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# Nature Care College

## Functional Assessment

<b>DESCRIPTION</b>	This unit of study will teach participants a holistic approach to assessment by exploring the connection between form and function, respecting how muscular tensions and postural imbalances often carry emotional tensions in the client, and from that perspective, making basic assessments in postural imbalances, and basic adjustments.	
<b>DURATION</b>	12 hours	
<b>LEARNING OUTCOMES</b>	By the end of this unit of study students will be able to: <ol style="list-style-type: none"> <li>1. Understand how form and function are related, and how intricately they are also related to goals and outcomes, and to be able to do a basic read of the goals and tensions a client is bringing to yoga.</li> <li>2. Approach the musculoskeletal system as a dynamic process that is affected by patterns of physical activity, mental cognition, emotions and age, and to be able respect a client's imbalances from a holistic perspective.</li> <li>3. Assess tensions along the neck, shoulder girdle, back, pelvic girdle, and legs</li> <li>4. Adjust postures accordingly</li> </ol>	
<b>TEACHING METHOD</b>	Modified lectures using specific texts and lecturer's experience Demonstration and practice Small group exercises and discussion Self study - personal practice	
<b>ASSESSMENT</b>	Practical Assessment in class Written Assignment	Final Class Week 11
	<b>Pass/fail only. No Grades Available.</b>	
<b>ATTENDANCE</b>	90% minimum.	
<b>PRE-REQUISITES</b>	Nil.	
<b>CO-REQUISITES</b>	Anatomy & Physiology 1A Asana (Postures) Level 1	
<b>MATERIALS</b>	Notebook, pen, comfortable clothing.	

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**REQUIRED**

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**TEXTBOOKS****Compulsory:**

Nil.

**Recommended Reading / References:***The Molecules of Emotion*, Dr. Candace Pert*Bioenergetics*, Alexander Lowen, M.D.*Anatomy of the Spirit*, Caroline Myss

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**FULL-TIME DELIVERY - SESSION-BY- SESSION OUTLINE**

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**SESSION 1 & 2** Understanding the link between form, function and outcomes  
Developing assessment criteria  
Functional assessment from a yogic point of view  
Yogic theory on how the body performs

**SESSION 3** The muscles and bones as dynamical structures  
Postural assessment, understanding the spine, pelvis and legs as springs,  
examining the shoulder girdle, the back, the pelvic girdle, the knees and feet

**SESSION 4** Introduction to basic stabilizing exercises addressing deficits

**SESSION 5** Corrective exercises and adjustments

**SESSION 6** Assessment

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**PART-TIME DELIVERY - SESSION-BY- SESSION OUTLINE**

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**SESSION 1** Understanding the link between form, function and outcomes  
Developing assessment criteria  
Functional assessment from a yogic point of view  
Yogic theory on how the body performs

The muscles and bones as dynamical structures  
Postural assessment, understanding the spine, pelvis and legs as springs,  
examining the shoulder girdle, the back, the pelvic girdle, the knees and feet  
Introduction to basic stabilizing exercises addressing deficits  
Corrective exercises and adjustments

**SESSION 2** Assessment

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**Please be respectful of your fellow students and arrive on time for classes.  
Please ensure all mobile phones are turned off prior to the commencement of class.**

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