



INTERNATIONAL HEALTH AND FITNESS ASSOCIATION (IHFA)

# NEWSLETTER

# JUNE 2023



**IHFA RE-LAUNCHING  
WITH UGC APPROVED  
UNIVERSITIES**

**RE-SHAPE WITH  
RECOGNISATIONS**

DR.VIPIN KUMAR PT  
CEO, IHFA

**Vocational health courses offers specialized training in various healthcare fields and provide valuable career opportunities. The scope of vocational health courses in India is quite promising due to several factors:**

- 1.Skill-based Training:** Vocational health courses focus on imparting practical skills and knowledge required for specific healthcare professions. These courses equip individuals with hands-on experience and expertise in their chosen field, making them job-ready.
- 2.Rising Healthcare Industry:** The healthcare industry in India is experiencing significant growth and expansion. The demand for skilled healthcare professionals is on the rise, creating ample opportunities for vocational health course graduates.
- 3.Diverse Specializations:** Vocational health courses cover a wide range of specializations, including nursing, medical laboratory technology, radiology, medical transcription, dental hygiene, medical coding, pharmacy technician, and more. This diversity allows individuals to choose a field that aligns with their interests and strengths.
- 4.Employment Opportunities:** Vocational health course graduates can find employment in various healthcare settings such as hospitals, clinics, diagnostic centers, rehabilitation centers, pharmaceutical companies, research organizations, and medical coding and billing firms. The demand for skilled professionals exists not only in urban areas but also in rural and remote regions, where there is a need to improve healthcare infrastructure.
- 5.Government Initiatives:** The Indian government has launched several initiatives to strengthen the healthcare sector, such as Ayushman Bharat (National Health Protection Scheme) and Skill India. These initiatives aim to provide affordable healthcare services and promote skill development in the healthcare industry, thereby creating more job opportunities for vocational health course graduates.
- 6.Advancement Opportunities:** Vocational health courses can serve as a foundation for further academic and career growth. Graduates can pursue higher education in their respective fields or opt for advanced certifications to enhance their knowledge and skills, which can open doors to higher-level positions and increased earning potential.

## Learn UGC approved **VOCATIONAL COURSES**

International Health and Fitness  
Association (IHFA)



International Health and Fitness Association associated with UGC approved Universities to offering Vocational courses with best academic facilities by its affiliated centres.

Certificate - 6 Months  
D.Voc - 1 Year  
Advanced Diploma -  
Bachelor Degree - 3 Years  
Master Degree - 2 Years

B. Voc. is a three year degree course after Higher Secondary with multiple entry and exit points. Students completing the first year get a Diploma Certificate, after second year they get the Advanced Diploma certificate and after completion of three years, they get a UG Degree. The course curriculum has 40% general education (theory) and 60% vocational training (practical) components. These programs follow semester system and offer credits after completion of the course. The students who have enrolled in B. Voc. courses appreciate the practical focus and are confident that their chances of getting a suitable job are higher than other graduates. These courses are expected to comply with NSQF and UGC (University Grant Commission).



**IHFA** Institute of Vocational Studies  
 INTERNATIONAL HEALTH AND FITNESS ASSOCIATION  
 Join UGC approved vocational programs

**Skill India**  
 Great skills - great jobs

- Paramedical and Health Administrative
- Medical Lab Technology
- Patient Care Management
- Critical Care Management

**Eligibility 10+2**

- Certificate - 6 Months (NSQF 4)
- Diploma - One Year (NSQF 5)
- Advanced Diploma - Two Years (NSQF 6)
- Bachelor's Degree - Three Years (NSQF 7)
- PG Diploma - One Year (NSQF 8)
- Master Degree - Two Years (NSQF 9)

edu@ihfafitness.com | 8881388817

**OM STERLING GLOBAL UNIVERSITY**  
 APPROVED BY THE MINISTRY OF EDUCATION, GOVT OF INDIA

The UGC has launched a scheme on skills development based higher education as part of University education, leading to two years Masters of Vocation (M. Voc.) degree with multiple exit options at Diploma/Advanced Diploma level under the NSQF. The M. Voc. programme is focused on Universities providing Post Graduate studies which would also incorporate specific job roles and their National Occupational Standards (NOS) along with broad general education. This would enable the graduates completing M. Voc. to make a meaningful participation in accelerating India's economy by gaining appropriate employment, becoming entrepreneurs and creating appropriate knowledge. After completing M. Voc. programme, candidates will be able to find a decent job in particular industry/sector/domain. The main aim of this course is to develop industry-specific skills among students. Through skill development, this program is empowering students and the nation.



