

QCF Learner Achievement Portfolio (LAP)

Active IQ Level 3 Diploma
in Teaching Yoga (QCF)

Qualification Accreditation Number
600/2090/8 (QCF)

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Active IQ Level 3 Diploma in Teaching Yoga (QCF)

Accreditation number 600/2090/8 (QCF)

Assessment plan and record of achievement

Centre name:

Assessment Plan					Record of Achievement		
Mandatory units	Stage of assessment	Evidence	Assessment method	Planned assessment date	Pass/Refer/APA (if claiming APA detail evidence seen)	Assessor's signature or initials and date	IV initials (if sampled)
1	Principles of yoga	Worksheet	Written				
2	Anatomy and physiology for yoga	Worksheet	Written				
3	Planning a series of yoga sessions	Worksheet	Written				
		Ten week overview	Written				
		Session plans	Written				
4	Health and safety for yoga	Worksheet	Written				
5	Teaching a yoga session	Formative assessment	Observation				
		Summative assessment checklist	Observation				
		Self-evaluation	Written				
		Personal development plan	Written				
		Personal practice and reflection diary	Written				

Assessment planning and record of achievement declaration

Declaration		Name	Signature	Date
Learner's agreement	I agree to be assessed according to the assessment plan and am happy that any additional support I require has been discussed and a separate plan put in place for this. I declare that all of the evidence (listed in the assessment plan) that will be produced for this portfolio will be my own unaided work.			
Assessor's agreement	I have discussed the planned assessments with the learner and any additional support required has been planned and recorded separately.			

Record of achievement declaration

Declaration		Name	Signature	Date
Assessor 1's agreement:	I declare that all learner evidence (listed in the assessment plan) has been assessed and meets the learning outcomes, assessment criteria and evidence requirements for the qualification.			
Assessor 2's agreement: (if applicable)	I declare that all learner evidence (listed in the assessment plan) has been assessed and meets the learning outcomes, assessment criteria and evidence requirements for the qualification.			
Assessors 3's agreement: (if applicable)	I declare that all learner evidence (listed in the assessment plan) has been assessed and meets the learning outcomes, assessment criteria and evidence requirements for the qualification.			
Internal verifier's agreement:	I declare that all learner evidence (initialled in the assessment plan) has been internally verified and meets the learning outcomes, assessment criteria and evidence requirements for the qualification.			

Unit 1 Underpinning principles of teaching yoga

Unit accreditation number: L/503/2579

Worksheet - Underpinning principles of teaching yoga

There are 107 marks available in this worksheet. You must score a minimum of 86 marks in total to achieve a pass. In addition to achieving the total pass mark, you must also score at least the minimum marks set for each question to achieve an overall pass.

Section 1 - Teaching Skills

1. Describe three communication skills needed by a yoga teacher.

3 marks (minimum of 2 marks)

2. Why is the correct use of language important when teaching a yoga class?

1 mark (minimum 1 mark)

3. Explain the importance of the Sanskrit language within yoga teaching.

2 marks (minimum 1 mark)

4. Describe two motivational skills needed by a yoga teacher.

2 marks (minimum 1 mark)

5. Describe the importance of the relationship between a yoga teacher and the participants.

1 mark (minimum 1 mark)

6. Why is it important to be a 'role model' for your class participants?

1 mark (minimum 1 mark)

7. Consider each of the following aspects of a yoga teacher's lifestyle and describe how these areas can impact on the teaching of participants.

Personal yoga practice

Diet and nutrition

Approach to challenges / stress

6 marks (minimum 4 marks)

8. Explain the differences between a 'fitness' instructor and a 'yoga' teacher.

2 marks (minimum 1 mark)

9. What are professional codes of practice and why should a yoga teacher adhere to these?

2 marks (minimum 1 mark)

10. Describe six benefits of yoga to include:

- physical benefits
- mental / emotional benefits

Physical benefits:

Mental / emotional benefits:

6 marks (minimum 4 marks)

Section 1 result total / **26 marks** (21 marks in total, with the minimum set marks achieved for each question required to pass)

Pass / Refer

Assessor's feedback:

Section 2 - Historical perspectives of yoga

11. Define the term 'hatha' yoga.

1 mark (minimum 1 mark)

12. Briefly summarise the history of yoga with reference to the Vedic period, pre-classical yoga, classical period and the post-classical period.

4 marks (minimum 3 marks)

13. List three different styles of yoga and give a brief summary of their main concepts.

6 marks (minimum 4 marks)

14. Describe the key concepts of the Upanishads.

4 marks (minimum 3 marks)

15. Describe the key concepts of the Hatha Yoga Pradipika.

4 marks (minimum 3 marks)

16. Describe the key concepts of the Bhagavad Gita.

4 marks (minimum 3 marks)

17. Describe the key concepts of the Yoga Sutras of Patanjali.

4 marks (minimum 3 marks)

18. Explain how you could include one of the concepts of the ancient yoga texts within a yoga class.

1 mark (minimum 1 mark)

Section 2 result total / **30 marks** (24 marks in total, with the minimum set marks achieved for each question required to pass)

Pass / Refer

Assessor's feedback:

Section 3 - Key concepts of yoga

19. Briefly describe the eight limbs of yoga according to Patanjali. Include in your answer the relevance of these aspects in the modern world.

