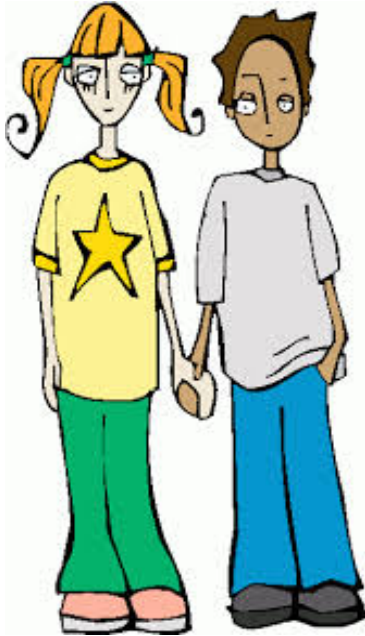




Quiz – Yoga Anatomy for Teens Aged 13-18yrs



Instructions:

This quiz is designed as an open-book quiz in collaboration with the manual 'Yoga Anatomy and Physiology for Kids Aged 13-18 yrs'

There are 8 sections. Each section is marked with an approximate time-frame. A total of 45 minutes will be optimal for completion. Answer to the best of your ability and we will be going through your answers at the conclusion of the session.



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Section One (5 mins)

Introduction to Anatomy and Physiology for Yoga

1. List 5 reasons why learning anatomy and physiology is important for yoga teachers of the 13-18 year-old age group

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Section Two (10 mins)

The Skeletal System



1. As teenagers go through puberty, there is an increase in _____
2. The end of puberty marks the end of most _____
3. Rapid growth along with prolonged desk time will often result in poor _____ and poor _____ in the spine.
4. List the top 8 asana for bone strengthening in teens

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5. List 5 asana for improving posture in teens

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Section Three (5 minutes)

The Nervous System



1. Yoga supports _____ for a healthy body and _____.
2. Meditation has been proven to help calm the _____ system, a part of the brain and nervous system which is helpful for reducing risk taking and primitive behavior.
3. List 3 yoga teaching tips that are helpful to know when working with 13-18 year olds' nervous systems



3. List 5 yoga tools that specifically benefit the nervous system of 13-18 year olds

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Section Four (5 minutes)

Milestones

Fill in the blanks -

1. List 3 typical milestones for the 12-14 year-old

2. List 3 typical milestones of the 15-18 year-old

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Section Five (5 minutes)

The Muscular System

1. Teens will gain approximately _____percent of their ideal adult weight during puberty.
2. Strong _____muscles (muscles located closer to the trunk) are essential for the strength of _____ muscles, located in the peripheral body (arms and legs).
3. List 3 benefits of yoga for the neuromuscular system



Section Six (5 minutes)

The Respiratory System



1. List 3 important safety tips for care of the respiratory system in teens

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2. List 3 age-appropriate Yoga Tools to support the respiratory system in teenagers

- list these, no need for full explanation of how to teach.

Section Seven (5 minutes)

Cardiovascular System



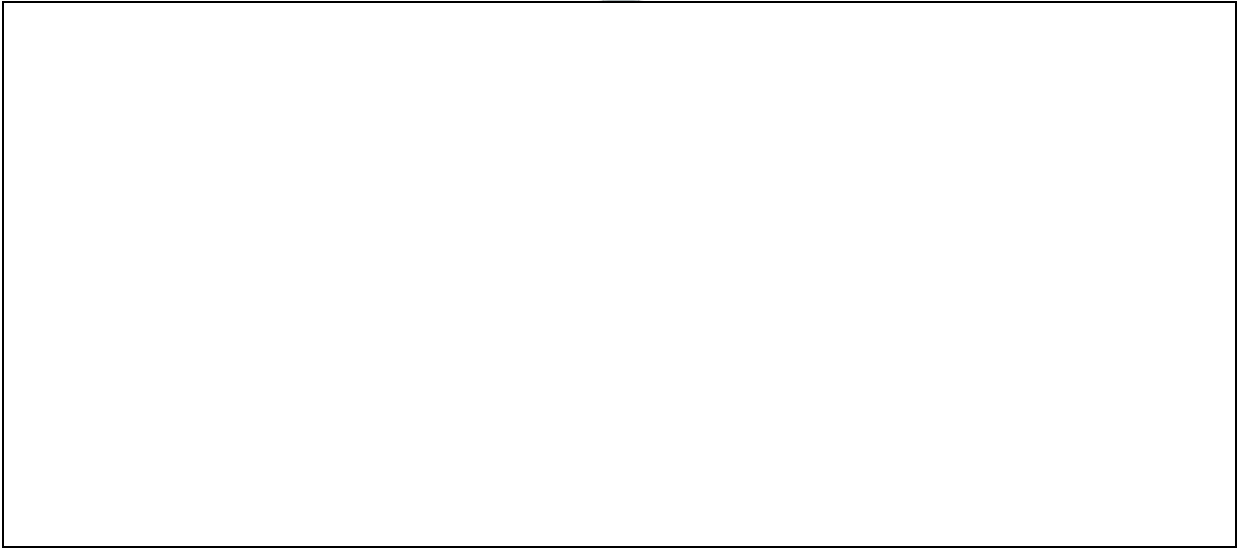
1. List 3 yoga tools that may be beneficial to support the health of the cardiovascular system of teenagers.

[Empty rectangular box for listing yoga tools]

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Section Eight (5 minutes)

The Endocrine System



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1. Mid to late teens usually signifies an intense growth spurt as the _____ gland is activated to stimulate growth.
2. When girls and boys reach puberty, an increase in _____ production triggered by the _____ glands spurs a rapid growth spurt.
3. List 3 yoga tools to support a healthy endocrine system in teenagers.

Please write your full name neatly with correct spelling

Name: _____

Thank you and Namaste

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