

Abstract:

Title: Pedagogy of yoga due to population health targeted to inverse positions and their effectiveness to physiotherapy

Objectives: In the theoretical part of this thesis the aim is to research the pedagogy of selected inverted positions (Šírśásana, Sarvángásana, Prasárita Pádottánásana) and to subsequently evaluate their contribution to physiotherapy. In the practical part of the thesis the aim is to determine the level of pedagogy of applied yoga in selected fitness centers of Prague and Hradec Králové in relation to public health.

Methods: The thesis has a descriptive theoretical and empirical character. The theoretical part of the thesis is a form of research. The practical part of the thesis is conducted in the form of a blind experiment when an instructor of a public lesson is observed and then an interview is conducted.

Results: Significant discrepancies in the pedagogy of selected inverted positions were found among the authors of yoga publications, but also between literature and yoga practice in public yoga lessons. Inverse positions are not part of each open lesson. Selected inverse positions were trained during only 13 lessons of the 20 lessons that were involved to the research. Only two of twenty lecturers had health education both of them did the right yoga pedagogy but the sample was too small to demonstrate the relationship between health education and the quality of pedagogy of yoga ásanas.

Keywords: yoga, Sirsana, Sarvangasana, Prasárita Pádottánásana, cervical spine