**OM STERLING GLOBAL UNIVERSITY**

This is to certify that

**International Health And Fitness Association**  
 Add- A9 Adarsh Nagar, Najibabad, Bijnor, Uttar Pradesh-246703

is Knowledge Partner of  
**OM STERLING GLOBAL UNIVERSITY**  
 NH-52, Hisar-Chandigarh Road, Hisar-125001, Haryana, India  
 +91-86078-99999, +91-82550-99999 | Website: www.osgu.ac.in

for School of Vocational Studies

Session- 2023-24

Collaboration with  
**NURTURE**  
 Skill & Entrepreneurship Development Institute

DEAN - ADMISSION

Established under Haryana State Private University Act-2006 and Approved by UGC under Section 2(f) of UGC Act-1956

**FOR ADMISSION CONTACT TO**  
**INTERNATIONAL HEALTH AND FITNESS ASSOCIATION (IHFA)**  
**edu@ihfafitness.com | +91 8881388817**

# IHFA STATE CHAPTERS



- 1. Promoting IHFA:** State Representatives serve as ambassadors for the International Health and Fitness Association within their respective states. They promote the organization's mission, values, and services to health and fitness professionals, facilities, and the general public. They actively engage in networking activities to increase awareness and membership in their state.
- 2. Member Support:** State Representatives provide support and assistance to IHFA members within their state. They serve as a point of contact for members, addressing inquiries, providing information about IHFA programs and resources, and helping to resolve any concerns or issues raised by members.
- 3. Organizing and Facilitating Events:** State Representatives may be responsible for organizing and facilitating IHFA events within their state. This can include educational workshops, seminars, conferences, fitness challenges, or other activities aimed at promoting professional development and networking opportunities for health and fitness professionals.
- 4. Advocacy and Education:** State Representatives may engage in advocacy efforts to promote health and fitness initiatives at the state level. They may work with local government agencies, policymakers, and community organizations to raise awareness of the importance of physical fitness and advocate for policies and programs that support healthy lifestyles.
- 5. Communication and Information Sharing:** State Representatives serve as a communication link between IHFA and health and fitness professionals in their state. They share important updates, resources, and industry trends with members, keeping them informed about the latest developments in the field. They may also gather feedback and insights from members to help shape IHFA's programs and initiatives.
- 6. Collaborations and Partnerships:** State Representatives may seek opportunities to collaborate with local health and fitness organizations, gyms, fitness clubs, and educational institutions to promote IHFA's mission and programs. They may establish partnerships to co-host events, share resources, or collaborate on educational initiatives.
- 7. Reporting and Feedback:** State Representatives provide regular reports and feedback to IHFA headquarters about their activities, challenges, and opportunities within their state. This information helps IHFA leadership understand the specific needs and trends in different regions and make informed decisions to b

## International Health and Fitness Association

Andhra Pradesh  
Arunachal Pradesh  
Assam  
Bihar  
Chhattisgar  
Goa  
Gujarat  
Haryana  
Himachal Pradesh  
Jharkhand  
Karnataka  
Kerala  
Madhya Pradesh  
Maharashtra  
Manipur  
Meghalaya  
Mizoram  
Nagaland  
Odisha  
Punjab  
Rajasthan  
Sikkim  
Tamil Nadu  
Telangana  
Tripura  
Uttar Pradesh  
Uttarakhand  
West Bengal



## **CERTIFIED PULMONARY REHAB SPECIALIST (CPRS) by Dr.Samana Sayed**

Light of chest physiotherapy with pulmonary conditions by International presenter Dr.Samana Sayed presented hands on Workshop on Certified Pulmonary Rehab Workshop at Ludhiana on 3rd, 4th June 2023 , workshop and conference inaugurated by Dr.Hitinder Kaur Civil surgeon of Ludhiana as chief guest and Ms.Saumya Mishra IPS, Joint Commissioner Police .

