

Aims & Learning Outcomes for Part One: Meeting 1

By the end of meeting one the tutor will endeavour to create a warm atmosphere within which students can learn, introducing the use of aims and learning outcomes, laying the foundations of kinesiology and orientating students towards the first teaching assessment

By the end of the meeting the students will have/be able to: -

Psychomotor

- Chanted a short Vedic chant
- Participated in a game designed to recall other students names
- Identified the major bones of the body
- Completed a quiz to learn the directional terms of movement
- Completed a 'fun' sequence making the appropriate anatomical terms of movements "Sarah Says"
- Worked in small groups allocating terms of movement & joint articulation for a specific asana to enable these to be practiced for home study
- Participated in a tutor led basic breathing & relaxation session
- Tried different positions for relaxation
- Listed their own timings for a model class lesson plan illustrating the time awarded to each element of the class
- Examined an asana profile sheet for savasana
- Received guidelines on making a presentation and ways of giving constructive feedback

Cognitive

- Be able to state most of the groups' names!
- Identify the main skeletal bones of the body and name the directional terms & anatomical terms of movement, with the help of handouts
- Describe the meaning and significance of the term 'Vinyasa Krama' for our teaching and be able to state how we shall be learning a student centred approach to yoga
- State the main elements to be incorporated within a class
- Explain the difference between aims and learning outcomes, differentiating learning outcomes into three distinct types (psychomotor, cognitive and affective)
- List the requirements for a basic breathing & relaxation teaching practice with reference to the powerpoint presentation

Affective

- Been comfortable and relaxed in the company of the tutor and other students
- Appeared refreshed by the basic breathing and relaxation session
- Made the decision to be very organised, knowing it is helpful to start a system of filing straightaway
- Been assured that they can now complete the worksheets to the best of their ability
- Be excited to learn more!!

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