

Sample Questions

iUSP147 – Programming yoga teaching sessions

1	When considering safety prior to a Yoga Class, which of the following would be considered a hazard?		
A	A padded surface/exercise mat	B	Adequate space
C	Slippery floor	D	A quiet room with background music
C			

2	Why is it necessary to keep small Yoga apparatus clean, free from rough edges and neatly stored away?		
A	To avoid contamination and injury	B	To be able to sell it to clients after the session
C	To please the fitness manager	D	To make the clients aware of the teacher's sense of safety
A			

3	The neglect of an instructor's personal hygiene may lead to which one of the following?		
A	The loss of your Yoga certification	B	The gain in financial status
C	The loss of clients	D	The gain in the number of clients
C			

4	Which one of the following qualities makes a good Yoga teacher?		
A	Boasting about his/her technique	B	Showing empathy to everyone
C	Discussing the competition's methods	D	Discussing other client's abilities
B			

5	What kind of records does the Data Protection Act cover?		
A	Computer stored records only	B	Manually stored records only
C	All records, whether they are stored manually or on a computer	D	Confidential records that are not password protected
C			

6	Which of the following should be avoided with regards to helping clients reach their goal?			
A	Providing pre-Yoga or easier exercises for clients with medical issues	B	Discussion after giving well-rounded workout	D
C	Recapping the main points of the class	D	Setting the highest challenge for the whole class	

7	What do the syllables Gu and Ru mean?			
A	Hot and Cold	B	Darkness and Light	B
C	Enemy and Friend	D	Heart and Soul	

8	Which of the following describes how to activate the Mula Bandha?			
A	Strongly activate the pelvic diaphragm and the anus	B	Strongly activate the pelvic diaphragm and the gluteals	A
C	Mildly activate the pelvic diaphragm and the gluteals	D	Mildly activate the pelvic diaphragm and the muscles of the urogenital triangle	

9	What is the subtle body?			
A	An invisible body possessed by the soul	B	An instrument by which the soul has worldly experiences	A
C	A mental record of experiences	D	The mode in which the operations of the senses and mind are suspended	

10	How will the hamstrings be affected in The Sway-Back posture?			
A	They will be lengthened and strong	B	They will be lengthened and weak	D
C	They will be in balance with the hip flexors	D	They will be short and strong	

Document History

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v1	31/03/2021	First published	Assessment and Awarding Coordinator