



Sample Questions

iUSP155 – Delivering yoga teaching sessions

1	Which of the following actions is dangerous when practising Yoga?			
A	Drinking water	B	Holding onto a support when balancing	D
C	Full stabilisation before mobilisation	D	Continuing to exercise at a slower pace when the client feels ill	

2	What can be applied to Sarvangasana to make the pose easier and to remove stress from the neck?			
A	Raise the shoulders higher than the head with a blanket	B	Bring the shoulders lower than the head	A
C	Turn the head to the right	D	Turn the head to the left	

3	In which posture will the lumbar spine be in a flexed position:			
A	in the kyphosis/lordosis postures	B	in the flat back postures	B
C	in the hyper lordosis posture	D	in the ideal segmental postures	

4	Which of the following is correct with regards to a hyper lordosis posture?			
A	Lumbar spine is neutral	B	Posterior pelvic tilt	D
C	Lumbar spine flexed	D	Hip joints flexed	

5	What is the correct breathing method to use during a Yoga session?			
A	Inhale through the mouth, exhale through the mouth	B	Inhale through the nose, exhale through the mouth	C
C	Inhale through the nose, exhale through the nose	D	Inhale through the mouth, exhale through the nose	

6	When would it be useful to use visualisation when instructing a Yoga Class?			
A	When the client has little knowledge of physiology and anatomy	B	To add a diversion into the class	A
C	To keep instruction to a minimum	D	When the client has too much knowledge of anatomy	

7	Who is responsible for ensuring that there is adequate lighting during the teaching session?			
A	The employee	B	The electrician	C
C	The employer	D	The receptionist	

8	Within a class environment, to encourage good class rapport, would you?			
A	Encourage open communication	B	Encourage closed communication	A
C	Suggest only to speak when spoken to	D	Discourage class interaction	

9	Why is it important to motivate the participants of a Yoga class?			
A	To deter them from participating in future classes	B	To give them value for money	D
C	To make sure they stretch correctly at the end of the class	D	To encourage them to reach their own goals and objectives	

10	A client achieves a more difficult progression within a Yoga exercise. Should you:			
A	Ignore the achievement	B	Announce the achievement to the class	D
C	Increase the intensity of the exercise within the class further	D	Approach the client and praise the achievement	

Document History

Version	Issue Date	Changes	Role
v1	31/03/2021	First published	Assessment and Awarding coordinator