

CYS Quality Assurance – the four assessment points

Names of three students being sampled (this will be kept confidential)

(where possible students should represent average, more able and less able in terms of the cohort on the course)

- 1.
- 2.
- 3.

Assessment Point	Evidence Submitted
1. Applied Anatomy and Physiology on the mat, including the ability to modify postures and adapt yoga practice to address a range of common ailments.	
2. The ability to create a yoga lesson plan which includes mobilization and preparation for poses based on the concept of vinyasa karma, ie those being taught are led into appropriate yoga practices in a step by step manner. Where posture sequences are taught, the staged approach is assumed to be included in the sequence. Student teachers should be aware of teaching method, assessment, evaluation and the role of reflective practice. In other words, how they teach, how they check that learning has taken place and how they gather information from students about the quality of their teaching and how student teachers reflect on their role and learn from those reflections. The legal framework of yoga teaching, including safeguarding and the ethics of yoga teaching based on the yamas and niyamas should also be understood.	
3. Knowledge of the Yoga Tradition and yoga philosophy, including key teachings from the yoga sutras and an overview of the Upanishads and Bhagavad Gita.	
4. Student teachers should be competent to teach a range of asanas, breathing practices and some pranayama practices to adults. They should also be capable of teaching mudra, bandha and relaxation. Knowledge of key areas of knowledge contained in the Hathayogapradipika should be gained, including the pranic system of nadis, chakras and kundalini	

Evidence that students have met these assessment points can be in any suitable form chosen by the course tutor and may include lesson or course plans showing topics that were covered, assignments, worksheets or group notes

collated by the tutor. The gathering of evidence of learning should not be onerous for the course tutor. CYS offers free advice and support to course tutors in this area.