation <ul style="list-style-type: none"> - Introduction - Method of evaluation 2. Training evaluation 3. Competition evaluation 4. Analysis of competition (pre-during)
15	Development of specific strength and speed in weightlifting	<ol style="list-style-type: none"> 1. Development of specific strength and speed in weightlifting <ul style="list-style-type: none"> - Introduction - Strength - Speed 2. Means of developing of speed 3. Means of developing of strength
16	Role of physical, motor and coordinative abilities in weightlifter performance	<ol style="list-style-type: none"> 1. Studies related to a weightlifter <ul style="list-style-type: none"> - Introduction 2. Factors of weightlifting performance 3. Role of physical 4. Role of motor 5. Role of coordinative abilities

YOGA CENTER









WEIGHT LIFTING PRACTICE





Annavaram Satyavathi Devi
GOVERNMENT DEGREE COLLEGE FOR WOMEN (AUTONOMOUS), KAKINADA

(Under Jurisdiction of Adikavi Nannaya University, Rajamahendravaram)

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CERTIFICATE

*This is to certify that Miss.of
..... Class successfully completed 45 days Certificate Course in “ **YOGA &
WEIGHT LIFTING** ” held from **23rd Sep 24 to 26th Nov 24** conducted by Department of
Physical Education, A.S.D. Government Degree College for Women Autonomous
Kakinada*

Physical Director
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Yoga Trainer/NIC Coach

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