



## Quiz – Yoga Anatomy for Kids Aged 9-12yrs



### Instructions:

This quiz is designed as an open-book quiz in collaboration with the manual 'Yoga Anatomy and Physiology for Kids Aged 9-12yrs'

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 points from the section 'Introduction to Child Development of the Older child – Understanding the anatomy and physiology of 9-12 year olds' that you feel will help you as a teacher to this age group.

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## Section Two (10 mins)

### The Skeletal System



1. \_\_\_\_\_ is incomplete until the end of puberty.
2. \_\_\_\_\_ will not close up and stop growing until a couple of years after puberty on average.
3. Puberty will vary in its onset, sometimes beginning as young as \_\_\_\_\_.
4. The two most important lifelong bone health habits to encourage in the older child are \_\_\_\_\_ and \_\_\_\_\_.
5. List 5 important safety considerations for the skeletal system that you must consider when teaching 9-12 year olds.



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6. List 5 benefits of yoga for the skeletal system of 9-12 year olds

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### Section Three (5 minutes)

#### The Nervous System



1. According to Swiss psychologist, Jean Piaget, the period of 7-12 years makes up the 'concrete operational' stage for kids. During this period, children develop more of an ability to think \_\_\_\_\_ and to have more \_\_\_\_\_ thought patterns.
2. List 5 yoga teaching tips that are helpful to know when working with 9-12 year olds' nervous systems

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3. List 5 yoga tools that specifically benefit the nervous system of 9-12 year olds

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## Section Four (5 minutes)

### **The Endocrine System**



1. Data suggests that excess fat (also known as adiposity) during childhood may influence pubertal development. In particular, excess adiposity during childhood may \_\_\_\_\_ puberty in girls and \_\_\_\_\_ puberty in boys.
2. Yoga can have a therapeutic effects upon hormones by \_\_\_\_\_ and improvement of \_\_\_\_\_ to the important endocrine glands.

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**Section Five (5 minutes)**

**Milestones**

Fill in the blanks -

1. List 3 typical milestones for the 9 year-old

2. List 3 typical milestones of the 10 year-old

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3. List 3 typical milestones for the 11 year-old

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

**Section Six (5 minutes)**

**The Muscular System**

1. List 3 yoga tips to support the muscular system for children aged 9-12 years



## **Section Seven (5 minutes)**

### **The Respiratory System**



1. Always allow a child to \_\_\_\_\_ if the symptoms of Exercise Induced Bronchoconstriction (EIB) appear, such as coughing, wheezing and shortness of breath.
  
2. Deep breaths support \_\_\_\_\_ and reduce \_\_\_\_\_

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3. List 2 important safety tips for care of the respiratory system

4. List 3 age-appropriate Yoga Tools to support the respiratory system in the older child

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**Section Eight (5 minutes )**

**Cardiovascular System**



1. List 2 yoga tools that may be beneficial to support the health of the cardiovascular system in the older child.

**Please write your full name neatly with correct spelling**

**Name:** \_\_\_\_\_



*Thank you and Namaste*

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