Yama:
Niyama:
Asana:
Pranayama:
Pratyahara:
Dharana:

Dhyana:

Samadhi:

16 marks (minimum 13 marks)

20. Describe the four paths of yoga.

Jnana yoga:

Raja yoga:

Bhakti yoga:

Karma yoga:

8 marks (minimum 6 marks)

21. Describe the concept of prana in yoga, and make reference to the following:

- kundalini
- nadis
- granthis
- chakras

4 marks (minimum 3 marks)

22. Describe the concept of kleshas, to include reference to the following:

- ignorance
- I-am-ness
- suffering
- attachment
- repulsion
- will to live

6 marks (minimum 4 marks)

23. Define the term mantra and explain how mantra could be included in a yoga class.

2 marks (minimum 1 mark)

24. Explain the symbol 'Om'.

1 mark (minimum 1 mark)

25. Describe the concept of kriyas.

2 marks (minimum 1 mark)

26. Describe one kriya technique that could be taught in a yoga class and explain when you would introduce this over a ten week period with a group of beginners.

2 marks (minimum 1 mark)

27. Briefly describe the concept of mudras in yoga.

2 marks (minimum 1 mark)

28. Describe two mudra techniques and explain when you would introduce these to a group of participants.

3 marks (minimum of 2 marks)

29. Briefly describe the concept of bandhas in yoga.

2 marks (minimum 1 mark)

30. Describe two bandha techniques and explain when you would introduce these over a ten week period with a group of beginners.

3 marks (minimum of 2 marks)

Section 3 result total / **51 marks** (41 marks in total, with the minimum set marks achieved for each question required to pass)

Pass/ Refer

Assessor's feedback:

Result total: /**107** (86 marks in total, with the minimum set marks achieved for each question required for a pass)

Pass/ Refer

Assessor's feedback:

Unit 2 Anatomy and physiology for yoga

Unit accreditation number: F/503/2580

Worksheet – Anatomy and physiology for yoga

There are 159 marks available in this worksheet. You must score a minimum of 128 marks in total to achieve a pass. In addition to achieving the total pass mark, you must also score at least the minimum marks set for each question to achieve an overall pass.

Section 1 - The structure and function of the skeletal system

1. Describe two basic functions of the skeleton.

2 marks (minimum 1 mark)

2. Name the vital organs protected by each of the following structures.

Skeletal structure	Vital organ/s protected
Skull / cranium	
Rib cage and sternum	
Vertebral column	

3 marks (minimum 2 marks)

3. Name three bones that form part of the axial skeleton.

--	--	--

3 marks (minimum 2 marks)

4. Name three bones that form part of the appendicular skeleton.

--	--	--

3 marks (minimum 2 marks)

5. Name the classification of bones that the following statements explain.

Statements	Classification of bone
These bones are longer in length than they are in width and principally act as levers, e.g. the phalanges, radius, femur and tibia.	
These bones are similar length and width with a cube-like shape, e.g. the carpals and tarsals.	
These bones provide protection for the organs and a large area for muscle attachment, e.g. the scapula, sternum and cranial bones.	
These bones have complex and different shapes and cannot be classified in other groups, e.g. vertebrae and calcaneus.	

4 marks (minimum of 3 marks)

6. Explain the following structures of a long bone.

Structure	Description
Epiphysis	
Diaphysis	
Periosteum	
Medullary cavity	

4 marks (minimum of 3 marks)

7. Re-arrange the following processes so that they explain the correct order of the stages of bone growth.

Process	Correct order to explain the stages of bone growth
1. Growth and elongation continue from birth to adolescence.	
2. Osteoblasts and osteoclasts replace cartilage cells in the foetus.	
3. Ossification is fully complete between the ages of 18-30.	

3 marks (minimum 2 marks)

8. Name two of the four main curves of the spine?

2 marks (minimum 1 mark)

9. Describe neutral spine alignment.

--

1 mark (minimum 1 mark)

10. Name the postural deviations that each of the following statements describe.

Description	Postural Deviation
An increased concave curvature of the lumbar spine region, that gives a hollow back appearance and may develop during pregnancy.	
An increased convex curvature of the thoracic spine region, that gives a hunched back appearance.	
An increased lateral curvature of the spine.	

3 marks (minimum 2 marks)

11. Answer the following statements true or false to describe the potential ranges of motion at the spine.

Potential ranges of motion at the spine	True	False
The greatest levels of rotation are available at the pivot joint between the atlas and axis of the cervical vertebrae.		
The lumbar vertebrae have limited rotation.		
The thoracic vertebrae have a little more rotation than the lumbar, but less than the cervical vertebrae.		
The sacral spine is fused, there is no rotation.		
The greatest range of motion is in the coccygeal spine.		