**50+ participants become Certified Pulmonary Rehab Specialist (CPRS) by the International Health and Fitness Association (IHFA)**

### **Pulmonary Rehabilitation & Post Covid19 patients**

Pulmonary rehabilitation plays an essential role in the recovery and management of post-COVID-19 patients who have experienced respiratory complications. COVID-19 can cause lung damage, resulting in respiratory symptoms such as shortness of breath, decreased lung function, and reduced exercise tolerance. Pulmonary rehabilitation aims to improve lung function, increase exercise capacity, and enhance overall quality of life.





## CERTIFIED CUPPING THERAPY SPECIALIST (CCTS)

National Workshops Series on Cupping Therapy  
of month June 2023 by Dr.Azhar Siddiqui



Month June 2023 is full of Cupping  
Therapy academic sessions by well  
experienced resource person  
**DR.AZHAR SIDDIQUI**



**44th Batch @ Ludhiana**  
**10th, 11th June 2023**  
**Organized by Dr.Nikhil Kumar PT**



**45th Batch @ Mumbai**  
**17th, 18th June 2023**  
**Organized by Dr.Abhijit PT**



**46th Batch @ CHENNAI**  
**24th, 25th June 2023**  
**Organized by Dr.Gowri PT**  
**NEXUS Academy of  
International Science**





Workshop on Cupping Therapy by Resource person DR.J.MUHAMMED FAIZUR RAHMAN at Chennai on 10th , 11th June 2023. Organized by the Dexterity.



## IHFA YOGA CERTIFICATION YTT 200 [yoga@ihfafitness.com](mailto:yoga@ihfafitness.com)



## Certified Strength & Conditioning Specialist (Level 1)

Jabir MPT (Sports) presented workshop on Strength and Conditioning at Calicut on 18th June 2023.

Jabir working as sport physio at Bangalore , he is a consultant physio of many sport organizations and corporate to serve his services for athletes as sport physio.

STRENGTH AND CONDITIONING COURSE CAN EMPOWER PHYSIOTHERAPISTS TO EXPAND THEIR SKILL SET, IMPROVE PATIENT OUTCOMES, AND OFFER A MORE HOLISTIC APPROACH TO REHABILITATION AND PHYSICAL PERFORMANCE.





**Find how a centuries old exercise program can transform your future!**

**Take the mystery out of tai chi and put the health and mental benefits in your reach!**

What exactly is tai chi?

Tai chi is a mind-body exercise based on slow, flowing, choreographed movements. Some have described tai chi as meditation in motion. Tai chi looks at the body as an interconnected system, not as a collection of individual parts. It engages and strengthens your entire person.

Tai chi requires no fancy equipment, no health club dues – and if you wish, not even shoes. And you'll never have to listen to grunts and groans at a gym. Instead, you get to listen to your body.

With tai chi you learn to concentrate and be in the moment. Become aware of your body and breathing as you practice shifting your weight, moving your hands, and more with each movement.

## WANT A STRONGER CORE? SKIP THE SIT-UPS

### WHY PLANKS OVER SIT-UPS?

ONE REASON IS THAT SIT-UPS ARE HARD ON YOUR BACK. THEY PUSH YOUR CURVED SPINE AGAINST THE FLOOR AND WORK YOUR HIP FLEXORS, THE MUSCLES THAT RUN FROM THE THIGHS TO THE LUMBAR VERTEBRAE IN THE LOWER BACK. WHEN THE HIP FLEXORS ARE TOO STRONG OR TOO TIGHT, THEY TUG ON THE LOWER SPINE, WHICH CAN CREATE LOWER BACK DISCOMFORT.

IN ADDITION, PLANK EXERCISES RECRUIT A BETTER BALANCE OF MUSCLES ON THE FRONT, SIDES, AND BACK OF THE BODY THAN SIT-UPS, WHICH TARGET JUST A FEW MUSCLES.

