UNIT 8: TEACHING METHODOLOGY IN YOGA – III

UNIT STRUCTURE

8.1 Learning Objectives
8.2 Introduction
8.3 Concept of Individualized Instructional Method
8.3.1 Characteristics of Individualized Instructional Method
8.3.2 Steps involved in Individualized Instructional Method
8.3.3 Merits and Demerits of Individualized Instructional Method
8.4 Concept of Directed Practice Method
8.4.1 Characteristics of Directed Practice Method
8.4.2 Steps involved in Directed Practice Method
8.4.3 Merits and Demerits of Directed Practice Method
8.5 Concept of Project Method
8.5.1 Characteristics of Project Method
8.5.2 Steps involved in Project Method
8.5.3 Merits and Demerits of Project Method
8.6 Let Us Sum Up
8.7 Further Reading
8.8 Answers to Check your Progress
8.9 Model Questions

8.1 LEARNING OBJECTIVES

After going through this unit, you will be able to-

- Understand the concept of Individualized Instructional Method, Directed Practice Method and Project Method.
- Know variousdefinitions of Individualized Instructional Method, Directed Practice Method and Project Method.
- Explain the characteristics of Individualized Instructional Method, Directed Practice Method and Project Method

- Analyse critically themerits and demerits of Individualized Instructional Method, Directed Practice Method and Project Method

8.2 INTRODUCTION

Teaching methodology has its positive impact on effective learning of students. A teacher should know about different teaching methods as well asabout when to use them keeping in mindthe requirementsof students. Comprehension of teaching methods is considered very essential on the part of a teacher. As a yoga teacher, she/he needs to focus on the students by engaging teaching learning situations.This will help to sustain students' learning interest and motivation.For teaching yoga, it isnecessary to apply appropriate methods of teaching. Appropriate methods of teaching always consider individual needs and abilities of students in order to help them to learn safely and effectively the postures, breathing techniques as well as mindfulness practices. This can create a supportive environment that helps both physical well-being and mental health profits. On the other hand, using the inappropriate teaching methods may have negative learning impact result in injury, discouragement or a lack of understanding of yogapractices.

For teaching yoga, application of suitable teaching methods is very important due to the following reasons-

- **Ensuring safety**: Application of appropriate teaching methods can help ateacherto deliver clear instructions as well as demonstrate postures appropriately because; incorrect position or pushing beyond limits can lead to injuries on the part of the learner.
- **Availability:**Selection of an appropriate teaching method by a teacherhelps in fulfilling the requirements of diverse levels of students. The methods should be equally suitable for beginners to advanced practitioners or learners. Suitable teaching method ensures that every student feels comfortable properly.
- **Understanding the Practice and theories of yoga:**Application of proper teaching methods assists in understanding the practices.

Teaching of yoga is not only practicing the physical postures. Along with the practice of physical postures, teaching of yogaalso refers explaining the philosophy and theories behind yoga as well as the benefits of different yoga practices in order to build the connection between mind and body.

- **Building self-confidence:** Application of an appropriate teaching method can build anatmosphere of support and encouragementfor students in order to facilitate their progress and in-depth practices.

8.3 CONCEPT OF INDIVIDUALIZED INSTRUCTIONAL METHOD

Individualised instructional method is one of the effective methods of teaching yoga. The prime assumption of individualised instructional method is that each student has unique needs different from others that can be fulfilled by a good teacher providing personalized guidance in order to optimize learning experiences. This method prepares learning materials and teaching techniquesas perthe needs of each student. Thus, it is based on personalized learning approach.

The students are given the opportunity to complete different tasks in individualized instruction method. Here in this method,the students receive support at the individual level during the learning process. They can learn at their own pace. Provision of flexibility is there in the learning process. The teachers act like a guide and facilitator. By providing guidance, the teacherensuresthat each student ends up at the same destination. Thelearning environment helps and encourages students to overcome their fears of learning.

Individualised instructional method is based on the following assumptions-

- There are individual differences in students'learning.
- All students are unique in their own way.
- Teaching should be differentiated and individualised.

