# Unit 1: Applied Anatomy and Physiology and the Teaching of Asana

## Assignment Task 1.1a: Asana Analysis and Posture Profile (Student)

Student teachers to complete 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. Include areas of caution & appropriate modifications and props that may be useful for common conditions that may be adversely affected and for a pregnant student.
6. A way to ease the body and counter pose the posture.
7. Sources of information should be acknowledged, and a bibliography included.

Note: The posture profiled by the student teacher will be the subject of their Unit 1 teaching practice.