

Title of Extra Qualification	Promoting Cultural-Creative Skills Specialisation: Yoga
Target Group (Qualification(s)):	People working in the health and social care sector, e.g. geriatric nurses, social care assistants, social workers
Duration (lessons à 45 min):	20
Necessary Qualification of Trainer	- Relevant Proven Experience in Yoga Didactics
Necessary Equipment	Gym Carpet, Sufficient Space, CD player / stereo system, CDs
EQF / NQF Level	4
Assessment Instruments	Final Questionnaire provided to the participants on the last training session.

Learning Objective (Summary)

The extra qualification “Yoga” is a specialisation of the Extra Qualification proposed by Germany, “Promoting Cultural-Creative Skills”.

The course is thought for those learners working in social and health care for children, disabled people, socially disadvantaged and elderly people. These skills and competences addressed in the extra qualification “Promoting Cultural-Creative Skills” are related to the learners’ capacity for creative activity in the various forms of human expression and comprise experiences in the areas of music, language and literature, games, and movement. Exercising and instructing yoga activities particularly aims at elderly people, in particular for what movement, posture, relax and breathing is concerned. The activities would favour relax and mobility of the patient.

The learning objective of the extra qualification “Yoga” is that learners are enabled to teach yoga techniques to their patients, in particular to those elderly people whose mobility is sensibly threatened.

Unit of Learning Outcomes

Yoga

Professional Competence

Managing Personal Emotions

Skills

- Recognize personal emotions
- Manage personal emotions
- Limit stressful situations through Yoga training

Knowledge

- Describe and recognize the relationship between emotion and physical expression of the emotion itself.
- Describe the Yoga Techniques of emotion control
- Illustrate the benefits of music for relaxation and its supportive role in yoga

Professional Competence

Working with yoga techniques and postures

Skills

- Execute main Asana positions
- Carry out Breathing Techniques

Knowledge

- Explain the principles of Yoga philosophy
- Differentiate between general physical exercise and yoga
- Explain main principles of yoga breathing techniques
- Describe different Asana positions and their relevance for physical and emotional well-being

Professional Competence

Recognize and teach correct posture and movements

Skills

- Recognize and correct patients' wrong postures and help them improve postures
- Explain Yoga Techniques' benefits to patients
- Maintain the patient's physical mobility

Knowledge

- Explain Yoga Teaching Methodologies
- Describe main risks for human health connected to wrong postures in yoga

Personal Competence

- Help shape the work within a group and the learning or working environment of such a group and offer ongoing support.
- Build a supportive relationship with patients.
- Justify processes and results.
- Provide comprehensive communication on facts and circumstances.
- Set own learning and work objectives, reflect on and assess such objectives and take responsibility for them.