8.3.1 CHARACTERISTICS OF INDIVIDUALIZED INSTRUCTIONAL METHOD

The prime focus of individualized instructional method is togratify diverseneeds, interests and abilities of students. Some characteristics of individualized instructional method are mentionedbelow-

- **Tailored learning**: Individualised instructional method encompasses tailored learning. The questions of 'what to learn', 'when to learn', 'where to learn' and 'how to learn'aredecided as per the needs, interests and abilities of students and modified accordingly.
- **Student-centric**: This method is student centric in nature. Because; students get the opportunity to be actively involved in the process of learningin order to attainlearning goals.
- **Realistic goals**: In individualised instructional method, the learning goals set for the students are realistic in nature.
- **Individualized learning plans**: Provision of individual attention to each student is a characteristic of individualised instructional method. Hence,'Individualized Learning Plans' are designed for each student.
- **Feedback**: Providing feedback to students is a significant characteristic of individualised instructional method. In individualised instructional method, feedback is offered to facilitate students' learning.
- **Self-pacing**: In individualised instructional method the students get chances to learn according to their own pace which is another characteristic of this method of teaching.

8.3.2 STEPS INVOLVED IN INDIVIDUALIZED INSTRUCTIONAL METHOD

The following steps are involved in individualised instructional method -

- **Assessment of the students' background**: In this step,the needs and interests of the students are tried to be understood by the teacher in order to assess their background.
- **Choice of suitable subject matter**:In this step, the teacher makes a choice regarding selection of an appropriate subject matter.

- **Selection of teaching strategies:**In this step determination of teaching strategies is done by the teacher in order to meet the needs and interests of the students.
- **Monitoring progress of students**: Constant monitoring is done by the teacher in this step, in order to check the progress of the student.
- **Undertaking revisions**: Revisions or alternatives are done if needed or required in this step.
- **Records**: This step comprises qualitative and quantitative records of students.

8.3.3 MERITS AND DEMERITS OF INDIVIDUALIZED INSTRUCTIONAL METHOD

If we critically analyse this teaching method, then we find some merits as well as demerits of the individualized instructional method. Some of the significant merits and demerits of individualised instructional method have been mentioned below:

Merits of individualised instructional method:

- This method of teaching addresses the strengthsand weaknessesof students with specific care and support.
- Self-pacing characteristic is an advantage of individualised instructional methods. Students can have their learning according to their convenience.
- Maximum engagement and enthusiasmon the part of the students is an advantage of individualised instructional method.
- This method tries to gratify the diverse needs of the students as this method believes in individual attention to each student.
- A significant advantage of this method is careful and continuous assessment of the progress of each student.
- It is student centric which is a significant advantage of this method.
- Another advantage of this method is that it recognises students' varying knowledge, readiness, language, preferences in learning, interests etc.

- Facilitating growth and individual success of each student's by assisting the students in the learning process is an advantage of this method of teaching.

Demerits of individualised instructional method:

- As the teacher has to meet the needs of many students in one classroom,there is the possibility that the teachers may experience exhaustion in the teaching-learning process.
- It can also be difficult to measure growth because apples to apples assessmentsarenotalways possible.
- Another disadvantage of individualised instructional method is time limits.
- Teacher preparedness is a challenge of executing individualised instructional method. Teachers are required tremendous preparation for execution of the method.

8.4 CONCEPT OF DIRECTED PRACTICE METHOD

The directed practice method is a learning technique. It primarily focuses on practicing a new skill or concept immediately after providing an instruction. The purpose of this method is to help studentsto acquire mastery overa skill or concept. In this method, during instruction; the student tries to comprehend the concept of operation. The demonstration ends when the students can demonstrate the operation or concept for the first time. This method can be used across various subject areas. It is particularly effective for teaching foundational skills. In order to consolidate the new learning, practice starts.

There are two different types of practices-(i) Directed and (ii) Independent. Directed practice takes place under the supervision of the teacher.

In directed practice method, the teacher has to play the following role-

- The teacher provides information to students and models the skill
- The teacher introduces a new skill or concept
- The teacher gives students guided instructions along with examples

- The teacher provides feedback to the students
- The teacher assesses and evaluates the students' level of understanding

8.4.1 CHARACTERISTICS OF DIRECTED PRACTICE METHOD

Some significant characteristics of directed practice method are mentioned below-

- **Focused practice**: Students get the opportunities to practice in focused periods with recording.
- **Controlled practice**: Controlled practice is a characteristic of directed practice method. Here, the students attempt to complete tasks with controlled practices.
- **Teacher-directed**: In directed practice method, the teacher provides clear direction with instructions as well as structured learning.
- **Student-centric**: One of the characteristics of directed practice method is that it is student-centric.The teacher encourages the students forspontaneous interactive.

