



# BCRPA YOGA FITNESS PERFORMANCE STANDARDS

## Yoga Fitness Course Objective

At the end an approved BCRPA Yoga Fitness course the student should have the necessary skills to design and implement a safe and effective beginner yoga class in a fitness class setting for an apparently healthy population.

### Course Pre-requisites:

- Successfully completed an approved BCRPA Fitness Theory course and BCRPA Fitness Theory exam
- Participation in 20 yoga classes or equivalent

## A. Introduction

### Performance Standard

The Yoga Fitness Leader will summarize the history and demonstrate through written and verbal communication, knowledge of the benefits of yoga.

### Competencies

- a) Describe yoga fitness
- b) Explain the history and development of yoga, current trends and sociological influences as they pertain to yoga.
- c) Describe the demographic profile of yoga participants and their reasons for participating in a yoga class.
- d) List the benefits of and the different uses of yoga for fitness, health, sports and post-rehabilitation purposes.

### Lesson Plan

- a) History
- b) Benefits
- c) Current trends and styles

## B. Breath

### Performance Standard

The Yoga Fitness Leader will demonstrate and describe the basic breathing components of yoga.

### Competencies

- a) List and describe the importance of breath as it relates to yoga.
- b) List and describe the common characteristics of breath.
- c) Describe the different breathing techniques and exercises
- d) Describe the relationship between breath and movement.

### Lesson Plan

- a) The importance of breath including Prana
- b) Review the function of respiratory muscles
- c) Breath Awareness – characteristics
- d) Breath Exercises – Breathing Techniques including Abdominal, Complete and Ujjayi
- e) Breath and Movement

## C. Asanas (Postures)

### Performance Standard

The Yoga Fitness Leader will be able to demonstrate the Asanas of a basic yoga program and an understanding of the foundation, principle and purpose of the Asanas (postures).

### Competencies

- a) Demonstrate the anatomy and training principles as they apply to teaching a basic yoga fitness program.
- b) Describe and demonstrate each asana appropriate for a basic yoga fitness program.
- c) Describe the primary purpose of each asana.
- d) Demonstrate how to safely teach each Asana using modifications, as required, to teach fitness yoga to apparently healthy individuals.

### Lesson Plan

- a) Review anatomy as it applies to yoga
- b) Review guiding principles of yoga including: acceptance, awareness, breathing, concentration, focus, alignment, homologous movement, playing your edge, Prana and non-violence (Ahimsa)
- c) Review the Scope of Practice including its relationship to the Asanas (postures) that are not included in this course.
- d) Principles of Asanas (postures) including:
  - o Purpose
  - o Use of Breath
  - o Alignment



- Modifications/Props
- Safety
- Categories of Postures:
  - Standing
  - Balance
  - Seated
  - Lying
  - Relaxation
- e) Warm-up Movements/Preparation for asana practice

## D. Class Design

### Performance Standard

The Yoga Fitness Leader will design a beginner yoga fitness class for apparently healthy individuals.

### Competencies

- a) Design a lesson plan for a basic yoga fitness class
- b) Explain the order of Asanas with regards to flow, safety and sequencing of the class
- c) List and describe different styles and types of yoga classes
- d) List and describe any risk management issues that may arise within a yoga fitness class setting

### Lesson Plan

- a) Sequencing and selection of Asanas/breath.
- b) Styles of yoga.
- c) Types of yoga classes.
- d) Yoga fitness class atmosphere.
- e) Risk Management issues.

## E. Special Populations/Considerations

### Performance Standard

The Yoga Fitness Leader will list and describe populations or individuals with special considerations that may require modifications to yoga Asanas or individuals who may not be apparently healthy enough to participate in a basic yoga fitness class.

### Competencies

- a) Describe responsibilities (i.e. pre-screening methods) and liabilities associated with the instructor and the facility.
- b) List and describe special populations/considerations when designing and implementing a basic yoga fitness program.

- c) Demonstrate knowledge of special populations/considerations in order to screen participants who wish to attend a basic yoga fitness class.
- d) Describe suggested physical activities or alternatives for identified special populations who have received clearance from their medical practitioner.

### **Lesson Plan**

- a) Structural, physical challenges and limitations of individuals as it relates to yoga.
- b) Review screening techniques including PAR Q, waivers, informed consent.
- c) Considerations and the implications of practicing yoga as it pertains to special populations such as, but not limited to:
  - Pregnancy
  - Hypertension
  - Osteoporosis
  - Fibromyalgia

## **F. Leadership & Communication Skills**

### **1. Performance Standard**

The Yoga Fitness Leader will conduct a safe and effective yoga fitness class using a variety of leadership styles.

#### **Competencies**

- a) Demonstrate the ability to create a supportive environment.
- b) Demonstrate an awareness of participants' feedback during a basic yoga fitness class by acknowledging individual differences including flexibility and strength.
- c) Identify and demonstrate effective leadership qualities.
- d) Identify potential challenges that leaders may experience in a yoga fitness class and describe strategies for accommodating these situations.

### **2. Performance Standard**

The Basic Yoga Fitness Leader will understand principles of adult learning, communications and leadership skills.

#### **Competencies**

- a) Describe the principles of adult learning and how they relate to the exercise environment.
- b) Demonstrate effective communications skills in working with a variety of participants.
- c) Describe and apply the principles of effective leadership.
- d) Describe a variety of intrinsic and extrinsic motivational factors relating to exercise adherence.



### Lesson Plan

- a) Principles of adult learning
- b) Effective communication skills
- c) Leadership skills.
- d) Goal setting (individual, program and self)

## G. Registration/Resources/Professional Development

### Performance Standard

The Yoga Fitness Leader will demonstrate a continued adherence to the BCRPA Fitness Leader Code of Ethics and Scope of Practice.

### Competencies

- a) List the requirements to become registered and maintain BCRPA Yoga Fitness Leader registration.
- b) Maintenance of current CPR and First Aid/NLS credentials
- c) Describe administrative processes and regulations and their implication on program design.
- d) Describe the signs of instructor burnout and methods of prevention.
- e) Describe how to locate and review pertinent articles or information (Update, Internet, publications).

### Lesson Plan

- a) BCRPA Registration/ICE Process
- b) Resources
- c) Instructor Self Care

## H. Time Allocations

### Time Allocations – Lecture and Practical

TOPIC	LECTURE	PRACTICAL
A. Introduction	5%	
B. Breath	2%	3%
C. Asana (Postures)	10%	55%
D. Class Design	5%	5%
E. Special Populations	4%	
F. Leadership & Communications	5%	
G. Resources / further Education	6%	



**Time Allocation – Hours per Topic based on a 35 Hour Course**

<b>TOPIC</b>	<b>HOURS</b>
<b>H. Introduction</b>	1.75
<b>I. Breath</b>	1.75
<b>J. Asana (Postures)</b>	22.25
<b>K. Class Design</b>	3.50
<b>L. Special Populations</b>	1.50
<b>M. Leadership &amp; Communications</b>	1.85
<b>N. Resources / further Education</b>	2.10
<b>Total Hours</b>	<b>35.00</b>