SPECIALIST AREA: YOGA AND PILATES

Sub areas:
- 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