8.4.2 STEPS INVOLVED IN DIRECTED PRACTICE METHOD

The steps of the directed practice method are mentioned below-

- **Introduction**: In this step, the teacher introduces the concept or skill. For this, the teacher gives the opportunity for learning by presenting the new concept or skill.
- **Presentation**: Here in this step, the teacher demonstrates how to perform the skill. The teacher also provides clear instructions and present new material.
- **Guided practice**: This step involvesproviding students with opportunities bya teacher to practice the new concept or skill in a structured way.
- **Feedback**: In this step,students are providedwith feedback on their performance by a teacher.
- **Independent Practice**: In this step,encouragement is provided by a teacher to the students in order to practice a new skill or conceptself-reliantly.

- **Evaluation**: Assessment of the students' comprehension of a concept or skill by a teacher is done in this step.

8.4.3 MERITS AND DEMERITS OF DIRECTED PRACTICE METHOD

Directed practice method is an innovative teaching method which has many benefits in the teaching learning process. However, there are some demerits or disadvantages of this method. Some of the merits and demerits of directed practice method are discussed below-

Merits of directed practice method:

- This method can help in increasing flexibility, balance and coordination.
- It can increase muscle strength of the learners.
- This method can promote respiration and breathing techniques.
- Directedpractice method provides precise demonstrations and explanations along with examples to convey information or demonstrate skills to students.
- The teacher breaks down complex tasks into smaller, manageable steps, making the content more accessible to learners.
- This method involves high levels of student participation through guided practice.
- Students get opportunities to be actively involved in the learning process.
- Regular assessments are conducted to measure student understanding and progress.

Demerits of Directed Practice Method

- This method focuses on transmitting specific knowledge and skills which can limit opportunities for students to develop their creativity and critical thinking abilities.
- This method leaves little room for independent thinking or problem-solving.
- This method can create a dependency on the teacher for knowledge and guidance. Students may rely heavily on the teacher for information and direction, rather than developing self-directed learning skills.

- This method typically follows a standardized approach, which may not cater to the diverse learning styles and preferences of all students.
- Some students may thrive in more interactive or experiential learning environments, while others may find the repetitive nature of this method less engaging or effective.

8.5 CONCEPT OF PROJECT METHOD

Project method is a popular teaching method which provides experience of community life activities. These activities are performed in small scale basis. The noted American pragmatist philosopher and educator John Dewey propounded this method of teaching.

This method has been emerged as a dissatisfaction against bookish method of teaching. As we know in bookish method of teaching, the students remain passive learners only. Ballard said that a project is a bit of real life that has been imported into school. On the other hand, William Kilpatrick mentioned that a project is a whole hearted purposeful activity proceeding in a social environment.

Self-learning is encouraged in this method of teaching. As such, students get the opportunity to bring out the solution of a problem by themselves.

8.5.1 CHARACTERISTICS OF PROJECT METHOD

The major characteristics of project method are mentioned below-

- **Purposeful activity**: This method involves some purposeful activity conducted in a social environment in order to find out the solution of a problem.
- **Real-life activity**: This method is against of the system of spoon-fed education where learning contents are mostly unconnected to real life situations. This method that is why, emphasised on real life activity.
- **Learning in natural setting**: This method always focused on an activity in a natural setting.
- **Problem centric activity**: The learners encounter with a problem in project method and they are encouraged to find a solution.

- **Cooperative activity**: In this method the students are made responsible for planning and purposing for a given unit of activity.
- **Concrete and positive achievement**: Snedden stated that project is a unit of educative work in which the most prominent feature is some form of positive and concrete achievement.
- **Freedom in learning**: A project method provides a lot of freedom and choice to the students in learning. It facilitates self-learning.
- **Variety of experiences**: Students get the opportunity to be enriched with variety of experiences in learning in a project method.

8.5.3 STEPS INVOLVED IN PROJECT METHOD

The steps involved in project method are mentioned below-

- **Providing a situation**: The first step is to help students to encounter with a situation.
- **Choosing and Purposing**: In this step, the certain questions are taken into consideration like-'Does it have a definite educational value?', 'Is it challenging?', 'Does it require responsible amount of effort?', 'Are the materials locally available?' etc.
- **Planning**: This step includes careful planning because careful planning always brings better result. Ensuring careful planning helps to get maximum benefit from a project.
- **Executing the plan**: This step requires lot of cooperative effort for the execution of the project. In the execution part, the activities of the project are divided according to the individual interest and abilities.
- **Recording**: In this step, recording of all activities of the project are maintained. Maintenance of record is considered very important in project method.
- **Evaluation**: In the last step, after completion of the entire tasks of the project, the whole project work is reviewed as well as evaluated.

