



Sacred Women's Business

COACHING

Quiz – 30 minutes

Yoga Anatomy and Physiology 101

Sources

1. Basic Yoga Anatomy webinar – 30 minutes
2. Basic Anatomy and Physiology Manual

1. The basic structural and functional unit of the body is known as the:
 - a. Neuron
 - b. Muscle
 - c. Cell
 - d. Tissue
 - e. All of the above
2. Anatomy is based on the Greek word *anatomia* which means:
 - a. Knowledge
 - b. Body
 - c. Wisdom
 - d. To Cut Apart
 - e. None of the above
3. The Western Scientific Model of the Body is based on measurable and tangible evidence and influenced by the science of classical mechanics. The founder and great scientist of this is widely known as Sir Isaac _____

Sacred Women's Business

P.O. Box 97 New Brighton NSW 2483 AUSTRALIA

Mobile: 61 422993141 | **Web:** www.LisaFitzpatrick.com.au | **Email:** Sacredwomensbusiness@yahoo.com.au



Sacred Women's Business

COACHING

4. List 5 Reasons why learning Anatomy and Physiology is important for your yoga practice

1.
2.
3.
4.
5.

5. The small power plants located inside the cells are known as mitochondria. Once destroyed, these cannot be increased. True or False?

6. Mitochondria are responsible for producing the body's basic fuel source by combining nutrients and oxygen. This basic fuel source is known as:

- i. APT – adenosine phosphate tyrisol
- ii. ADT – adenosine di- triphosphate
- iii. ATP – adenosine tri-phosphate
- iv. None of the above

7. Like-minded cells cluster together to form:

- i. Muscle
- ii. Cell families
- iii. Tissues
- iv. The Heart

8. There are 4 major tissue types. Fill in the blanks on the table below:

Sacred Women's Business

P.O. Box 97 New Brighton NSW 2483 AUSTRALIA

Mobile: 61 422993141 | **Web:** www.LisaFitzpatrick.com.au | **Email:** Sacredwomensbusiness@yahoo.com.au



Sacred Women's Business

COACHING

1. Epithelial	
2.	Smooth, cardiac and skeletal
3.	Neurons and neuroglia
4. Connective	

9. There are 11 systems in the body. Fill in the table using pages 11-14 in your manual to revise the systems.

System	Functions
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	

Sacred Women's Business

P.O. Box 97 New Brighton NSW 2483 AUSTRALIA

Mobile: 61 422993141 | **Web:** www.LisaFitzpatrick.com.au | **Email:** Sacredwomensbusiness@yahoo.com.au



Sacred Women's Business
COACHING

Sacred Women's Business

P.O. Box 97 New Brighton NSW 2483 AUSTRALIA

Mobile: 61 422993141 | **Web:** www.LisaFitzpatrick.com.au | **Email:** Sacredwomensbusiness@yahoo.com.au