FINALLY, ACTIVITIES OF DAILY LIVING SUCH AS BATHING, GETTING OUT OF BED, OR WALKING, AS WELL AS SPORTS AND RECREATIONAL ACTIVITIES, CALL ON YOUR MUSCLES TO WORK TOGETHER, NOT IN ISOLATION. WHILE SIT-UPS OR CRUNCHES STRENGTHEN JUST A FEW MUSCLE GROUPS. THROUGH DYNAMIC PATTERNS OF MOVEMENT, A GOOD CORE WORKOUT LIKE PLANK EXERCISES HELPS STRENGTHEN THE ENTIRE SET OF CORE MUSCLES YOU USE EVERY DAY, LEAVING YOU WITH A STRONGER AND MORE BALANCED BODY.

## A healthy plate

To eat healthy foods at home, it might be easier to think about what should be on your plate. Here's some guidance on what makes a healthy plate:

- Fully half your plate should contain fruits and vegetables. Aim for a variety of colors and types. (Note that for these purposes, potatoes— including French fries—don't count as vegetables.)
- A quarter of the plate should be filled with whole grains—not just any grain. Whole and intact grains, such as barley, quinoa, oats, and brown rice, are good choices.
- The final quarter of your plate should consist of healthful sources of protein, like fish, beans, nuts, seeds, poultry, and eggs. High-fat meats and processed or cured meats don't appear here. And red meat and cheese should be limited.
- You should use healthy oils like olive and canola in cooking, on salads, and at the table. Limit butter.
- Drink low, or no-calorie, liquids such as water, coffee, and tea. Skip sugary drinks. And limit milk to one or two servings per day.

## Plan ahead for healthy eating

If you come home from work to an empty refrigerator, you're not likely to cook a healthful meal. It takes a bit of organization and planning to stay on top of healthy eating. Try these healthy eating planning tips:

- Plan your meals for the week, even if it's just a rough outline. Rely on a mixture of easy go-to dishes you can prepare without a recipe, alternating with one or maybe two new recipes a week on less busy days to make things more exciting.
- Jot down a shopping list, making sure to include the fresh items you'll need, as well as pantry staples you may be low on.
- Plan your weekly shopping trips for times when you are least stressed and not hungry, so you can make wise food decisions.



## Building a plan for healthy eating

- Make sure you always have on hand enough staple ingredients—such as frozen vegetables, canned beans, whole grains, eggs, and whole-grain pasta— to create a healthful meal any day of the week.
- When purchasing perishable foods, buy only those you need for the week. This way, you won't waste food or money or feel obliged to overeat.
- Read food labels, avoiding products with excess sodium, added sugars, and saturated fat.
- Prep your meals the night before as needed—put frozen fish in the refrigerator to thaw, soak beans and cook them, and even chop vegetables for your menu the next day.
- Prepare foods with healthful cooking techniques: saut' (in moderate amounts of healthful vegetable oils), roast, bake, poach, or simmer instead of deep fat frying.
- Consider keeping a food journal, which may help you be more accountable for and successful with your health goals, according to several studies.

## **ADMISSION OPEN FOR UGC APPROVED UNIVERSITY COURSES FOR EXERCISE PROFESSIONALS**

### **POST GRADUATE DIPLOMA IN EXERCISE MEDICINE (PGDEM)**

Exercise medicine combines the fields of exercise science and medicine to promote physical activity as a therapeutic intervention. It emphasizes the use of exercise for prevention, treatment, and management of various conditions. It recognizes exercise as a powerful tool for improving overall health, fitness, and quality of life.

### **POST GRADUATE DIPLOMA IN WOMEN'S HEALTH AND REHABILITATION**

women's health and rehabilitation course focuses on addressing specific issues related to women's health, such as pelvic floor dysfunction, prenatal and postnatal care, and musculoskeletal conditions. It equips physiotherapists with specialized knowledge and skills to assess, diagnose, and provide evidence-based treatments tailored to the unique needs of women, promoting optimal pelvic health and overall well-being.