8.5.4 MERITS AND DEMERITS OF PROJECT METHOD

Thecritical analysis of project method reveals its merits as well as demerits. Some of the merits and demerits of project method have been mentioned below-

Merits of Project Method:

- Learning in project method is connected to real life situation.
- It is based on democratic way of life as it provides opportunities for collaborative learning to the students.
- This method is based on the laws of learning which includes the 'law of readiness', 'law of exercise' and 'law of effect'.
- Also, this method can inculcate dignity of labour among the students.
- It helps in sustaining learning on the part of the students as they learn by themselves.
- This method promotes 'problem solving ability' of the students.
- It provides a natural way of learning.

Demerits of project method:

- Lack of competent and efficient teacher for successful execution is a demerit of project method.
- Adequate buildings and equipment are not readily available in our schools which is considered as a disadvantage of project method.
- It is a costly method of teaching.The execution of this method demands materials and equipment which are very expensive.
- It is criticised that this method neglects practice and development of skills in various subjects.

CHECK YOUR PROGRESS

Q.1 Write any one importance of appropriate method for teaching yoga.

Q.2 Why is it important for a Yoga teacher to know different methods of teaching?

Q.3 Write briefly the concept of individualised instructional method.

Q.4 Write one advantage and one disadvantage of individualised instructional method.

Q.5 Write briefly the concept of directed practice method.

Q.6 Mention one advantage and one disadvantage of directed practice method.

Q.7 Write briefly the concept of project method.

Q.8 Write any three characteristics of project method.

Q.9 Mention one advantage and one disadvantage of project method.

8.6 LET US SUM UP

- It is very important toengage the students in teaching learning situations in order to sustain their interest and motivation. Therefore, engaging the students in teaching-learning process is very important for a yoga teacher as well.
- For this, comprehension over different teaching methods and the knowledge about when to use them according to the requirements of students is essential on the part of a teacher.
- Appropriate application of teaching methods can make teaching of yoga effective.
- Appropriate methods of teaching considering individual needs and abilities of students help them to learn safely and effectively the various postures, breathing techniques as well as mindfulness practices.
- Suitable methods of teaching can create a supportive environment that helps both physical well-being and mental health profits.
- On the other hand, using the inappropriate teaching methods may result in injury, discouragement or a lack of understanding of true potential yoga practice.
- In teaching yoga, application of suitable teaching methods is very important.
- Different methods of teaching can be used for teaching yoga.
- Individualised instructional method is one of the teaching methods that has the potential to teach yoga effectively.

- This method of teaching has recognized that each student has unique needs that is to be fulfilled by a good teacher by providing personalized guidance and adjustments to optimize learning experiences.
- This method modifies learning materials and teaching methods according to the needs of each student. It is based on personalized approach.
- The prime focus of individualized instructional method is to fulfil the needs, interests and abilities of students.
- The steps included in individualised instructional method are – Assessment of the students' background, Choice of suitable subject matter, Selection of teaching strategies,Monitoring progress of students, Undertaking revisions and Records.
- If we critically analyse this teaching method, then we find some merits and demerits of it.
- This method of teaching addresses the strengths and apprehensions of students with specific support.
- On the other hand, itis difficult to measure growth because apples to apples comparisons are not always possible.
- There is another method of teaching yoga known as 'directed practice method'. This method has its utility as a method for teaching yoga.
- It primarily focuses on practicing a new skill or concept immediately after instruction.
- The purpose of this method is to help students acquire mastery over a skill or concept.
- It is particularly effective for teaching foundational skills. In order to consolidate the new learning, practice begins.
- In directed practice method, the teacher has to play the following role-

- The teacher provides information to the learners and models the skill
- The teacher introduces a new skill or concept
- The teacher gives students guided instructions and examples
- The teacher provides feedback
- The teacher assesses and evaluates the students' understanding

