

PAK215 – YOGA FITNESS LEADER

BEHAVIORAL OBJECTIVES

The training objectives are divided into four sections: general information about yoga, the importance of breathing and relaxation, instructor guidelines, and the basic yoga postures. At the end of this training, the instructor will demonstrate an understanding of the basic-principles that follow:

SECTION1: GENERAL INFORMATION ABOUT YOGA

- explain the history of yoga, the language origin, and the meaning of the word
- list at least 7 general ways that the concept of unity is practiced during yoga exercises
- list at least 10 benefits of yoga, including clinical and professional studies
- name and explain 10 different types of yoga practice
- compare and contrast yoga in a fitness session and a traditional yoga session
- discuss the difference between yoga and traditional fitness stretching
- explain the meaning of the word posture in a yoga class
- list 5 categories of yoga positions

SECTION 2: THE IMPORTANCE OF BREATHING AND RELAXATION

- discuss modern ideas of yoga and differences in eastern philosophy and western science
- compare and contrast western and eastern ideas about energy, energy in the body, chakras and the endocrine system, energy meridians, the hara and tan tien and center of gravity
- define imagery and visualization and discuss the benefit in performing yoga exercises
- locate and explain the parts of the respiratory system and proper breathing technique
- list 10 benefits of proper breathing
- define relaxation and discuss its importance
- define short active relaxation and perform 9 short active relaxation exercises
- define long active relaxation and perform 4 long active exercises
- list 7 basic tai chi guidelines and 3 tai chi breathing guidelines
- perform 13 basic tai chi movements
- define short passive relaxation and perform 14 short passive relaxation exercises
- define long passive relaxation and perform 4 long passive relaxation exercises
- define meditation and perform 9 simple meditation techniques

SECTION 3: INSTRUCTOR GUIDELINES

- explain classroom set-up
- list 9 guidelines to encourage a non-competitive environment
- explain proper attire, use of mats, props, and music
- list 15 specific yoga leadership guidelines, including incorporating yoga exercises in a fitness class
- design a yoga session format
- discuss yoga guidelines during pregnancy

SECTION 4: THE BASIC YOGA POSTURES

- discuss the misconception of “perfect pose”
- discuss the rationale for using single plane yoga poses for a general fitness class
- discuss the importance of proper alignment
- perform 24 supine postures, 10 prone postures, 3 side-lying postures, 15 seated postures, 14 postures supported on the knees, 21 standing poses, and 13 multi-pose postures
- discuss the basic rule for performing poses in sequence
- demonstrate a sun and moon salutation
- discuss 12 conditions that yoga can alleviate