## Assignment Task 5.1 Protecting Vulnerable areas of the body (Student Template)

**Formal assessment of the underpinning knowledge for Teaching Asana: observation, adjustment and protection of vulnerable areas of the body**

‘The knees, the lumbar and cervical spine are generally regarded as vulnerable areas of the body.’ Describe how you would protect these areas when teaching two Asanas, explaining the nature of the vulnerability for each.

* The Asanas chosen should have differing spinal movements and between them include vulnerabilities in all three areas listed above. Consider simple adjustments that may be made to assist students.
* Guideline word count for each posture 750-1500 words.
* Learning outcome, assessment criteria for this task appear in assessment front sheet (AFS) 5.1.
* Written work may be in essay form or by completion of approved tutor worksheets, which should include the following:

|  |
| --- |
| **Assignment Task 5.1 Protecting Vulnerable areas of the body (Student Template)** |
| **Name of Asana: English:** |
| **Name of Asana: Sanskrit:** |
| **Description, Picture or diagram:** |
| **Explain why the following joints are vulnerable:****Knees:** (Describe separately where nature of vulnerability differs)**Lumbar Spine:****Cervical spine:** |
| **Teaching points, possible modifications, and aids to be included as necessary:**This could be in the form of a teaching transcript Indicate when they would apply**Starting point:****Moving into the posture:****Static phase of the posture:****Moving out of the posture:** |
| **Use and acknowledgement of sources:** |
| **Additional information:**  |