5 marks (minimum of 4 marks)

Section 1 result total / **33 marks** (27 marks in total, with the minimum set marks achieved for each question required to pass)

Pass / Refer

<p>Assessor's feedback:</p>

Section 2 - The muscular system

12. Describe the basic structure of skeletal muscle.

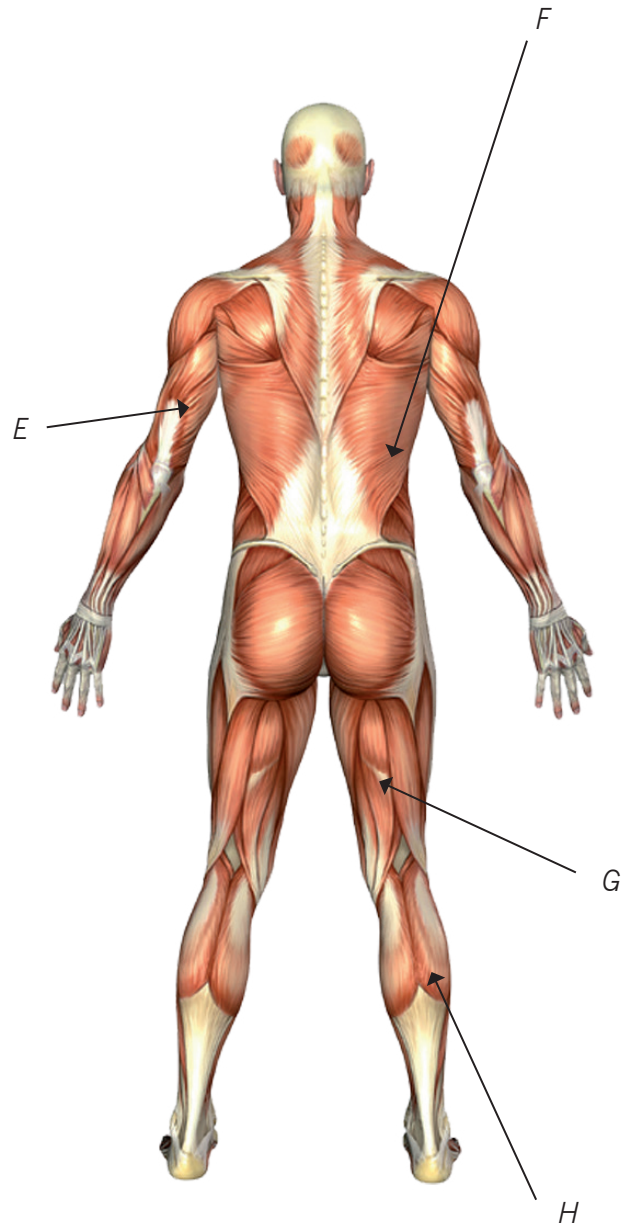
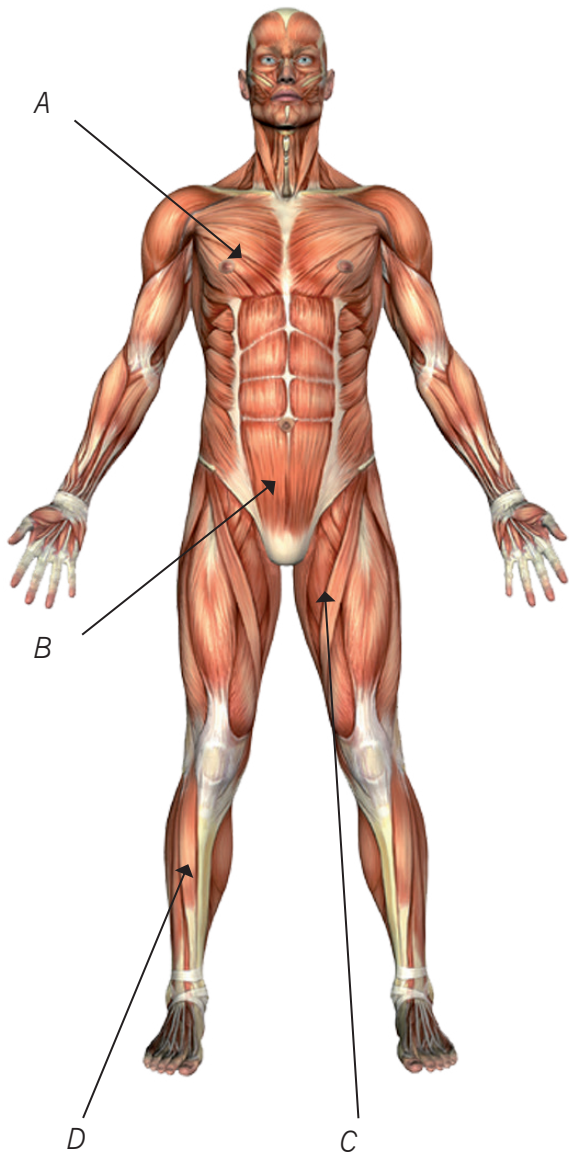
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3 marks (minimum 2 marks)

