1. **Before starting a yoga session, the Assistant Yoga Instructor must ensure that participants:**
a) Have brought their own yoga mats
b) Are wearing light and comfortable clothes
c) Know advanced yoga postures
d) Are certified yoga practitioners
**Answer:** b) Are wearing light and comfortable clothes
2. **Which of the following should be avoided during a yoga session?**
a) Demonstrating yoga postures
b) Modulating voice as per participant needs
c) Unnecessary physical contact with participants
d) Using a soft tone for instructions
**Answer:** c) Unnecessary physical contact with participants
3. **What should an Assistant Yoga Instructor do after each session?**
a) Leave the area without cleaning up
b) Start preparing for the next session immediately
c) Seek feedback from participants
d) Ignore any complaints from participants
**Answer:** c) Seek feedback from participants
4. **While interacting with participants, it is important for the Assistant Yoga Instructor to:**
a) Maintain a strict tone at all times
b) Use a gender-neutral approach
c) Discuss personal beliefs openly
d) Avoid eye contact
**Answer:** b) Use a gender-neutral approach
5. **The Assistant Yoga Instructor should ensure which of the following to maintain professionalism?**
a) Only follow hygiene protocols when observed
b) Respect participant privacy and confidentiality
c) Share participant feedback publicly
d) Keep personal opinions about yoga to themselves
**Answer:** b) Respect participant privacy and confidentiality
6. **What is one of the key skills for maintaining professional relationships?**
a) Controlling all aspects of the yoga session
b) Practicing active listening
c) Ignoring participant complaints
d) Demonstrating every posture perfectly
**Answer:** b) Practicing active listening
7. **If an emergency arises during a session, what should the Assistant Yoga Instructor do?**
a) Inform participants and continue the session
b) Provide Basic Life Support (BLS) if needed
c) Ignore it and wait for someone else to respond
d) End the session immediately without explanation
**Answer:** b) Provide Basic Life Support (BLS) if needed
8. **Which of the following is crucial for maintaining a safe yoga environment?**
a) Allowing participants to use unsafe equipment
b) Regularly checking the condition of lights, ventilation, and washrooms
c) Asking participants to bring their own cleaning supplies
d) Avoiding any emergency procedures
**Answer:** b) Regularly checking the condition of lights, ventilation, and washrooms
9. **The Assistant Yoga Instructor should report breaches in safety to:**
a) The yoga instructor
b) Any participant
c) The designated authority in the organization
d) No one; handle it personally
**Answer:** c) The designated authority in the organization
10. **Why is it important for an Assistant Yoga Instructor to follow sanitization protocols?**
a) To reduce session time
b) To prevent the spread of infections
c) To increase participant numbers
d) To improve yoga postures
**Answer:** b) To prevent the spread of infections
11. **Personal hygiene for an Assistant Yoga Instructor includes:**
a) Using hand sanitizer only when convenient
b) Wearing appropriate Personal Protective Equipment (PPE) when necessary
c) Ignoring sanitization of yoga mats
d) Allowing participants to share equipment
**Answer:** b) Wearing appropriate Personal Protective Equipment (PPE) when necessary
12. **How should the Assistant Yoga Instructor handle waste disposal?**
a) Leave it for the cleaning staff
b) Dispose of waste as per the organization’s guidelines
c) Ignore waste segregation
d) Dispose of waste only after the session ends
**Answer:** b) Dispose of waste as per the organization’s guidelines
13. **Maintaining social distancing during yoga sessions involves:**
a) Avoiding the use of masks
b) Ensuring participants are spaced appropriately
c) Closing all windows and doors
d) Gathering participants in small groups
**Answer:** b) Ensuring participants are spaced appropriately
14. **To ensure sanitization, the Assistant Yoga Instructor must:**
a) Only disinfect equipment once a day
b) Clean and disinfect all materials before and after use
c) Allow participants to clean their own equipment
d) Use only water for cleaning
**Answer:** b) Clean and disinfect all materials before and after use
15. **What should the Assistant Yoga Instructor do if they notice signs of illness in themselves or others?**
a) Continue working as usual
b) Report it immediately to the appropriate authority
c) Wait to see if symptoms worsen
d) Only inform close colleagues
**Answer:** b) Report it immediately to the appropriate authority