## 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:

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| **Assignment Task 5.1 Protecting Vulnerable areas of the body (Student Template)** |
| **Name of Asana: English:** **Please make sure the two asana possess different movements at the spine, e.g. a backbend and a forward bend, or a twist and a forward bend. Remember we can say there are backbends, side bends, twists and forward bends. Note: You may find it much easier to choose a forward bend and a backbend because we have already covered the principles of forward bending and backward bending and these notes can be of great help.**  |
| **Name of Asana: Sanskrit:** |
| **Description, Picture or diagram:****If you use an image from a website then please make sure that you give the reference in the bibliography as shown in your BWY Information Sheet called ‘Student Written Assessment Guidelines’. Also please avoid using the same asana you have been allocated for your posture profile.** |
| **Explain why the following joints are vulnerable:****Knees:** (Describe separately where nature of vulnerability differs)**Lumbar Spine:****Cervical spine:****To complete this section please refer to your three handouts on the inherently vulnerable areas of the body i.e. ways in which the knees, lumbar spine and cervical spine are inherently vulnerable. Study the lists of reasons why these areas of the body are vulnerable and describe which apply to your asana.** **Please write your answer in complete sentences, use an 11 or 12 point for font size, and increase the line space to 1.15. e.g. For Ustrasana, Camel Pose:** **Cervical Spine:** Hyperextension of the neck makes the cervical spine vulnerable because the head is heavy, an adult head generally weighing between ten to twelve 12 pounds, and if neck muscles are weak or tight it is challenging to lower the head back, and can be particularly stressful when lifting up the head. There is also vulnerability from any lack of proprioception, that is the ability to know where body is in space, which is especially problematic if we twist the neck as well as hyperextend as we can exert pressure upon important structures such as the arteries leading to the brain.Finally it is worth noting that degeneration is common in cervical vertebrae and discs from forty years of age onwards meaning it becomes increasingly possible to further strain or injure soft tissue and exert adverse pressure on cervical vertebral discs, and associated nerves and arteries. |
| **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:****For this section please give all of the teaching points that would take a student through the asana and include possible modifications and use of aids that you would give to the class. Here you can write in bullet points. As an example some points for ustrasana could be:****Starting point:*** Place knees hip width apart with front of feet flat to floor or toes tucked underneath.
* Place some padding beneath the knees if that makes the knees more comfortable ……
* If necessary place two blocks behind you to place hands on if needed….

**Moving into the posture:*** Inhaling lift and lengthen through the whole spine……
* Keep the head upright, with the neck extended, looking forwards, unless you are more experienced and have good strength and flexibility in the neck when you can drop the head directly backwards, slowly with awareness, keeping a sense of length in the neck ……

**Static phase of the posture:*** Keep the hips forward experiencing a stretch along the thighs
* Maintain the length through the spine, keeping the chest bone lifted
* If the head has been dropped backwards you should feel the stretch across the throat, keep the head aligned, do not look around ……..

**Moving out of the posture:** |
| **Use and acknowledgement of sources:****Please provide a bibliography of all reference materials and the way to write this is clearly shown in your copy of Student Written Assessment Guidelines that was in your file from the start of the course.** |
| **Additional information:**  |

**Note: if you would like a scan of your asana from the Kappmeier text to help you please just send me an email.**