13. Name the muscles indicated by the arrows on the diagram over page.

Arrow	Muscle located
A	
B	
C	
D	
E	
F	
G	
H	

8 marks (minimum 6 marks)



14. Describe (with an example) the different types of muscle action listed.

Type of muscle action	Description	Example
Concentric		
Eccentric		
Isometric		
Isotonic		

8 marks (minimum 6 marks)

15. What is a joint?

1 mark (minimum 1 mark)

16. What is a ligament?

1 mark (minimum 1 mark)

17. What is a tendon?

1 mark (minimum 1 mark)

18. Name the joint actions brought about by the following muscle contractions.

Muscle contraction	Joint action
When the biceps contract eccentrically.	
When the erector spinae contract concentrically.	
When the hamstrings contract concentrically.	
When the quadriceps contract concentrically.	
When the deltoid contracts eccentrically.	

5 marks (minimum 5 marks)

Section 2 result total / **27 marks** (22 marks in total, with the minimum set marks achieved for each question required to pass)

Pass / Refer

Assessor's feedback:

Section 3 - The structure and function of the respiratory system

19. Where are the lungs located?

1 mark (minimum 1 mark)

20. What is the function of the lungs?

1 mark (minimum 1 mark)

21. Fill in the missing word to name the structures of the lungs that each of the statements describe.

The _____ is also known as the windpipe. It has cartilage rings along its length to keep it open.

The _____ are the main branches into the right and left lungs. They branch away from the windpipe.

The _____ are the air sacs; this is where gaseous exchange in the lungs occurs. They are located at the end of the bronchioles.

3 marks (minimum 2 marks)

22. Name the two main muscles involved in breathing.

--	--

2 marks (minimum 1 mark)

23. Re-arrange each of the following structures of the respiratory tract in the correct order to describe the passage of air after inhalation.

Structures of the respiratory tract	Correct order to describe the passage of air after inhalation
1. Exhalation to remove carbon dioxide	
2. Bronchi	
3. Trachea	
4. Pharynx and larynx	
5. Bronchioles	
6. Alveoli and gaseous exchange	
7. Nose and mouth	

7 marks (minimum 5 marks)

24. Which of the following statements describe the process of gaseous exchange in the lungs? Tick the correct statement.

When oxygen in the capillaries of the muscle cells is exchanged for carbon dioxide.	
When the diaphragm contracts and flattens.	
When the diaphragm relaxes and rises.	
When carbon dioxide in the capillaries around the alveoli is exchanged for oxygen.	
The volume of blood pumped by the heart in one contraction.	

1 mark (minimum 1 mark)

Section 3 result total / **15 marks** (12 marks in total, with the minimum set marks achieved for each question required to pass)

Pass / Refer

Assessor's feedback:

Section 4 - The structure and function of the circulatory system

25. Where is the heart located?

--

1 mark (minimum 1 mark)

26. Which two of the following statements describe the function of the heart?

Statements	Please tick the two correct statements
The heart is a muscular pump.	
The heart contracts in the same way as a voluntary muscle.	
The heart pumps blood to the body carrying oxygen and nutrients to the tissues.	
The average rate at which the heart beats is around 45-55 beats per minute.	

2 marks (minimum 1 mark)

27. Which three of the following statements describe the structure of the heart?

Statements	Please tick the three correct statements
The heart has two chambers.	
The lower chambers or ventricles are the pumping chambers.	
The left ventricle pumps deoxygenated blood to the lungs.	
The upper chambers or atria are the receiving chambers.	
The heart is a cardiac muscle, it has thick muscular walls or myocardium.	

3 marks (minimum 2 marks)

28. Re-arrange each of the following statements to describe the correct sequence of blood flow through the heart starting with oxygenated blood travelling from the lungs.

Statements	The correct sequence of blood flow
1. To the left atrium.	
2. To the right atrium.	
3. To the lungs via the pulmonary artery.	
4. To the heart via the vena cava.	
5. To the left ventricle.	
6. To the right ventricle.	
7. To the body via the aorta.	

7 marks (minimum 5 marks)

29. Name the component of the circulatory system (systemic or pulmonary) that the following statements describe.

Statements	Systemic or Pulmonary
The blood flow between the heart and the lungs.	
The blood flow between the heart and the body.	
The left ventricle and right atrium are part of this system.	
The right ventricle and left atrium are part of this system.	

