



**Santa Monica College
Yoga & Pilates Certificate Advisory Board Meeting Minutes
August 19, 2024, 10:00am**

Topic of Meeting:

Yoga and Pilates Teacher Training Certificate Programs

Yoga Teacher Training Curriculum Overview

The purpose of this certificate is fulfilling the requirements for students to be able to sit for the Yoga Alliance RYT 200 Examination. Students will complete five classes (10 units) during which they will earn the 200 hours of practicum. We attached the certificate overview.

Required Courses:

PRO CR 70: Yoga Teacher Training Essentials, 3 units

PRO CR 71: Yoga Teacher Training Progressive Methodologies, 3 units

PRO CR 71: Yoga Teacher Practicum, 1 unit

PRO CR 73: Anatomy & Physiology for Yoga, 2 units

Plus, One Elective Course (1 unit) from the following list:

KIN PE 58A: Beginning Yoga, KIN PE 58B: Intermediate Yoga, KIN PE 58C: Advanced Yoga, or KIN PE 58D: Advanced Yoga Level II.

PILATES Teacher Training Certificates Curriculum Overview

There are three individual certificates that all include PRO CR 95 and 90 plus two classes and internship work for each type of Pilates. Students need to complete 10 units to earn the certificates. PRO CR 95 and 90 are taken one time and can apply to each certificate.

Pilates Mat Teacher Training Certificate

PRO CR 95: Introduction to Applied Kinesiology and Anatomy 3.00

PRO CR 90: Pilates Teaching Methodology and Principles 2.00

PRO CR 91: Pilates Mat Instructor Training 3.00

PRO CR 97: Pilates Mat Teaching Practicum. 1.00

Internship Work Experience 0.50-8.00

Pilates Reformer Teacher Training Certificate

PRO CR 95: Introduction to Applied Kinesiology and Anatomy 3.00

PRO CR 90: Pilates Teaching Methodology and Principles 2.00

PRO CR 92: Pilates Reformer Instructor Training 3.00



PRO CR 94: Pilates Reformer Teaching Practicum 1.00
Internship Work Experience (With Reformers 0.50-8.00)

Pilates Apparatus Teacher Training Certificate

PRO CR 95: Introduction to Applied Kinesiology and Anatomy 3.00
PRO CR 90: Pilates Teaching Methodology and Principles 2.00
PRO CR 96: Pilates Apparatus Instructor Training 3.00
PRO CR 93: Pilates Apparatus Teaching Practicum 1.00
Internship Work Experience 0.50-8.00

Pilates Comprehensive Teacher Training Certificate

Students that complete all three certificates will earn the **Pilates Comprehensive Certificate**. Students that complete it will be prepared to sit for the *National Pilates Certification Program* exam.

Welcome and Opening Statement:

Elaine Roque, Kinesiology Department Head

Introduction of SMC Faculty, Deans and Others:

Johanna Bennett: SMC Associate Professor, Kinesiology–Yoga
Karen Huner: SMC Associate Professor Kinesiology, Kinesiology Yoga/Pilates
Katelyn Qualey: SMC Adjunct Professor, Pilates/Yoga/Life Sciences
Steven Sedkey: SMC Associate Dean, Career Education & New Program Development
Linda Sullivan: SMC Associate Dean Facilities Programming

Introduction of Board Members:

Joelle Simmons, Aquatic program manager, City of Santa Monica
Kari Ross–Berry, Associate Professor of Exercise Science, Yoga, Southwestern College
Jason Burghorn: Pilates instructor/owner, Core Power Studio, Sherman Oaks.
Amit Heri: Yoga Instructor/owner, Magic Carpet Yoga, Los Angeles
Rick Rafael: Physical Therapist, Sportsfit, Los Angeles
Absent: Miwa Sakamoto, Pilates teacher

Guests:

Gizem Muftoglu: SMC student/certified Pilates instructor
Uche Ani: Psychologist First Points, Group, Neurodivergent Students

Johanna Bennett: Presentation of proposed yoga certificate program
Karen Huner: Presentation of proposed Pilates certificates program



Discussion:

Class Creations: Johanna presented a slide presentation detailing the 200-hour Yoga Certificate Program and its benefit to the SMC community and student body.