### **POST GRADUATE DIPLOMA IN SPORTS REHABILITATION**

sport rehabilitation course for physiotherapists equips them with specialized knowledge and skills to effectively treat sports-related injuries and aid in the recovery and return to sport of athletes. It covers topics like injury assessment, rehabilitation protocols, exercise prescription, sports-specific training, and injury prevention strategies, enabling physiotherapists to provide comprehensive care for athletes and optimize their performance and recovery.

**Welcome to IHFA**

**Learn UGC approved University programs**

# Upgrade your profile with IHFA



**Sunrise University**

Approved by Govt. of Rajasthan vide Sunrise University Act, 2011  
Recognized by UGC Act, 1956 u/s 2 (f)

## About University

Sun Rise University (SRU) is a seat of global learning that offers rich opportunities for innovative teaching-learning, creativity and research across disciplines. It aims to bring about transformation of society through value based education, man-making and nation-building by blending the dual identities of a technology and research-based university with a Liberal Arts institution. SRU is recognized by the University Grants Commission (UGC). Established by the Sunrise Integrated Educational Trust in the state of Rajasthan [under Act No. 25 of the Rajasthan Private Universities Act 2011], SRU provides students not only 'education for living and livelihood' but also 'education for life' and empowers learners with a fundamental foundation in leadership and professional skills to face the challenges of the new liberalized global economy. Situated amidst a sprawling, picturesque campus with state-of-the-art infrastructure on the Ding-Bharatpur Road in the Alwar district of Rajasthan, SRU offers a wide range of innovative graduate, postgraduate and doctoral programmes across a plethora of disciplines that are based on the best education practices of some of the leading universities of the world. These are greatly facilitated by the strong industry-academia linkages, already established by the existing of higher learning in all disciplines being offered by the University.

## POST GRADUATE DIPLOMA IN EXERCISE MEDICINE (PGDEM)

### Objectives of the Course

1. Advanced knowledge: To provide students with advanced theoretical and practical knowledge in exercise medicine, including exercise physiology, exercise prescription, and the role of exercise in disease prevention, management, and rehabilitation.
2. Professional skills: To develop the skills necessary to assess, plan, and implement exercise interventions for individuals with various health conditions, taking into account their specific needs, limitations, and goals.
3. Research and evidence-based practice: To equip students with the ability to critically evaluate scientific research in the field of exercise medicine, apply evidence-based practices, and contribute to the advancement of knowledge through research projects.
4. Clinical competency: To enhance clinical competency by providing practical training in exercise testing, monitoring, and supervision, as well as skills related to patient education, behavior change, and interdisciplinary collaboration.
5. Integration of knowledge: To promote the integration of exercise medicine principles with other areas of healthcare, such as medicine, physiotherapy, nutrition, and psychology, to ensure comprehensive patient care.
6. Professional development: To foster the development of professional skills, ethical conduct, and leadership qualities in the field of exercise medicine.
7. Communication and education: To enhance the ability to effectively communicate with patients, colleagues, and the general public about the benefits of exercise, health promotion, and disease prevention.



## POST GRADUATE DIPLOMA IN EXERCISE MEDICINE (PGDEM)

### Semester 1st

- 1. Advanced Exercise Physiology:** In-depth study of the physiological responses and adaptations to exercise, including topics such as cardiorespiratory physiology, muscular physiology, metabolism, and endocrine responses.
- 2. Clinical Exercise Testing and Prescription:** Advanced knowledge and practical skills related to conducting and interpreting various exercise tests and assessments, as well as designing exercise programs for individuals with different health conditions, such as cardiovascular diseases, pulmonary disorders, metabolic disorders, and orthopedic conditions.
- 3. Exercise Rehabilitation:** Advanced principles and techniques for using exercise as a rehabilitation tool, including post-surgical rehabilitation, sports injuries, musculoskeletal disorders, and chronic conditions. This may involve therapeutic exercise, manual therapy, and other rehabilitation modalities.
- 4. Exercise and Chronic Disease Management:** In-depth exploration of the role of exercise in managing chronic diseases such as obesity, diabetes, cardiovascular diseases, pulmonary diseases, cancer, and neurological conditions. This may include studying the effects of exercise on disease progression, symptom management, and overall health outcomes.
- 5. Exercise Psychology and Behavior Change:** Advanced understanding of psychological factors influencing exercise behavior, motivation, adherence, and behavior change strategies. This may involve studying theories of behavior change, counseling techniques, and psychological interventions to promote exercise participation.

