

# Lifetime Fitness Study Guide

## Yoga and Pilates

### History of Yoga

Evidence has been found that Yoga dates back to 4000 BC. There are carvings depicting Yoga postures in caves in what is now Afghanistan. The language of Yoga is Sanskrit. The postures or asanas have Sanskrit names that have been translated into English. The history of Yoga goes through different stages from the Vedas, to Pre-Classical Yoga, Classical Yoga, Post-Classical Yoga, on to Yoga practice in recent decades. These are still in practice today all around the world.

Modern Yoga arrived in the United States in the late 1,800's. Yoga gained popularity in the 1960's and has been growing strong since. Today Yoga can be practiced traditionally and in a health club atmosphere. It is up to the individual in how he or she wants to practice Yoga.

The Yoga we practice is Hatha. There are four different types of Hatha Yoga: Ashtanga (Power), Bikram (Hot), Iyengar (Props), and Kundalini (Fast). The purpose of Hatha Yoga is to connect the mind and body, to balance the spinal column. The spine is looked at as the staff of life. A healthy spinal column should keep the rest of the body functioning well. Everything stems from the spinal cord, its health is crucial. When practicing Yoga consider these things: Show up, mentally and physically, and be open to the outcome. Respect yourself and those around you during Yoga practice.

### Yoga Vocabulary

**Asana** - exercise posture or pose

**Pranayama** - breath control

**HA** - sun, solar, heat

**Ashtanga** - power Yoga

**Kundalini** - fast Yoga

**Namaste** - the spirit in me salutes and respects the spirit in you.

**Savasana** - Relaxation

**THA** - moon, lunar, cool

**Bikram** - hot Yoga

**Iyengar** - Yoga with props

### Exercises and Poses

**Warm-up** - Warm-up hips, spine, neck and shoulders, Sun Salutation 6 to 12 times through

**Power Poses** - Chair, Warrior sequence, Plank, Flying Cobra, Side Plank, etc.

**Balancing Poses** - Tree, Dancer, Shooting, Star, Leg Extension, Crane, etc.

**Floor Poses** - Down Dog, Cobra, Up Dog, Bird, Bow, Boat, Fish, Runner's Stretch, Child's, Rabbit, etc.

**Lying Poses** - Leg Extension, Spinal Twist, Dead Bug, Starfish, Right side and Relaxation.

### History of Pilates

Pilates was created in the early 1900's by Joseph Pilates (1880 - 1967). Pilates combines the Eastern philosophies of exercise with Western methods of exercise. It is the "Art of Contrology." Concentration and focus on the muscles being exercised is crucial for effectiveness.

Pilates works the "Powerhouse" which consists of the stomach, hips, lower back and gluteus muscles. There are three important steps in Pilates: 1. Tuck your chin. 2. Scoop your belly. 3. Breathe. The breath is an inhalation through the nose and a force exhalation while contracting the abdominal muscles. The goal in Pilates is to lengthen and strengthen the muscles. There are different types of Pilates. We practice mat or floor Pilates.

### Pilates Exercises

The Hundred

Single Leg Stretch

Double Straight Leg

Single Leg Kicks

The Roll-Up

Double Leg Stretch

The Saw

Side Kicks

Single Leg Circles

Spine Stretch Forward

The Roll-Over

Teaser

Rolling Like A Ball

Single Straight Leg

Swimming

The Seal

# Lifetimefitness Study Guide

**Kathleen M. Haywood, Kathleen  
Haywood, Nancy Getchell**



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*Life Span Motor Development* Kathleen M. Haywood, Kathleen Haywood, Nancy Getchell, 2019-05-17 Life Span Motor Development Seventh Edition With Web Study Guide is a leading text for helping students examine and understand how interactions of the developing and maturing individual the environment and the task being performed bring about changes in a person s movements This model of constraints approach combined with an unprecedented collection of video clips marking motor development milestones facilitates an unmatched learning experience for the study of motor development across the life span The seventh edition expands the tradition of making the student s experience with motor development an interactive one An improved web study guide retains more than 100 video clips to sharpen observation techniques while incorporating additional interactive questions and lab activities to facilitate critical thinking and hands on application The text also contains several updates to keep pace with the changing field Content related to physical growth and development of the skeletal muscle and adipose systems is reorganized chronologically for a more logical progression New material on developmental motor learning demonstrates the overlap between the disciplines of motor development and motor learning New insights into motor competence help explain the relationship between skill development and physical fitness The text helps students

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