4 marks (minimum 3 marks)

30. Name the blood vessels (arteries, veins or capillaries) that the following statements describe.

Description	Arteries, veins or capillaries. Write the correct answer below
Have thick muscular walls.	
Carry blood under high pressure.	
Carry blood away from the heart.	
Have valves to prevent back flow.	
The blood vessels that carry deoxygenated blood, except for the pulmonary blood vessel.	
Carry blood to the heart.	
Smallest blood vessels.	
Walls approximately one cell thick.	
Allow diffusion of gases.	
The blood vessels which carry blood under low pressure, have valves to prevent back flow and mainly carry de-oxygenated blood are called.	

10 marks (minimum 8 marks)

Section 4 result total / **27 marks** (22 marks in total, with the minimum set marks achieved for each question required to pass)

Pass / Refer

Assessor's feedback:

Section 6 - The endocrine system

33. Describe the following components of the endocrine system.

Component	Description
Pituitary gland	
Thyroid gland	
Pancreas	
Adrenal glands	

8 marks (minimum 6 marks)

34. What is the function of the endocrine system?

2 marks (minimum 1 mark)

Section 6 result total / **10 marks** (8 marks in total, with the minimum set marks achieved for each question required to pass)

Pass / Refer

Assessor's feedback:

Section 7 - The effect of yoga on different body systems

35. Your course tutor will allocate you two asana to analyse. You will need to draw or provide a picture of the asana and label the picture with the following:

- Joints involved in the asana
- Joint actions brought about by the asana
- Muscles involved in the asana
- Muscle actions involved in the asana

Asana 1:

Joint	Joint action	Muscle	Muscle action

Asana 2:

Joint	Joint action	Muscle	Muscle action

20 marks (minimum 16 marks)

36. List five benefits of yoga to the skeletal system.

5 marks (minimum 4 marks)

37. Why is strength an important component of yoga?

1 mark (minimum 1 mark)

38. What are three benefits of breathing correctly using yogic breathing techniques?

3 marks (minimum 2 marks)

39. List three ways that yoga can benefit the cardiovascular system.

3 marks (minimum 2 marks)

40. Give two examples of yoga postures that can benefit the nervous system and explain why.

4 marks (minimum 3 marks)

41. Give two examples of yoga postures that have a direct effect on specific glands of the endocrine system and explain their benefits.

Posture	Glands effected	Benefits

6 marks (minimum 4 marks)

Section 7 result total / **42 marks** (34 marks in total, with the minimum set marks achieved for each question required to pass)

Pass / Refer

Assessor's feedback:

Results total: / **159** (129 marks in total, with the minimum set marks achieved for each question required for a pass)

Pass / Refer

Assessor's feedback:

Unit 3 Planning a series of yoga sessions

Unit accreditation number: J/503/2581

Worksheet - Planning a series of yoga sessions

There are 60 marks available in this worksheet. You must score a minimum of 48 marks in total to achieve a pass. In addition to achieving the total pass mark, you must also score at least the minimum marks set for each question to achieve an overall pass.

1. Explain the importance of using the breath to enter and leave a posture.

1 mark (minimum 1 mark)

2. Give an example of a basic breath awareness technique and describe how you would introduce this to your yoga participants.

2 marks (minimum 1 mark)

3. Within a ten week course for beginners, when would you introduce breath awareness and give reasons for your answer?

2 marks (minimum 1 mark)

4. Describe two pranayama techniques and explain how you would teach each of these to your yoga participants.

4 marks (minimum 3 marks)

5. Within a ten week course for beginners, when would you introduce pranayama and give reasons for your answer?

2 marks (minimum 1 mark)

6. Describe two relaxation techniques and explain how you would teach each of these to your yoga participants.

4 marks (minimum 3 marks)

7. Within a ten week course for beginners, when would you introduce relaxation and give reasons for your answer?

2 marks (minimum 1 mark)

8. Describe two concentration / meditation techniques and explain how you would teach each of these to your yoga participants.

4 marks (minimum 3 marks)

9. Within a ten week course for beginners, when would you introduce concentration / meditation and give reasons for your answer?

--

2 marks (minimum 1 mark)

10. In the following table list (in order of delivery) the components of a yoga session and explain their functions.

Component	Function

14 marks (minimum 11 marks)

11. Name three aspects that need to be in place to ensure the atmosphere and environment are appropriate for a yoga session.

3 marks (minimum 2 marks)

12. Define the terms aims and objectives.

Aims:
Objectives:

2 marks (minimum 1 mark)

13. Describe the term modification (give an example).

--

2 marks (minimum 1 mark)

14. Describe the term adaptation (give an example).

--

2 marks (minimum 1 mark)

15. Give two examples of how you can use teaching aids to support participants.

2 marks (minimum 1 mark)

16. Describe how to modify and adapt three asana of your choice using teaching aids for a beginner.

Asana	Modification / adaptation	Teaching aids

6 marks (minimum 4 marks)

17. Detail how you would set up a new yoga class (include information on market research, venue choice, type of class, length of class, advertising).

