

SPECIALIST AREA: YOGA AND PILATES-BASED MATWORK

Sub areas:

- *Yoga*
- *Pilates-based matwork*

NB. The following duties are indicative and not exhaustive.

Specialist duties:

The following specialist duties are relevant across the sub areas and qualifications should seek to cover these as appropriate:

- applies knowledge of the relevant anatomy and physiology to Yoga and Pilates, including the following
- core stability, optimal posture and the causes of postural deviations and spinal conditions and the impact of exercise
- structure and functions of the cardiorespiratory, endocrine and musculoskeletal system
- structure and function of the nervous system and effect of exercise on neuromuscular connections
- classifications of energy systems and how they are utilised during exercise
- applies knowledge of health and safety requirements, emergency procedures and controlling risks in a fitness environment
- applies knowledge of customer's needs and expectations to ongoing customer service
- prepares and maintains the exercise environment
- demonstrates professionalism in health and fitness sector

- applies knowledge of the operational and legislative procedures within an exercise and fitness facility
- applies knowledge of, where appropriate, the safeguarding procedures for children and vulnerable adults
- considers the effects of exercise on the body and how to apply the principles and variables of fitness to an exercise programme
- applies knowledge of exercise contraindications and key safety guidelines for individuals
- supports clients to exercise/undertake physical activity and considers barriers to exercise including promoting a healthy lifestyle/eating
- plans a group session for a range of participants within scope of practice and with the use of participant information
- prepares and delivers group exercise sessions
- reflects on and evaluates provision of group exercise sessions

Specialist duties relevant to the sub area in addition to the above:

Yoga

- Understands and where appropriate applies the history, philosophy and fundamentals of yoga in practice, including:
 - raja yoga
 - theory and principles of meditation
 - mantra
 - hatha yoga
 - the yogic concept of prana and the pranic body
 - the theory and principle of pranayama

- the theory of mudra
- Bandhas
- Kriyas
- the purpose of Asana
- the Counterpose
- the health conditions encountered within a yoga class
- commences a personal yoga practice
- designs and plans a progressive programme of yoga
- adapts yoga practices to meet the participants' needs during a yoga session
- reviews yoga sessions with participants
- delivers yoga sessions and is able to reflect on yoga sessions

Pilates-based matwork

- Conduct pre-exercise screening and identify when individuals should be referred to other exercise or health professionals
- Ensure the Pilates teaching environment is clean and safe
- Plan safe and effective Pilates-based matwork programmes, helping clients progress towards their goals while providing ongoing supervision, monitoring and session review
- Teach Pilates-based matwork to individuals and groups, including Pilates fundamentals and principles
- Adapt exercises and communication to meet client needs during Pilates-based matwork classes, including group classes and one-to-one
- Manage the client experience and retention by motivating clients to continually engage with exercise and physical activity