YMCAFit Teaching Yin and Restorative Yoga CPD

Assessment Paperwork

This document has been created to support the assessment of your YMCAfit Teaching Yin and Restorative Yoga CPD. It includes all the paperwork that you, your tutor and your assessor need to complete for each of the assessments.

**Course assessments**

Your course tutor will provide guidance on the assessments for this course.

* Your assessments include:
* Practical assessment via video submission
* Two session plans
* Two book reviews from recommended reading list

**Pre-course Study**

You are required to read two of the books from the reading list below **before** the start of the course. These will form the basis of discussion sessions on course.

**Reading list**

Blair, N. 2016. *Brightening Our Inner Skies*. London. MicMargins.

Clark, B. 2012. *The Complete Guide to Yin Yoga*. Ashland, Oregon. White Cloud Press

Lasater, J. H. 2011. *Relax and Renew.* Berkeley, California. Rodmell Press

Powers, S. 2008. *Insight Yoga.* Boulder, Colorado. Shambhala Publications.

**Post-course Study**

To be emailed to the course tutor within four weeks of the final course session

**1. Session Plans**

Two session plans using the template provided lasting one hour each.

* + One Yin Yoga session plan.
	+ One Restorative or Yin/Restorative session plan.

**2. Practical Assessment**

A pre-recorded video of teaching Yin yoga

* + To contain selected postures from one of the planned sessions
	+ Taught to a minimum of one participant.
	+ 30 minutes duration

Associated paperwork to be submitted for assessment:

* Video assessment agreement form
* Location and environment risk assessment
* Participant PARQ and Video consent form

**3. Book Reviews**

A written book review for each of the 2 books read from the reading list provided

* 300-500 words each

Associated paperwork to be submitted for assessment:

* Book review assessment

**Assessment Criteria**

Assessment criteria checklists are provided in the relevant documents below. Your course tutor will provide advice and guidance during the course to prepare you for each assessment.

As this is a CPD course for qualified yoga teachers, Yoga teaching skills will be assumed, however it would be good practice to evidence the following Level 3 assessment criteria in the delivery of your practical assessment;

* Selected safe and appropriate postures for the class theme
* Instructed postures with in a logical sequence with appropriate timings for participants’ needs
* Provided appropriate counter pose (where appropriate)
* Demonstrated postures with safe and effective technique
* Used tone of voice to create an atmosphere of calm and relaxation
* Observed participants effectively
* Gave relevant advice on breathing patterns
* Managed time effectively

Further guidance on how to submit your video assessment can be found in the attached document: “YMCAfit - Yin and Restorative Yoga Pre-recorded Video Assessment Guidelines”

**1. Session Plans**

Two session plans using the template provided lasting one hour each.

* + One Yin Yoga session plan.
	+ One Restorative or Yin/Restorative session plan.

|  |
| --- |
| **Session Plan One: Yin Yoga****Title/Theme:** |
| Phase of class  | Name the asana/activity Name the counterpose (Yin only) No of minutes in posture  | Purpose Use of breath Use of language/visualisations  | Precautions/modifications  Progressions  | Props |
|  |  |  |  |  |
| **Session Plan Two: Yin / Restorative Yoga (Please Indicate)****Title/Theme:** |  |
| Phase of class  | Name the asana/activity Name the counterpose (Yin only) No of minutes in posture  | Purpose Use of breath Use of language/visualisations  | Precautions/modifications  Progressions  | Props |
|  |  |  |  |  |

**Planning Assessment Criteria - Session planning checklist**

Learner’s name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Assessor’s name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

