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# Marking Criteria

## iUSP155 – Delivering yoga teaching sessions

### Practical examination sequence

Once all aspects of the mandatory units have been completed, learners will be expected to complete an internal practical assessment. This will be undertaken by the internal assessor using the internal assessment forms. These must be handed to the VTCT (ITEC) external examiner on the day of the final external practical examination.

Practical examination sequence - total approximately 1 hour

Learners will be expected to perform the following:

- Studio and equipment checks
- Verbal screening and client greeting
- Provide a specific lesson plan for the specific class
- Take the class through a complete yoga programme providing teaching points, explaining the fundamentals, principles, techniques and progressions/regressions wherever necessary
- Conclude the session appropriately
- Oral questions may be asked at any time during the examination
- Physical Activity Readiness Questionnaire (PARQ) and lesson plan must be completed by each learner and made available for the VTCT (ITEC) external examiner during their visit
- Learners will be expected to demonstrate excellent hygiene and client care and be able to demonstrate competence in their ability to demonstrate and teach the exercises giving an explanation of each exercise if and when required
- The examiner may reduce the treatment timings, as the examination is a demonstration of the learner's professionalism and their accomplished technique
- Approximate time allocated for changeover of practical examination groups - 15 minutes

Learners must be able to demonstrate the following:

### Appearance - 5 marks (1 mark each)

1. Clean, exercise attire with no visible underwear
2. Clean hair, neat and tied back/up if long and off the collar and face
3. Jewellery to be kept to a minimum
4. No chewing gum or sucking sweets
5. No body or breath odour

**Client care- 5 marks (1 mark each)**

1. Greeted and introduced self to clients
2. Granted permission to tactile cue
3. Assisted clients where appropriate
4. Displayed positive body language at all times
5. Checked client's comfort throughout

**Hygiene, sterilisation and professionalism – 5 marks (1 marks each)**

1. Checked the studio is clean
2. Checked clients are wearing the correct clothing
3. Checked clients have enough space around them to be able to perform yoga
4. Checked all equipment to be used is sanitised and in good working order prior to the session
5. Checked drinking water is made available at all times

**Pranayama Techniques – 10 marks (2 marks each)**

1. Explained and demonstrated a minimum of 2 different Pranayamas
2. Explained and demonstrated a minimum of 2 different Mudras
3. Explained and demonstrated a minimum of 2 different Bandhas
4. Explained and demonstrated a minimum of 2 different Kriyas
5. Ensured clients performed the correct breathing exercises throughout the session

**Opening poses/warm up – 10 marks (2 marks each)**

1. Performed the correct warm up
2. Checked the intensity was increased gradually
3. Checked that all parts of the body were warmed up using the appropriate techniques
4. Explained the Asanas simply and precisely with alternatives where necessary
5. Ensured all clients performed the Asanas correctly

**Standing poses – 10 marks (2 marks each)**

1. Performed the correct Asanas for the appropriate session within the correct time limit
2. Demonstrated the movements smoothly with control
3. Demonstrated variety and progression
4. Explained the Asanas simply and precisely with alternatives where necessary
5. Ensured all clients have performed the Asanas correctly

**Salutations - 10 marks (2 marks each)**

1. Performed the correct Asanas for the appropriate session within the correct time limit
2. Demonstrated the movements smoothly with control
3. Demonstrated variety and progression
4. Explained the Asanas simply and precisely with alternatives where necessary
5. Ensured all clients have performed the Asanas correctly

**Shoulder & hip poses/back & forward bends – 10 marks (2 marks each)**

1. Performed the correct Asanas for the appropriate session within the correct time limit
2. Demonstrated the movements smoothly with control
3. Demonstrated variety and progression
4. Explained the Asanas simply and precisely with alternatives where necessary
5. Ensured all clients have performed the Asanas correctly

**Inversions & balancing/twists – 10 marks (2 marks each)**

1. Performed the correct Asanas for the appropriate session within the correct time limit
2. Demonstrated the movements smoothly with control
3. Demonstrated variety and progression
4. Explained the Asanas simply and precisely with alternatives where necessary
5. Ensured all clients have performed the Asanas correctly

**Finishing poses – 10 marks (2 marks each)**

1. Performed the correct exercises for the appropriate session within the correct time limit
2. Demonstrated the movements smoothly with control
3. Demonstrated variety and progression
4. Explained the exercises simply and precisely with alternatives where necessary
5. Ensured all clients have performed the exercises correctly

**Voice projection – 5 marks**

Demonstrated effective use of the voice throughout the session ensuring that the class has been able to hear and understand the candidate throughout. Language is appropriate to client's knowledge of anatomy and yoga terminology.

**Sample oral questions – 10 marks (2 marks each)**

1. How have you brought the reading from the Bhagavadgita into the participants' life?
2. Why is it important to teach the different Pranayama techniques?
3. Which Asanas would you recommend your client to avoid?
4. Which Asanas would you recommend your client to practice at home?
5. When would you teach meditation to your class?

**Document History**

Version	Issue Date	Changes	Role
1	04/02/2020	First Published	Assessment Lead for Sport