### Semester 2nd

- 1. Research Methods and Evidence-Based Practice:** Advanced research methodologies, statistical analysis, and critical appraisal of scientific literature related to exercise medicine. This may involve designing research studies, analyzing data, and applying evidence-based principles in exercise prescription and interventions.
- 2. Special Populations and Adapted Exercise:** Advanced knowledge and skills for working with special populations such as older adults, pregnant women, children, individuals with disabilities, and those with specific medical conditions. This may involve studying the unique considerations and adaptations required for these populations.
- 3. Sports Performance and High-Performance Training:** Advanced principles of exercise training, performance enhancement, injury prevention, and recovery for athletes and individuals involved in sports and high-performance activities.
- 4. Professional Practice and Ethics:** Ethical considerations, legal frameworks, and professional standards related to the practice of exercise medicine. This may involve studying professional codes of conduct, patient privacy and confidentiality, and communication skills.
- 5. Elective Courses and Practical Experience:** Some programs may offer elective courses or opportunities for practical experience in specific areas of interest, such as sports nutrition, exercise in aging populations, exercise for mental health, or research projects.



*Upgrade Your profile*  
**POST GRADUATE DIPLOMA IN EXERCISE MEDICINE (PGDEM)**  
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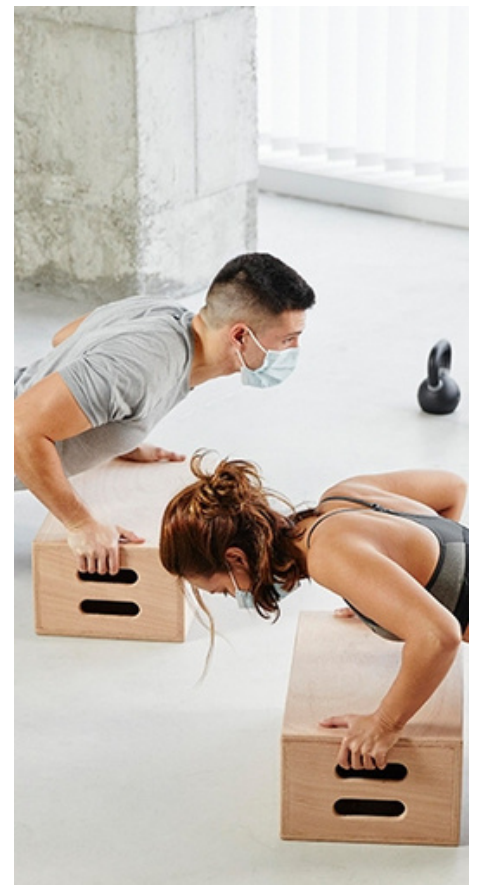
# POST GRADUATE DIPLOMA IN SPORTS REHABILITATION (PGDSR)

