

Anatomy Studies for Yoga Teachers

Course Requirements & Syllabus

for IYI Hatha I Teacher Training (Sundays 2015-16)

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:* Sunday 11/8 from 10:00-1:00pm

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

- *Date:* Sunday 12/6 from 10:00-1:00pm

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

- *Date:* Sunday 1/17 from 10:00-1:00pm

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

- *Date:* Sunday 1/31 from 10:00-1:00pm

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

- *Date:* Sunday 2/21 from 10:00-1:00pm

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

- *Date:* Sunday 3/20 from 10:00-1:00pm

7. Anatomy of Other Systems (3 hours)

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