



BCRPA Yoga Fitness Module ICE Questions

Form B

The following pages list questions with point values. The passing mark for **each section** is 75% for BCRPA Fitness Leaders and 85% for BCRPA Advanced Fitness Leaders. Answers may be found in your yoga fitness course materials.

A. History

1A. Define the term Yoga and describe its origins.

____ / 3

2A. Describe 3 different disciplines or styles of Yoga.

____ / 3

3A. Describe 3 benefits of Yoga.

____ / 3

4A. Describe 3 ways that Yoga can be applied to the Fitness Industry.

____ / 3

A. History Total ____ / 12 ____ %

B. Breath

1B. Define Prana.

____ / 2

2B. Describe the importance of breath in Yoga.

____ / 2

3B. Describe 3 different breathing techniques.

____ / 3

4B. Describe the role of breath in Asana practice.

____ / 3

5B. Explain the function of the diaphragm and what other muscles are used in the complete or Yogic breath.

____ / 4

6B. How would you cue for Ujjayi breath?

____ / 2

B. Breath Total ____ / 16 ____ %

C. Asanas

1C. Explain how you would cue for the Mountain Pose.

____ / 2

2C. Name 3 asanas that may be used to improve balance.

____ / 3

3C. Name 3 postures that are outside the scope of practice of a BCRPA Yoga Fitness leader.

____ / 3

4C. Name 3 important principles of a Posture.

____ / 3

5C. How would you cue for a forward bend?

____ / 2

6C. Explain the position of the pelvis in a forward bend.

____ / 2

7C. What might be a biomechanical limitation to performing a forward bend?

____ / 2

8C. How would you counsel someone who is obviously forcing and straining to hold a posture?

____ / 2

9C. Give at least one example of a posture that involves:
(include stickmen drawings where possible)

SPINAL FLEXION	
SPINAL EXTENSION	
ROTATION	
LATERAL FLEXION	

____ / 4

10C. Briefly analyze the following postures:
(include stickmen drawings where possible)

POSTURE	ALIGNMENT (eg shoulders over hips, etc)	CAUTIONS/ MODIFICATIONS/ BENEFITS	2 DIRECTIONAL MOVEMENTS (eg. flexion, extension ,etc)	2 OF THE MAJOR MUSCLES INVOLVED
<i>Tree</i>				
	____ / 1	____ / 1	____ / 1	____ / 1

POSTURE	ALIGNMENT (eg shoulders over hips, etc)	CAUTIONS/ MODIFICATIONS/ BENEFITS	2 DIRECTIONAL MOVEMENTS (eg. flexion, extension ,etc)	2 OF THE MAJOR MUSCLES INVOLVED
Triangle (One posture from series)	____ / 1	____ / 1	____ / 1	____ / 1
Forward Bend (One posture from series)	____ / 1	____ / 1	____ / 1	____ / 1
Down dog	____ / 1	____ / 1	____ / 1	____ / 1
Bridge	____ / 1	____ / 1	____ / 1	____ / 1
Cobra	____ / 1	____ / 1	____ / 1	____ / 1
Warrior (One posture from series)	____ / 1	____ / 1	____ / 1	____ / 1

POSTURE	ALIGNMENT (eg shoulders over hips, etc)	CAUTIONS/ MODIFICATIONS/ BENEFITS	2 DIRECTIONAL MOVEMENTS (eg. flexion, extension ,etc)	2 OF THE MAJOR MUSCLES INVOLVED
<i>Seated Spinal Twist</i>				
	____ / 1	____ / 1	____ / 1	____ / 1

____ / 32

C. Asanas Total ____ / 55 ____ %

D. Class Design

1D. Describe at least 3 components in a Basic Yoga Fitness class.

____ / 3

2D. Describe 3 risk management issues that may arise within a Basic Yoga Fitness class setting.

____ / 3

E. Class Design Total ____ / 6 ____ %

E. Special Populations/Considerations

1E. Describe 3 screening techniques used to assess participants wishing to attend a Basic Yoga Fitness class.

____ / 3

2E. Explain the procedure if a participant answers “Yes” to one or more of the risk factors.

____ / 2

3E. What are possible consequences if the instructor is not fully informed and aware of any special considerations of any of the participants?

____ / 1

4E. List three special populations that are beyond the scope of practice of a Yoga Fitness Leader.

____ / 3

E. Special Populations/Considerations Total ____ / 9 ____ %

Totals for Yoga Fitness ICE Questions (Form B)

	A. History	B. Breath	C. Asanas	D. Class Design	E. Special Pops	A. History (verbal)	B. Breath (verbal)	C. Asanas (verbal)	D. Class Design (verbal)	E. Special Pops (verbal)	TOTAL
Marks											
Out of	12	16	55	6	9	2	2	2	2	2	108
Percent	%	%	%	%	%	%	%	%	%	%	%

A passing mark is 75% for BCRPA Fitness Leaders and 85% for BCRPA Advanced Fitness Leaders for each section of the written exam. Answers may be found in your fitness theory and yoga fitness course materials.

Name Of Evaluator:	Phone:
Address:	
Evaluator Signature:	Date:
Candidate Signature:	Date:

Evaluator

Comments: _____

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