



# Power Yoga for Sport

## Short Course



**Duration:** 3 Months



**5 CPD points**



### **Admission requirements:**

If you do not hold a fitness qualification you will be required to complete:

**A Basic introduction into anatomy and physiology (self- study module.)**



**Registered:** REPSSA



**Modes of delivery:** Online



### **Course content:**

- ▶ Chapter 1: Why athletes need yoga for Sport
- ▶ Chapter 2: Anatomy, alignment, Assessment

- ▶ Chapter 3: Mindfulness Tools
- ▶ Chapter 4: Maximize your Yoga Practice
- ▶ Chapter 5: Standing Poses
- ▶ Chapter 6: Seated Poses
- ▶ Chapter 7: Floor Poses and Inversions
- ▶ Chapter 8: Sport Specific Sequences
- ▶ Chapter 9: Ready to use Yoga Sequences
- ▶ Chapter 10: Restorative Sequences



### **Learning outcomes:**

The outcome of this book is to educate PYFS teachers to design yoga programmes that can be used alongside their athletes current training regime, in order to assist athletes reach peak performance.



**Other courses you might be interested in**

- ▶ **Pilates Mat Instructor**
- ▶ **Fitness Instructor**
- ▶ **Performance Coach**