



**Karolinska
Institutet**

Course syllabus for

Yogic exercises as a complementary treatment in different diseases, 7.5 credits

Yogaträning som kompletterande behandling vid olika sjukdomstillstånd, 7.5 hp

This course syllabus is valid from spring 2022.

Please note that the course syllabus is available in the following versions:

Autumn2017 , Autumn2019 , Spring2022

Course code	9H1061
Course name	Yogic exercises as a complementary treatment in different diseases
Credits	7.5 credits
Form of Education	Contract education (credits)
Main field of study	Not applicable
Level	AV - Second cycle
Grading scale	Pass, Fail
Department	Department of Neurobiology, Care Sciences and Society
Decided by	Utbildningsnämnden NVS
Decision date	2017-09-13
Revised by	Education committee NVS
Last revision	2021-09-10
Course syllabus valid from	Spring 2022

Specific entry requirements

A minimum of 120 credits and a licence to practise, issued by The National Board of Health and Welfare in Sweden.

Alternatively a teacher's degree with a focus on sports or a Bachelor's degree in Health Education. In addition, Swedish B/Swedish 3 and English A/English 6 are required with the least grade approved/E.

Objectives

The overall aim of the course is to stimulate a reflective and scientific approach to yogic exercise as a complementary treatment in different diseases. The aim is further to provide skills in instructing and leading groups in yoga.

After completing the course, the participant should be able to:

- Explain physiological effects and psychological mechanisms of yogic exercises
- Apply and describe the scientific evidence associated with yogic exercise regarding the choice of exercises and the dose and its effect on physical and psychological health and function in various

- conditions of illness
- Motivate and explain, based on available scientific evidence, the choice of yogic exercises in different diseases
- Design yogic exercise programs, instruct and lead yogic exercises used in different diseases
- Select and apply adequate evaluation methods associated with yogic exercises

Content

The course comprises:

- Basic theory and philosophy regarding yoga
- Central concepts in yoga
- Physiology associated with yogic exercises
- Specific effects of different yoga exercises - The role of the body position to activate the nervous, the endocrine and the immune system (based on current scientific evidence)
- Body awareness linked to yogic training
- Different methods used for instructing and leading a group
- The use of various yoga aids
- Application of various yoga positions and parts of yoga programs

Teaching methods

The teaching is based on a problem-oriented and collaborative approach to learning in which the tasks provide opportunities for the student to take active responsibility for their learning. The used teaching methods are lectures, demonstrations, exercises, self-study and peer learning/review. Learning will also be performed via a web-based learning platform.

The examiner decides whether, and if so how, absence from compulsory course elements can be made up. Study results cannot be reported until the participant has participated in compulsory course elements or compensated for any absence in accordance with instructions from the examiner.

Examination

The course is examined as follows:

- Written examination
- Examination in instructing and leading a yoga program in a group

Compulsory moments for approved course are:

Participation in/submission of individual study assignments and group work as well as active participation in seminars.

In order to obtain the grade G on the course, G is required for the individual examination, as well as compulsory moments fulfillment.

Other directives

Language of instruction: Swedish.

Literature and other teaching aids

The principles and practice of yoga in health care

Khalsa, SBS; Cohen, L; McCall, T; Telles, S

Handspring publishing Edinburgh, 2016

Potential self-regulatory mechanisms of yoga for psychological health

frontiersin.org,

URL: [Frontiers | Potential self-regulatory mechanisms of yoga for psychological health | Human Neuroscience \(frontiersin.org\)](https://www.frontiersin.org/articles/10.3389/fpsyg.2017.00193/full)

Papp, Marian E.

Hatha yogic exercises for physical function in healthy individuals and patients with obstructive respiratory disorders

Stockholm : Karolinska Institutet, 2017 - 1 PDF-fil (93 s.

LIBRIS-ID:20044995

URL: [Online](#)

In addition to recommended literature, the course is based on current scientific articles, as well as parts of scientific reports.