

SPECIALIST AREA: YOGA AND PILATES

SUB AREAS:

(Linked to L3 Personal trainer [ST0302](#))

- *Yoga*
- *Pilates*

NB. The following duties are indicative and not exhaustive.

SPECIALIST DUTIES:

The following specialist duties are relevant across the sub areas and qualifications should seek to cover these as appropriate:

- applies knowledge of the relevant anatomy and physiology to Yoga and Pilates, including the following
 - core stability, optimal posture and the causes of postural deviations and spinal conditions and the impact of exercise
 - structure and functions of the cardiorespiratory, endocrine and musculoskeletal system
 - structure and function of the nervous system and effect of exercise on neuromuscular connections
 - classifications of energy systems and how they are utilised during exercise
- applies knowledge of health and safety requirements, emergency procedures and controlling risks in a fitness environment
- applies knowledge of customer's needs and expectations to ongoing customer service Prepares and maintains the exercise environment
- demonstrates professionalism in health and fitness sector
- applies knowledge of the operational and legislative procedures within an exercise and fitness facility
- applies knowledge of, where appropriate, the safeguarding procedures for children and vulnerable adults
- considers the effects of exercise on the body and how to apply the principles and variables of fitness to an exercise programme
- Applies knowledge of exercise contraindications and key safety guidelines for individuals

- supports clients to exercise/undertake physical activity and considers barriers to exercise including promoting a healthy lifestyle/eating
- plans a group session for a range of participants within scope of practice and with the use of participant information
- prepares and delivers group exercise sessions
- reflects on and evaluates provision of group exercise sessions

SPECIALIST DUTIES RELEVANT TO THE SUB AREA IN ADDITION TO THE ABOVE:

Yoga

- Understands and where appropriate applies the history, philosophy and fundamentals of yoga in practice, including:
 - raja yoga
 - theory and principles of meditation
 - mantra
 - hatha yoga
 - the yogic concept of prana and the pranic body
 - the theory and principle of pranayama
 - the theory of mudra
 - Bandhas
 - Kriyas
 - the purpose of Asana
 - the Counterpose
 - the health conditions encountered within a yoga class
- commences a personal yoga practice
- designs and plans a progressive programme of yoga
- adapts yoga practices to meet the participants' needs during a yoga session
- reviews yoga sessions with participants

- delivers yoga sessions and is able to reflect on yoga sessions

Pilates

- applies knowledge of and can teach the principles and fundamentals of Pilates including Pilates Matwork method and the different phases
- designs, plans and delivers a progressive programme of Pilates and for group sessions, including identifying and agreeing goals with clients
- uses postural screening information in planning a Pilates teaching session
- adapts exercises and communication to meet client needs during Pilates teaching sessions
- selects effective music for a Pilates teaching session
- prepares for teaching a Pilates session
- instructs a Pilates teaching session
- Evaluates client and teaching performance after delivering a Pilates session