P = Pass Q = Question C = pass with comment R = Refer

The learner requires a P or C in every box in order to pass. The second “outcome” column is for reassessment (when applicable)

|  |  |  |
| --- | --- | --- |
| **Planning – the learner** | **Outcome initial assessment** | **Outcome from re-assessment** |
| 1. Provided two session plans for a mixed ability 60-minute class
 |  |  |
| On each plan: |
| 1. Identified the style of yoga as Yin, Restorative or a mix of Yin/Restorative
 |  |  |
| 1. Stated the title or theme of each class
 |  |  |
| 1. Outlined session content to include: opening, main and closing phases
 |  |  |
| 1. Provided relevant purpose of posture, modifications and progressions
 |  |  |
| 1. Planned for appropriate use of breath and language
 |  |  |
| 1. Planned for use of props to support participants
 |  |  |

|  |
| --- |
| Assessor’s comments |
|  |

Final result: \* Pass \* Refer

Assessor’s signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_

IQA’s signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_

**Pre-recorded Video Assessment for YMCA Yin and Restorative Yoga CPD Course**

It is essential that you are fully prepared before any assessment takes place. This includes ensuring that both you and your clients are always safe and have agreed to the conditions of the adapted assessment.

The practical assessment must take place in a suitable environment with at least 1 participant. You and your participant must consider potential hazards and distractions when selecting a suitable space.

Before you video your practical Yin Yoga session, we must ensure the session you will deliver is safe for both you and your participant, you must:

* Complete the 2 session plans in line with the guidance provided by your course tutor.
* Complete a location and environment risk assessment, detailing the environment/space where you will be delivering your session.
* Complete PAR Q’s and Video Consent for each of the participant. Electronic signatures will be accepted.

You must send copies of the risk assessment, PARQ’s and video consent forms along with this document and the link to the video assessment to your assessor.

**Teaching Yin and Restorative Yoga CPD – Practical Assessment**

**Observation checklist**  Learner’s Name:

KEY: No R’s allowed. If the learner has not met any of the criteria (Refer) then they will be required to resubmit their videoed assessment.

P = Pass C = pass with comment R = Refer

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| --- | --- | --- | --- | --- | --- |
| **Teaching – Main Phase Postures** | 1 | 2 | 3 | 4 | 5 |
| **Name the postures instructed and indicate Yin (Y) Restorative (RT)**  |   |   |   |   |   |
| 1. Instructed effective transitions between each posture, with minimal changes of level and muscular engagement
 |   |   |   |   |   |
| 1. Instructed participants to use props effectively
 |   |   |   |   |   |
| 1. Utilised language effectively as appropriate to principles of Yin/Restorative Yoga
 |   |   |   |   |   |
| 1. Offered modifications, alternative postures and progressions with sensitivity as appropriate to the needs of the participants
 |   |   |   |   |   |
| 1. Layered delivery to guide participants towards mindful awareness of body, mind and heart
 |   |   |   |   |   |
| 1. Allowed silent time for reflection
 |   |   |   |   |   |

The videoed assessment must contain the main phase of the class only. It will contain a minimum of 3 and maximum of 5 postures depending on the postures chosen and if postures are symmetrical (shorter time) or asymmetrical (time needed to complete both sides)

**Final result:** \* Pass \* Refer

Assessor’s signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

IQA’s signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Assessor feedback sheet – Yin and Restorative Yoga Practical Class**

Learner’s name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Assessor’s name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_    Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |
| --- | --- |
| Criteria   | Comments   |
|                        |    |

Learner’s signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_

Assessor’s signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_

IQA’s signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_

**Book Review Assessment**

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| **Assessment Criteria:** |
| 1. Complete 2 book reviews from the titles on the reading list containing the following;2. 300-500 words for each review3. Describe key areas learnt from the information in the book. 4. Describe how you will use the information in the book to influence your teaching and practice.5. An evaluation of the book (your assessment of the book's strengths and weaknesses, and how well it met its objectives). |

|  |
| --- |
| **Assessor’s comments: Describe how the learner met the criteria 1-5** |
| Book 1 Title:Author: | Comments |
| Book2Title:Author: |  |

Final result: \* Pass \* Refer

Learner’s signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_

Assessor’s signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_

IQA’s signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_

**Final Overall Result PASS/REFER**