6 marks (minimum 4 marks)

Results total: /60 (48 marks in total, with the minimum set marks achieved for each question required for a pass)

Pass/ Refer

Assessor's feedback:

Unit 3 Planning a series of yoga sessions

Unit accreditation number: J/503/2581

Ten week progressive overview guidance

You are required to produce an overview to cover a ten week period of progressive yoga sessions. The overview should show one session per week over this ten week period (ten sessions in total). Each session should be a minimum of one hour and a maximum of an hour and a half in length.

Within the overview you need to include the following information:

- Aims and objectives of each session
- Brief content of each session (i.e. Illustrations of chosen asana including relevant teaching points, outline of breathing practices etc). Ensure the asana come from the appendix in the yoga manual
- Benefits of asana / practice
- Modifications / adaptations / alternatives
- Resources / teaching aids
- Detail when the evaluation / review of the sessions will take place over the ten weeks

The ten week progressive overview can be planned for any group of participants, e.g. beginners group or a group with specific needs e.g. yoga for strength or can be themed.

The planned overview must include the following aspects over the ten weeks:

- Basic breathing
- Pranayama
- Relaxation
- Meditation / concentration techniques

The following aspects can be included but are not mandatory:

- Mudra
- Bandha
- Kriya
- Mantra / chanting
- Spiritual readings

Within your LAP there is a ten week overview template that can be used – or you may prefer to design your own. Ensure that any of your own designs are checked by your assessor to ensure that all of the relevant details needed are included.

Please photo copy as required

Ten week progressive overview

Week	Aims and Objectives (including planned evaluations)	Content of session	Benefits	Modifications Adaptations Alternatives	Resources Teaching aids

Pass/Refer

Assessor's feedback:

Unit 3 Planning a series of yoga sessions

Unit accreditation number: J/503/2581

Session plan guidance

Once the ten week overview has been produced you are required to produce two detailed yoga session plans to include:

- Session plan 1: a plan for weeks 1, 2, 3 or 4 of the ten week overview (1 - 1.5 hrs). You will need to state which week on the top of your plan. This session will need to be planned in detail. The observation checklist for the final class assessment can be used as a guide to planning
- Session plan 2: a plan for your final class observation (1 - 1.5 hrs) for Unit 5. This plan needs to be based on weeks 5, 6, 7, 8, 9 or 10 of the 10 week plan. For Unit 5 you will need to teach a session lasting between an hour and an hour and a half to a group of yoga participants which needs to be observed by your assessor/ tutor or filmed for assessment.

You can use the lesson plan templates provided in your L.A.P. or create your own.

The session plans need to include the following:

- Aims and objectives
- Health and safety checks to be carried out
- Timings
- Component / content
- Counterposes
- Benefits of the practice / asana
- Teaching points
- Modifications / adaptations / alternatives
- Resources / teaching aids

Session plan 1

Week number:					
Aims and objectives:					
Health and safety checks to be carried out:					
Timings	Component / Content	Benefits of asana / practice	Teaching points	Modifications/ Adaptations/ Alternatives	Resources Teaching aids

Please photo copy as required

Timings	Component / Content	Benefits of asana / practice	Teaching points	Modifications/ Adaptations/ Alternatives	Resources Teaching aids

Pass/Refer

Assessor's feedback:

Session plan 2 (final class assessment plan)

Final session plan. Week number:					
Aims and objectives:					
Health and safety checks to be carried out:					
Timings	Component / Content	Benefits of asana / practice	Teaching points	Modifications/ Adaptations/ Alternatives	Resources Teaching aids

Please photo copy as required

Timings	Component / Content	Benefits of asana / practice	Teaching points	Modifications/ Adaptations/ Alternatives	Resources Teaching aids

Assessor's feedback:

Unit 4 Health and safety for yoga

Unit accreditation number: L/503/2582

Worksheet - Health and safety for yoga

There are 72 marks available in this worksheet. You must score a minimum of 58 marks in total to achieve a pass. In addition to achieving the total pass mark, you must also score at least the minimum marks set for each question to achieve an overall pass.

1. Define the term prohibition in the context of teaching yoga.

--

1 mark (minimum 1 mark)

2. Define the term precaution in the context of teaching yoga.

--

1 mark (minimum 1 mark)

3. List six common conditions that yoga participants may suffer from.

6 marks (minimum 4 marks)

4. Choose three conditions from question 3 and describe the implications of working with participants with these conditions. In your answer include any advice and adaptations you would give to the participant.

6 marks (minimum 4 marks)

5. List three vulnerable areas of the body and explain how to ensure these are protected in a yoga session.

6 marks (minimum 4 marks)

6. Name two types of medical conditions that participants may have that will prevent yoga teachers from working with them (unless they have specialist training and qualifications).

2 marks (minimum 1 mark)

7. Explain the importance of screening.

--

1 mark (minimum 1 mark)

8. Explain the importance of lifestyle analysis.

--

1 mark (minimum 1 mark)

9. Explain how to implement the PARQ or screening tool. Detail in your answer how you would use the Health Commitment Statement.