Rick Rafael posed the question of working with injuries because many people are referred to yoga and Pilates to repair injury and pain. Johanna responded by suggesting this question reflects the possibility of job security inherent in completing these certificate programs. In addition, she explained that these certificate programs are meant for students to first learn about teaching to beginning level healthy bodies and work with clients/students after physical therapy/injuries. This was confirmed by both Kari Ross-Berry and Karen Huner. It was stated that these certificate programs prepare the instructor to teach entry level practices, and that lifelong learning is a part of this field. Learning also takes place while teaching and encountering divergent populations that seek these services. Elaine also mentioned the option that students could take additional classes like PRO CR 11: *Introduction to Sports Injuries*, to supplement their knowledge especially if they wish to teach to injured populations. Amit Heri added that it is important to teach (for the Yoga certificate) the Yama and Niyama, to ground the teachings in a non-violent and compassionate manner. Johanna confirmed that these concepts are built into the certificate program already. They are a requirement of the Yoga Alliance schools.

Class Structure: Class structure was discussed particularly for Pilates due to the technique's nature. How many students per class? Can the Pilates program start with Mat and Reformer only without losing integrity of the certificate program as compared to other colleges with similar programs? Board members said it would be a good start to begin with Mat and Reformer and to add Apparatus later as the Pilates Program grows. Details of Pilates certificate to be emailed to board after meeting to save time during meeting.

Ideas: The Board was asked to give feedback during the meeting or later by email. Each board member expressed enthusiasm and support for our program. Kari Ross shared her experience with the program at Southwestern College and helped us formulate ours. Her program is extremely successful. Board members welcomed us to reach out to them at any time with questions or for help.

The meeting adjourned at approximately 11:05am.

Vote to support SMC Certificate Programs by email after meeting:

For: Joelle Simmons, Kari Ross-Berry, Rick Rafael, Miwa Sakamoto, Amit Heri and Jason Burghorn



Against: 0

Abstain: 0

Next Meeting: TBD

Curriculum Detail

Yoga Teacher Training Curriculum Overview

The purpose of this certificate is fulfilling the requirements for students to be able to sit for the Yoga Alliance RYT 200 Examination. Students will complete five classes (10 units) during which they will earn the 200 hours of practicum. We attached the certificate overview.

Yoga Teacher Training - 200 Hour Certificate of Achievement (10 units):

Required Courses:

PRO CR 70: Yoga Teacher Training Essentials, 3 units

PRO CR 71: Yoga Teacher Training Progressive Methodologies, 3 units

PRO CR 71: Yoga Teacher Practicum, 1 unit

PRO CR 73: Anatomy & Physiology for Yoga, 2 units

Plus, One Elective Course (1 unit) from the following list:

KIN PE 58A: Beginning Yoga, KIN PE 58B: Intermediate Yoga, KIN PE 58C: Advanced Yoga, or KIN PE 58D: Advanced Yoga Level II.

PILATES Teacher Training Certificates Curriculum Overview

There are three individual certificates that all include two classes plus two classes for each type of Pilates and internship work for 10 units.

Students that complete all three will earn the Pilates Comprehensive Certificate. Students that complete it will be prepared to sit for the National Pilates Certification Program exam.

PILATES Mat Teacher Training Certificate (9 units):

PRO CR 95: Introduction to Applied Kinesiology and Anatomy 3.00

PRO CR 90: Pilates Teaching Methodology and Principles 2.00

PRO CR 91: Pilates Mat Instructor Training 3.00

PRO CR 97: Pilates Mat Teaching Practicum. 1.00

PILATES Reformer Teacher Training Certificate (12 units):

PRO CR 95: Introduction to Applied Kinesiology and Anatomy 3.00

PRO CR 90: Pilates Teaching Methodology and Principles 2.00

PRO CR 92: Pilates Reformer Instructor Training 3.00

PRO CR 94: Pilates Reformer Teaching Practicum 1.00

PILATES Apparatus Teacher Training Certificate (12 units):

PRO CR 95: Introduction to Applied Kinesiology and Anatomy 3.00

PRO CR 90: Pilates Teaching Methodology and Principles 2.00

PRO CR 96: Pilates Apparatus Instructor Training 3.00

PRO CR 93: Pilates Apparatus Teaching Practicum 1.00

Pilates Comprehensive Teacher Training Certificate (15 units):

PRO CR 91 Pilates Teaching Methodology and Principles 3.0

PRO CR 90 Introduction to Applied Kinesiology and Anatomy 3.0

PRO CR 92: Pilates Reformer Instructor Training 3.00

PRO CR 93: Pilates Apparatus Teaching Practicum 1.00

PRO CR 94: Pilates Reformer Teaching Practicum 1.00

PRO CR 95: Introduction to Applied Kinesiology and Anatomy 3.00

PRO CR 96: Pilates Apparatus Instructor Training 3.00

PRO CR 97: Pilates Mat Teaching Practicum. 1.00

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Dr. Kathryn E. Jeffery, Superintendent and President