- Steps involved in directed practice method are-Introduction, Presentation, Guided practice, Feedback, Independent Practice and Evaluation.
- Directed practice method is an innovative teaching method which has many benefits in the teaching learning method.
- However, there are some demerits or disadvantages of this method also.
- On the other hand, project method is a popular teaching method which provides experience of community life activities.
- The activities are performed in small units.
- American pragmatist philosopher and educator John Dewey propounded this method of teaching.
- In this method of teaching, self-learning is encouraged. As such, students get the opportunity to bring out the answer of a problem by themselves.
- This method involves some purposeful activities conducted in a social environment in order to find out the explanation of a problem.
- The steps involved in project method are - Providing a situation, Choosing and Purposing, Planning, Executing the plan, Recording and Evaluation.
- Theoretical analysis of project method reveals its merits and demerits.
- Learning in project method is connected to real life. On the other hand; lack of competent and efficient teacher for successful execution is a demerit of project method.
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8.7 FURTHER READING

- Aggarwal, JC (2006).*Principles, Methods & Techniques of Teaching*. Vikash Publishing House Pvt. Ltd.
- Gharote, ML & Ganguli, SK (2001). *Teaching methods for Yogic Practices*. Kaivyalayadhama.
- Roshni, RK & Lakshmi Raj. (2024). *Methods of Teaching Yoga and Value Education A Guide Book*. Bluerose Publishers Pvt. Ltd.

- Stephens, Mark. (2024). *Teaching Yoga: A Comprehensive Guide for Yoga Teachers and Trainees*. North Atlantic Books.

✓ 8.8 ANSWERS TO CHECK YOUR PROGRESS

Ans.1 Application of appropriate teaching methods can help a teacher to deliver clear instructions as well as demonstrate postures of yoga appropriately because incorrect position or pushing beyond limits can lead to injuries on the part of the learner.

Ans.2 For teaching yoga the teachers should know different methods of teaching, because, it is necessary to apply appropriate methods of teaching. Suitable methods of teaching always consider individual needs and abilities of students in order to help them to learn safely and effectively the postures, breathing techniques as well as mindfulness practices. This can create a supportive environment that helps both physical well-being and mental health profits.

Ans.3 Individualised instructional method is one of the effective methods of teaching yoga. This method prepares learning materials and teaching techniques as per the needs of each student. Thus, it is based on personalized learning approach. The students are given the opportunity to complete different tasks in individualized instructional method. Here in this method, the students receive support at the individual level during the learning process. They can learn at their own pace.

Ans.4 One advantage of individualised instructional method-

This method of teaching addresses the strengths and weaknesses of students with specific care and support.

One disadvantage of individualised instructional method-

As the teacher has to meet the needs of many students in one classroom, therefore, there is the possibility that the teachers may experience exhaustion in the teaching-learning transaction.

Ans.5 The directed practice method is a learning technique. It primarily focuses on practicing a new skill or concept immediately after providing an instruction. The purpose of this method is to help students to acquire mastery over a skill or concept.

Ans.6 Oneadvantage of directed practice method-

Directed practice method provides precise demonstrations and explanations along with examples to convey information or demonstrate skills to students.

One disadvantage of directed practice method-

This method focuses on transmitting specific knowledge and skills which can limit opportunities for students to develop their creativity and critical thinking abilities.

Ans.7 Project method is a popular teaching method which provides experience of community life activities. These activities are performed in small scale basis. This method has been emerged as a dissatisfaction against bookish method of teaching. William Kilpatrick mentioned that a project is a whole hearted purposeful activity proceeding in a social environment.

Ans.8 Any three characteristics of project method are-

- **Learning in natural setting**: This method always focused on an activity in a natural setting.
- **Problem centric activity**: The learners encounter with a problem in project method and they are encouraged to find a solution.
- **Cooperative activity**: In this method the students are made responsible for planning and purposing for a given unit of activity.

Ans.9 One advantage of Project method-

It is based on democratic way of life as it provides opportunities for collaborative learning to the students.

One disadvantage of Project method-

It is a costly method of teaching. The execution of this method demands materials and equipment which are very costly.

8.9 MODEL QUESTIONS

Short Questions

1. Write briefly about the importance of selecting a suitable teaching method for teaching yoga.
2. Write the features of individualised instruction method.
3. Mention the steps involved in directed practice method.
4. Write briefly the characteristics of project method

Long Questions

1. Criticallyanalyse the individualised instruction method.
2. Discuss the steps involved in individualised instruction method.
3. Discuss the concept of directed practice method. Explain its merits and demerits.
4. Discuss the steps involved in project method.
5. Critically analyse project method of teaching.

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