--

2 marks (minimum 1 mark)

10. List four pieces of information that needs to be collected from a participant before a yoga class via the PARQ and lifestyle analysis.

2 marks (minimum 1 mark)

11. List three pieces of information a participant needs before participating in a yoga session.

3 marks (minimum 2 marks)

12. Explain the legal and ethical implications of collecting client information.

--

2 marks (minimum 1 mark)

13. List two relevant pieces of health and safety legislation that must be adhered to in a yoga class.

2 marks (minimum 1 mark)

14. Outline three responsibilities of the yoga teacher for health and safety of the participants.

3 marks (minimum 2 marks)

15. What are the five steps of risk assessment?

1.
2.
3.
4.
5.

5 marks (minimum 4 marks)

16. Complete the table below for possible hazards within a yoga class environment.

Hazard	Risk H= High M= Medium L= Low	Control measure
List the significant issues or hazards you have identified within each section.	What is the likelihood of this causing harm?	What measures can you take or have you taken to control the risk?
Facilities or environment		
Equipment		
Clients particular needs		
Security breaches		
Manual handling		
Hygiene		

18 marks (minimum 14 marks)

17. Complete the table below for a typical emergency. On this occasion the emergency is a fire.

Describe what actions you would take.
Describe how you would ensure the safety of the class participants.
Identify two other types of emergencies that may occur in a yoga environment. 1. 2.

6 marks (minimum 4 marks)

18. Explain the licensing requirement for using music in a yoga class (PPL).

--

1 mark (minimum 1 mark)

19. Describe the importance of registration for yoga teachers and outline the organisation responsible for this.

--

2 marks (minimum 1 mark)

Results total: /72 (58 marks in total, with the minimum set marks achieved for each question required for a pass)

Pass/ Refer

Assessor's feedback:

Unit 5 Teaching a yoga session

Unit accreditation number: R/503/2583

For this unit you will be assessed on the following:

- Formative observation/s with hand-outs
- Summative observation
- Self-evaluation
- Personal development plan
- Personal practice and reflection diary

Formative observation/s guidance

Each assessment need only be 10 minutes in length. You will be observed teaching the following aspects:

- Mudra
- Bandha
- Basic breath techniques
- Pranayama
- Relaxation
- Concentration and meditation
- A range of asana

Hand-outs

You will need to provide hand-outs to support the above aspects of teaching. These hand-outs need only be one page and contain the following information:

- Explanation of the practice / asana
- Diagrams where appropriate
- Details on prohibition and precaution
- Teaching points
- References

Please include a copy of your hand-out within your portfolio

Summative observation guidance

The summative observation will take place approximately one month after the end of the course. This will either be observed by your assessor or filmed and sent to your assessor.

There needs to be a minimum of six participants and a maximum of twelve. If there are regularly more participants in an existing class the assessor may use their discretion on this.

The session needs to last between 1 and 1.5 hours (60 -90 minutes) and can be themed or address a specific participant group.

The session plan for the final class assessment should already be complete (for unit 3). N.B. Even if the class to be observed is an hour the planning should still be for a 90 minute class and it will need to be adapted to fit in to an hour.

The final class observation needs to include the following:

- Asana
- Breathing practice
- Pranayama practice
- Relaxation
- Concentration and meditation
- At least one teaching aid from the following list: blocks, bricks, straps, bolsters, blankets, eye masks.

Optional aspects that can be included are mantra/chanting, kriya, mudra, bandha and spiritual readings but these are not mandatory.

Unit 5 Teaching a yoga session

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Formative observation checklist

Assessment criteria: The learner has:	Mudra Date:	Bandha Date:	Basic breathing Date:	Pranayama Date:	Relaxation Date:	Concentration / Meditation Date:	Asana Date/s:
1. Provided a handout for the participants describing the practice in detail							
2. Introduced aims and objectives of the session							
3. Included prohibition and precaution where appropriate							
4. Used appropriate communication methods (voice, clear language, eye contact)							
5. Given clear/accurate explanations to the participants							
6. Demonstrated the technique effectively							
7. Provided feedback and instructing points which are timely, clear and motivational							
8. Used appropriate methods to correct and reinforce technique							
9. Provided alternatives / use of teaching aids where appropriate							
10. Ended the session encouraging feedback and questions from participants							

Assessor's feedback / questions:

Action plan:

Unit 5 Teaching a yoga session

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Summative observation checklist

Date:

