

Practical Yoga for Personal Trainers

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Practical Yoga for Personal Trainers

Course Syllabus

Course Materials

- TEXT - *Practical Yoga for Personal Trainers*
- SUPPLEMENT – *Mind Your Breath*
- DVD - *The Yoga Connection*
- Course & CEC Exam Information packet

Course Directions

STUDY -

- ✓ Read the *Practical Yoga for Personal Trainers* TEXT and complete the two REVIEW sections and the three WORKSHEETS located throughout the text.
- ✓ Read and practice the techniques presented in the supplement *Mind Your Breath*. *This material will not be included on the final exam.
- ✓ View *The Yoga Connection* DVD.

TEST -

- ✓ Complete the exam, course evaluation, and certificate information form. This is an open book exam that contains 50 multiple choice questions. Passing score is 80% or better.

Learning Objectives

- Teach 21 classic yoga poses using cues and demonstration (Chapter 4)
- Identify the basic kinesiology for 21 common yoga poses
- Identify the 4 categories of contraindicated yoga poses
- Understand why yoga qualifies as a Somatic Science
- Explain the significance of sensory awareness, and how it relates to yoga asana
- Teach 2 poses that strengthen the multifidus muscle and support core stabilization (the Easy Sunbird pose and the Modified Prone Boat pose)
- Teach 2 breathing inquiries (The Three Part Breath, Breathe through the Spine)
- Teach 2 primary breathing techniques (Extended exhale and Ujayi)
- Teach 2 simple meditation techniques (Observe the breath, Word or phrase)
- Utilize visualization (imagery) and affirmation (positive self-statement)
- Understand how yoga techniques complement Sport Psychology
- Select, customize, and modify (for safety) appropriate yoga postures to fit an individual client's needs, goals, preferences and comfort level
- Teach a general flexibility training program using 10 yoga postures