



Sample Questions

iUSP147 – Programming yoga teaching sessions

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| 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 |
| C | Slippery floor | D | A quiet room with background music | |

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| 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 | A |
| C | To please the fitness manager | D | To make the clients aware of the teacher's sense of safety | |

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| 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 |
| C | The loss of clients | D | The gain in the number of clients | |

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

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

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| 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 | |

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| 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 | |

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| 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 | |

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| 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 | |

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| 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

| Version | Issue Date | Changes | Role |
|---------|------------|-----------------|-------------------------------------|
| v1 | 31/03/2021 | First published | Assessment and Awarding Coordinator |