## Objectives of the Course

1. **Develop Advanced Knowledge:** The program aims to provide students with an in-depth understanding of the theoretical principles and practical skills related to sport rehabilitation. This includes gaining knowledge in anatomy, physiology, biomechanics, exercise prescription, injury assessment, and treatment techniques specific to sports-related injuries.
2. **Enhance Clinical Skills:** The program focuses on developing and refining the clinical skills necessary for effective sport rehabilitation. Students learn various assessment techniques, rehabilitation protocols, therapeutic modalities, and exercise prescription methods tailored to athletes and sports-related injuries. Practical experience and supervised clinical placements are often included to apply these skills in a real-world setting.
3. **Injury Prevention and Management:** Students are trained in strategies for preventing and managing sports-related injuries. This includes learning about injury risk factors, injury prevention programs, injury management techniques, and return-to-sport protocols. The aim is to equip students with the skills to minimize the occurrence and severity of injuries and facilitate safe and timely return to sport.
4. **Interdisciplinary Collaboration:** Sport rehabilitation often involves working within a multidisciplinary team, including physicians, physiotherapists, athletic trainers, and strength and conditioning specialists. The program emphasizes developing effective communication and collaboration skills to work seamlessly with other healthcare professionals in the field of sports medicine.
5. **Research and Evidence-Based Practice:** Students are introduced to research methods and critical analysis of scientific literature relevant to sport rehabilitation. The program aims to foster an understanding of evidence-based practice, enabling students to evaluate and apply the latest research findings to inform their clinical decision-making and treatment approaches.
6. **Professional Development and Ethics:** The program emphasizes the development of professional skills and ethical practices. Students learn about the legal and ethical considerations in sport rehabilitation, patient-centered care, professionalism, and ethical decision-making. They are encouraged to adopt a reflective and self-directed approach to continuous professional development.
7. **Practical Experience and Clinical Placement:** Many postgraduate programs in sport rehabilitation include supervised clinical placements or internships in sports clinics, rehabilitation centers, or sports teams. These hands-on experiences provide students with practical exposure, allowing them to apply their knowledge and skills under supervision, further enhancing their clinical competence and confidence.



## POST GRADUATE DIPLOMA IN SPORTS REHABILITATION (PGDSR)



## POST GRADUATE DIPLOMA IN SPORTS REHABILITATION (PGDSR)

### Semester 1st

1. Anatomy and Physiology: In-depth study of human anatomy and physiology, with a specific focus on the musculoskeletal system, biomechanics, and physiological responses to exercise.
2. Exercise Science: Examination of the principles of exercise physiology, including energy systems, cardiovascular responses to exercise, and the physiological adaptations to training.
3. Sports Injury Assessment: Comprehensive understanding of the assessment and diagnosis of sports-related injuries, including techniques such as physical examination, medical imaging interpretation, and functional testing.
4. Sports Injury Management: Study of various therapeutic interventions and treatment techniques for sports injuries, including manual therapy, therapeutic modalities, taping and bracing, and pharmacological management.
5. Biomechanics and Movement Analysis: Analysis of human movement and sports biomechanics to understand the impact of biomechanical factors on sports performance and injury prevention.
6. Sports Rehabilitation Techniques: Training in specific rehabilitation techniques and exercise prescription for different sports-related injuries, considering the unique demands of various sports and athletes.

**Sports rehab therapists can work in various settings, including sports clinics, rehabilitation centers, hospitals, sports teams, fitness centers, and academic institutions. They may also choose to establish their own private practices. The scope of practice may vary based on local regulations, the therapist's qualifications, and the specific needs of the patients or athletes they serve.**

### Semester 2nd

1. Rehabilitation of Common Sports Injuries: In-depth study of the management and rehabilitation of specific sports injuries, such as sprains and strains, fractures, ligament and tendon injuries, cartilage damage, and overuse injuries.
2. Return-to-Sport Planning: Understanding the principles and considerations involved in designing and implementing effective return-to-sport protocols, including functional testing, sport-specific training, and psychological factors.
3. Sports Psychology: Exploration of psychological factors in sports injury and rehabilitation, including motivation, goal-setting, adherence to rehabilitation programs, and psychological techniques to enhance performance.
4. Sports Nutrition: Study of the role of nutrition in sports performance and injury rehabilitation, including optimal nutrient intake, hydration strategies, and dietary considerations for injury management.
5. Strength and Conditioning: Introduction to principles of strength and conditioning for athletes, including resistance training, plyometrics, speed and agility training, and periodization.
6. Research Methods and Evidence-Based Practice: Training in research methodologies, critical appraisal of scientific literature, and application of evidence-based practice in sports rehabilitation.
7. Clinical Placements: Practical clinical experience through supervised placements in sports clinics, rehabilitation centers, or sports teams, providing hands-on application of knowledge and skills in a real-world setting.





