Assessment front sheets for Unit 1: ‘Applied Anatomy and Physiology and the Teaching of Asana’:

Task description paragraph 1.2.2

**1.1a Posture Profile**

**Name of Student Teacher:**

**Date of submission of profile:**

|  |  |
| --- | --- |
| **Name(s)** of asana in Sanskrit  **Diagram or picture**  Literal translation/derivation  Common English Name(s) | |
| **Asana Analysis:**  Key joints/articulation/nature of movement |  |
| Key factors involved in creating the movement from the starting point (prone, supine, semi-supine, sitting, kneeling, standing). Factors include muscular contraction, both concentric and eccentric as appropriate, and gravity.  Key muscle groups that need to be able to lengthen and relax in the posture (will be stretched?) |  |
| Key factors that may cause limitations (joint shape, body proportion, tightness or weakness of key muscles e.g. tight hamstrings in uttanasana; weak quads in utkatasana)  Key muscle groups that need strength either to move into, hold, or exit the posture |  |
| **Preparation**  Give examples of specific preparation. Indicate areas the preparation is targeting from the factors identified above.  Ways of mobilising key joints  Ways of preparing key muscle groups that will lengthen and relax  Ways of preparing key muscle groups that need strength either to move into, hold or exit the posture |  |
| **Areas for Caution** | **Modifications to completed posture/Aids** |
| **Stages leading to the posture, if appropriate, ( using less challenging/modified versions to prepare for/ lead into the final posture)**: including teaching points to promote good structural alignment and core strength/stability as appropriate to the posture | |
| **Teaching points while in the posture** | |
| **Bringing students out of the posture** | |
| **Variations/ways of developing the posture** | |
| **Counterposes** | |
| **Key benefits and effects:** (If esoteric, refer to source ancient texts) | |
| **References in source ancient texts** (if any)  **Sources of information from modern teachers/bibliography** | |
| **Student teacher’s comments on what has been learned from this task**  **Student teacher’s signature Date** | |
| **Tutor’s comments:**  **Tutor’s signature Date**  Notes for guidance: This template should be expanded in size to include detail as required. Diagrams may be used for explanation. All areas of the profile must be covered as relevant to the specific posture. Some aspects will be more applicable than others, depending on the posture. Tutors may ask for other information to be included. | |