



CTE Program Advisory Committee Meeting Yoga Instructor

March 12, 2021
Career Center, Watson Hall
Meeting Convened at: 1:30p.m.
Meeting Adjourned at: 3:30p.m.

Facilitator: Ashley McKeachie, Program Coordinator

<u>COMMITTEE MEMBERS</u>	<u>EX-OFFICIO</u>
Heidi DeBrincat, Owner, Studio H Conditioning John Halsey, Group Fitness Coordinator, UC Irvine Campus Recreation Garrett Neil, Chiropractor, City of Newport Beach-Recreation and Senior Services Department Jennifer Todd, Health and Wellness Coordinator, YMCA Orange County Dee Weder, Owner, HB Hardbody	Daniel Alavi, OCC Alumni Alyssa Amaya, OCC Alumni Daelyn Daniloff, OCC Alumni Lisa Knuppel, Dean, CE/Career Services Ashley McKeachie, Faculty, Program Coordinator Kristine Newberg, OCC Alumni Justine Rossow, OCC, Alumni

ADVISORY COMMITTEE MEETING SUMMARY

1. **Welcome**
2. **Recording**
3. **Introductions of Committee Members**
4. **Expectations of committee members in this meeting**
 - A. To participate in the transformation of OCC's Yoga Teacher Training program into a CTE program
 - B. Provide expert feedback and input regarding the new CTE program course work leading to employment
5. **Summary of the current Yoga Program**
 - A. Began in Fall 2017 with 200 hours of coursework
 - B. Two main courses plus one activity class for practice:
 - Yoga Methodology 1
 - Theory of Yoga
 - Hatha Yoga Level 1 and/or 2
6. **Reasoning for CTE program**
 - A. To move from being a personal fulfillment program to being able to qualify to be hired as a yoga instructor
 - B. Graduates interested in more teacher training focusing on addressing all levels
7. **Layout of the structure of the new certificate program**
 - A. Certificate of Specialization consisting of 14-15 units
 - B. Pre-requisite will either be Hatha Yoga Level 1 course, or at least 6 months of yoga classes
 - C. Cohort program— same students will take first 2 semesters together

8. Current main courses

- A. Yoga Methodology 1—to be held Fall 2019
- B. Theory of Yoga
- C. Hatha Yoga Level 2

9. Introduce two new main classes

- A. Yoga Methodology 2—to be Spring 2020
- B. Yoga Practicum 1

10. SLO's review of current courses

- A. Yoga Methodology 1
 - Student Learning Outcomes
 - Create an effective learning environment that enhances the student experience.
 - Compare and contrast yoga instruction and the impact on student engagement.
 - Demonstrate teaching skills by properly instructing Yoga postures and Yoga modifications for a beginning and intermediate class.
- B. Yoga Theory
 - Student Learning Outcomes
 - Analyze the circumstances and events by which Yoga became an important phenomenon in the West.
 - Apply theoretical concepts to modern practices and lifestyles
 - Examine the history of ancient and modern Yoga texts and traditions.

11. Proposed new courses and their SLO's and Course Objectives

- A. Yoga Methodology 2
 - Student Learning Outcomes
 - Demonstrate improved teaching skills by properly instructing Yoga postures and Yoga modifications in each category of the three stages of life (developmental, preventative, and therapeutic).
 - Assess a client's progress and performance of Yoga postures and practices by incorporating critical thinking skills.
 - Demonstrate the ability to use professional conduct and stay within the guidelines of scope of practice.
 - Implement techniques that promote active learning.
 - Course Objectives
 - Demonstrate greater understanding of correct movement principals, proper body alignment, and common points of complaint and injury in each category of the three stages of life (developmental, preventative, and therapeutic).
 - Evaluate and assess the specific needs and restrictions of clients in a Yoga class in each category of the three stages of life.
 - Identify precautions and demonstrate modifications for clients in each category of the three stages of life.
 - Identify intermediate to advanced students and demonstrate variations of yoga postures.
 - Examine and implement physiological, mental, and spiritual tools of yoga that can be added to a yoga class that is dependent on the stage of life.
 - Improve effective communication skills required to teach beginning to advanced students.
 - Examine comprehension of professionalism, including scope of practice, ethics and boundaries, and how to best deal with various emergencies

- B. Yoga Practicum 1 (Lab class 5 hours/week, creating own sequences, teaching other students)
- Student Learning Outcomes
 - Create and demonstrate sequence plans that include additional yoga practices with progressions appropriate to the level and age of the target students in a yoga class.
 - Evaluate yoga sequences created by colleagues and provide constructive feedback.
 - Work in a diverse setting establishing professionalism in a yoga class under supervision.
 - Course Objectives
 - Design dynamic sequences of connected yoga postures that warm up the body and achieve strength, mobility, coordination, and endurance in each category of the three stages of life.
 - Design and demonstrate a teaching plan that features additional tools of yoga, including daily routines, breath work, visualization, and meditation.
 - Analyze colleague’s yoga teaching skills and give constructive feedback.
 - Receive constructive feedback and apply suggestions to plan appropriate yoga classes.
 - Demonstrate increased skills in practicing verbal and kinesthetic postural adjustments.
 - Compose a resume and cover letter that will help secure an interview.
 - Develop interview and audition strategies and an on-line presence in the business of yoga.
- C. Hatha Yoga Level 1.5 (CTE students do not enroll in this class but participate as lead instructor for 5 classes and assist for 5 classes)
- Student Learning Outcomes
 - Develop a personal yoga program including intermediate techniques to gain flexibility, strength, stamina, balance, coordination, and an overall sense of well-being.
 - Develop improved awareness of the mind/body/spirit connection while performing yoga postures, meditation, relaxation, and breathing techniques.
 - Course Objectives
 - Demonstrate knowledge of beginning to intermediate level yoga poses by vocal cues only.
 - Increase awareness of postural alignment and apply intermediate breathing techniques while moving into and holding a pose.
 - Intermediate understanding of Sanskrit terminology in relation to postures and philosophical concepts.
 - Describe and demonstrate intermediate concentration/meditation and relaxation practices.
 - Demonstrate an increase in physical and physiological stamina.
 - Design a personal yoga program that includes intermediate postures, breathing practices and meditation techniques.
 - Evaluate and communicate the effectiveness of a daily yoga practice that includes poses, breathing, and meditation techniques.

12. **Suggestions and feedback**

- A. Much discussion regarding how much instructor actually does in class, demonstrating moves
- B. How is the issue of working with private clients versus group addressed?
- C. SLOs and Course Objectives should reflect emphasis on safety and safe practices
- D. Inclusion of teenagers as a life stage in addition to the “three stages of life”
- E. Disabilities and diseases are not covered in program but discussed in Yoga Methodology 1

- F. Discussion on how experienced students enter certificate program: exam, audition, interview
- G. Limit cohorts to 20; hopefully have high enough enrollment to have 2 cohorts in Fall
- H. Add CPR class as requirement
- I. Include an objective for business practices necessary to be self-employed (insurance, networking, marketing, liability waivers)
- J. Music
- K. FYI, discussion on transferability to UCs—will go through our articulation officer and transfer center
- L. More course work on anatomy and kinesiology

13. Review committee's recommendations

- A. Affirmation from Advisory Committee
 - Business of Yoga
 - Safety in classroom and with students as well as in the community

Closing and thank you's

Big thanks to Lisa Knuppel and her support of this new program and to all of you who attended and provided your input.