Key: Competent - mark a tick (✓) Not Competent - mark a cross (x) - A cross in a grey box – referral overall Competent with a comment - mark a bullet point (•) Question - mark a Q	
Assessment criteria:	✓ / x / • / Q
Before the session the learner has:	
1. Arrived in time to prepare for the planned session	
2. Welcomed participants as they entered the class and created a suitable atmosphere to begin the class	
3. Ensured appropriate clothing was worn by both instructor and participants	
4. Carried out verbal screening giving appropriate advice to the participants based on the information given	
5. Advised on appropriate health and safety procedures specific to the session	
6. Explained the aims and objectives of the session	
During the session the learner has:	
7. Selected safe and effective asana and counter poses	
8. Given clear/accurate explanations to the participants	
9. Projected volume and pitch of voice effectively (without the aid of artificial amplification)	
10. Demonstrated correct technique of asana and counter poses	
11. Incorporated the breath with each asana and used the in breath and out breath in the correct manner	
12. Incorporated the theory of yoga	
13. Incorporated the Sanskrit names for asana	
14. Adopted appropriate teaching positions to observe class participants and responded to their needs	
15. Adapted verbal and non-verbal communication methods to make sure class participants understand what is required	
16. Used appropriate motivational styles that are consistent with accepted good practice	
17. Analysed clients' performance, providing positive reinforcement throughout	
18. Used appropriate methods to correct and reinforce technique (e.g. tactile cueing, changing teaching positions, asking questions, mirroring)	
19. Provided feedback and instructing points which are timely, clear and motivational	
20. Identified asana that need to be adapted	
21. Adapted asana with suitable progressions and regressions according to participants' needs and used teaching aids where necessary	

22. Provided alternatives to the planned asana if participants cannot take part	
23. Ended the session with appropriate relaxation, breathing, concentration / meditation practices and final recovery activities	
24. Reviewed the outcomes of working with participants including their feedback on the planned session	
25. Identified how well the session met the session's aims and objectives	
26. Identified how effective and motivational the relationship with the participants was	
27. Identified how well the teaching styles matched the participant's needs	
28. Developed an action plan to improve future sessions	

Assessor's feedback / questions:		
Result: Delete as appropriate	Competent	Not competent

Unit 5 Teaching a yoga session

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Self-evaluation

Review the outcomes of working with participants and any feedback gained from your participants. Wherever possible give examples to illustrate your answers

How well did the planned yoga session meet your participant's needs?

How effective and motivational was the relationship with your participants?

How well did your teaching style match the participants' needs?

How well did you observe and support your participants?

How well did you manage your participants' health, safety and welfare?

How well did you use the resources / teaching aids available?

How did you adapt the asana to progress or regress according to your participant needs?

How well were professional codes of practice implemented within the session?

Describe how you gained participant feedback during or after the taught session

Summarise the feedback gained from your participants

Explain the value of the feedback gained from the participants

Following feedback from clients and other members of staff how will you improve your personal practice and teaching skills?

Explain the value of reflective practice

Assessor's feedback:

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Personal development plan

Date	Areas where I need to develop	Actions I need to take to achieve this	Objective (short, medium or long term)	Review date	Update on progress

Assessor's feedback:

Large empty rectangular box for assessor's feedback.

Unit 5 Teaching a yoga session

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Personal practice and reflection guidance

You are required to undertake a personal practice, ideally, on a daily basis over a minimum period of one month or the length of the course. The practice needs to commence during Unit 3.

The practice should include a selection of asana, breathing practices, mudra and bandha techniques.

You will need to plan the practice in brief (see planning example below).

The daily practice needs to be carried out for 20-30 minutes (or longer) each day. The practice can be carried out at any time of the day to suit you but **must not** be part of your usual class.

The practice needs to be recorded along with your experiences and thoughts on a daily basis. The notes section can be used to record any changes to the planned practice. Ensure the time of day is recorded (see suggested layout below).

You are required to supply your own journal / notebook / diary for this practice.

Planning example:

Week / day	Planned practice (detail asana, breathing practices, mudra and bandha techniques)
Week 1 / 7 days	Ten minute asana practice Basic breathing practice – ratio breathing – 1:1, 1:2, 1:4
Week 2 / 7 days	Ten minute asana practice Breathing practice – alternate nostril breathing Jnana mudra
Week 3 / 7 days	Ten minute asana practice Breathing practice – brahmari breath Jalandhara bandha – chin lock
Week 4 / 7 days	Ten minute asana practice Breathing practice – kapalhabhati Dhyana mudra Mula bandha – root lock

Journal entry example

Date	Time	Detail of practice	Thoughts and feelings	Notes
21/2/11	8am	Asana (warm-up, savasana, tadasana, uttanasana, vrkasana, adho mukka svasana, virabhadrasana 1 & 2) Basic breathing using ratios – in for 4 counts out for 4 counts in for 4 counts out for 6 counts, in for 4 counts out for 8 counts in for 6 counts out for 6 counts in for 6 counts out for 9 counts in for 6 counts out for 12 counts	Felt quite tired when I started but afterwards felt really energised and ready for the day – really looking forward to having time out to do this each day Felt quite calm all day	

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Personal practice and reflection evaluation

Once your personal practice diary has been completed please evaluate and reflect on your experiences below

Pass/ Refer

Assessor's feedback:

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