

Formal Assessment and underpinning knowledge for Applied Anatomy and Physiology and the Teaching of Asana:

Assignment 1.1a: Asana Analysis and application of Principles of Anatomy, and Physiology to the teaching of Asana and Posture Profile.

Student teachers will demonstrate the application of their knowledge and understanding of the following

- Joint movement and muscle action in Asana
- How to create a balance of strength and flexibility
- The principles of preparation for asana and counterpose
- Principles of modification
- Areas for caution in the practice and teaching of asana

by completing in detail a posture profile for one of the core asanas studied in this Unit or other related asana as negotiated between the tutor and student. The chosen posture will be the main posture for the student teacher's micro teaching of asana. The posture profile should include consideration of all the headings on the profile and specifically:

- 1) Analysis of the key joints, articulating bones and nature of movement involved in moving into the posture from its base starting position
- 2) Analysis of the key muscle groups involved. Discrimination should be demonstrated in choosing those muscle groups that most need to stretch, create strength or stability according to the specific posture
- 3) Preparation of key joints, and muscle groups to stretch or contract according to analysis of the posture
- 4) Stages leading to the main posture
- 5) At least one modification for a specified need and at least one aid
- 6) A way to ease the body and counterpose the posture
- 7) Areas of caution for conditions commonly encountered that might be adversely affected by the posture
- 8) Sources of information should be acknowledged and a bibliography included

Note: The posture profiled in detail by the student teacher will be the subject of their Unit teaching practice.