## **POST GRADUATE DIPLOMA IN WOMEN'S HEALTH & REHABILITATION (PGDWHR)**

The scope of practice for physiotherapists specializing in women's health and rehabilitation is broadening, as there is increasing recognition of the importance of specialized care for women's specific conditions. You may find opportunities to work in various settings such as hospitals, women's health clinics, rehabilitation centers, private practice, and academic institutions. Additionally, you could collaborate with obstetricians, gynecologists, urologists, and other healthcare professionals to provide comprehensive care to women.



## POST GRADUATE DIPLOMA IN WOMEN'S HEALTH AND REHABILITATION (PGDWHR)

### Semester 1st

- 1. Introduction to Women's Health:** An overview of women's health issues, gender-based and the importance of specialized care for women.
- 2. Anatomy and Physiology of the Female Reproductive System:** Detailed study of the female reproductive organs, menstrual cycle, hormonal changes, and the process of pregnancy.
- 3. Common Gynaecological Conditions:** In-depth examination of common gynaecological conditions such as menstrual disorders, polycystic ovary syndrome (PCOS), endometriosis, fibroids, and pelvic inflammatory disease.
- 4. Maternal Health and Obstetrics:** overview of pregnancy , pregnancy & puerperium physiological changes, musculoskeletal changes associated with perinatal period Focus on antenatal care and exercise prescription , high-risk pregnancies, labor and delivery, postnatal care, and the management of complications during pregnancy and birth.
- 5. Maternal and Child Nutrition:** Nutrition requirement during pregnancy , Breastfeeding and Infant Nutrition, child development and nutrition.
- 6. Women's Sexual and Reproductive Health:** Exploration of sexual health issues, contraception methods, sexually transmitted infections (STIs), infertility, and menopause.

### Semester 2nd

- 1. Pelvic Floor Rehabilitation:** Examination of pelvic floor anatomy, pelvic floor disorders, urinary incontinence, pelvic organ prolapse, and techniques for pelvic floor rehabilitation and strengthening.
- 2. Breast Health and lactation support** :Understanding breast anatomy, breast cancer screening, diagnosis, treatment options, and post-operative rehabilitation, lactation
- 3. The Climacteric** - Anatomical, Physiological, Psychological, Cardiovascular and other Systemic Changes in Postmenopausal Stage Complications in Postmenopausal period: Osteoporosis, Falls & Fractures in Elderly Women.
- 4. Mental Health and Psychosocial Aspects:** Awareness of mental health challenges faced by women, including mood disorders, postpartum depression, body image issues, and approaches to psychological support and counseling.
- 5. Research Methodology and Evidence-Based Practice:** Introduction to research methods, critical appraisal of literature, and application of evidence-based practice in women's health.
- 6. Professional Ethics and Communication Skills:** Emphasis on ethical considerations, cultural sensitivity, effective communication, and patient-centered care in the field of women's health.
- 7.



[admission@ihfafitness.com](mailto:admission@ihfafitness.com)



## 28th TAFISA World Congress Düsseldorf 2023

JOIN OVER 400 DELEGATES FROM 80 COUNTRIES TO CONNECT, EXCHANGE IDEAS, AND DISCUSS THE LATEST ISSUES AND TRENDS FROM THE GLOBAL SPORT FOR ALL MOVEMENT. EARLY BIRD DISCOUNTS ARE AVAILABLE UNTIL 30 JUNE – BE QUICK AND SECURE YOUR PARTICIPATION NOW!

Under this year's theme "Sport for All: More together than ever" the Congress will look at how Sport for All can provide solutions and contribute to bringing people, communities, and nations together, with the aim of creating a common platform towards building a better world by 2030. Don't miss out on this opportunity to gain new insights and share your experience with other participants.

Have a look at the programme and the Congress's sessions for a preview of what we have prepared for the week of 1-5 November. More details about the sessions and speakers will be updated shortly and within the next weeks - stay tuned! On 3 November, the TAFISA General Assembly will be held as part of the Congress.

International Health and Fitness Association (IHFA) is a supportive member of the The Association For International Sport For All (TAFISA) and here we are excited to invite IHFA members to participate in TAFISA World congress at Dusseldorf.

We look forward to welcoming you to Düsseldorf!





**THANKS TO CHOOSE IHFA**