

# Anatomy Studies for Yoga Teachers

## Course Requirements & Syllabus

*for IYI Hatha I Teacher Training (Spring 2016)*

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**OBJECTIVE:** to provide an introduction to basic terms of movement and direction; the major bones, soft-tissues, and joints of the skeletal system (including common skeletal injuries); the major muscles of the muscular system (including their locations and actions); and an overview of the other systems of the body, with an emphasis on the nervous, circulatory and respiratory systems

**REQUIREMENTS:** attend all seven modules of the training; study the handouts and take the online open-book quiz for each module

**RECOMMENDED BOOK:** Most of the illustrations and concepts for this course have been derived from *Kinesiology: The Skeletal System & Muscle Function, 2nd Ed.*, by Joseph Muscolino (available in both print and e-book versions)

### MODULES & DATES:

**1. Intro to Functional Anatomy (3 hours)**

- *Date:* Friday 2/5 from 10:00-1:00pm

**2. Overview of Skeletal & Muscular Systems (3 hours)**

- *Date:* Friday 2/12 from 10:00-1:00pm

**3. Musculoskeletal Anatomy of the Axial Skeleton (3 hours)**

- *Date:* Friday 2/19 from 10:00-1:00pm

**4. Musculoskeletal Anatomy of the Pelvis & Hip (3 hours)**

- *Date:* Friday 2/26 from 10:00-1:00pm

**5. Musculoskeletal Anatomy of the Lower Extremity (3 hours)**

- *Date:* Friday 3/4 from 10:00-1:00pm

**6. Musculoskeletal Anatomy of the Upper Extremity (3 hours)**

- *Date:* Friday 3/11 from 10:00-1:00pm

**7. Anatomy of Other Systems (3 hours)**

- *Date:* Friday 3/18 from 10:00-1:00pm