

**Program Revision: 200-Hour Registered Yoga Teacher - Certificate of Achievement:  
Miramar****Proposal Information**

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**Action Proposed:**

Modify Program

**Proposal Originator**

Cain, Matthew

**Origination Date:**

7/2/2024

**Proposed Start:**

2025 Fall

**Need for Proposal:**

Change from Certificate of Performance to Certificate of Achievement. Addition of new special topics course to enhance student learning and program applicability.

**Award Type**

Certificate of Achievement

**Attached Documents:**

Yoga Advisory Board Minutes 21Feb24.pdf

Exercise-Trainers-and-Group-Fitness-Instructors\_SD\_2023-11.pdf

CCCCO Narrative 200 Hr Yoga Jul24.docx

**Subject Area**

(EXSC) Exercise Science

**Program Area**

Yoga (Miramar)

**Program & Award Information**

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**Program Description**

Yoga teacher training is designed and instructed for participants of various ability levels. We ensure thorough and diligent planning for a safe and effective delivery of information and techniques for all participants. Our program offers two yoga certifications – the 200-Hour Yoga Teacher: Certificate of Performance and the 300-Hour Yoga Teacher: Certificate of Achievement. Each certificate can be completed in just one semester. The courses are designed to prepare students to meet Yoga Alliance's requirements to become a Registered Yoga Teacher (RYT). In addition, students who earn both certificates are eligible to register as a 500-Hour yoga teacher with Yoga Alliance. For more information, visit [www.yogaalliance.org](http://www.yogaalliance.org).

This certificate prepares students to meet the requirements for the 200-Hour Registered Yoga Teacher (RYT) certification through Yoga Alliance. The requirements are thorough and comprehensive, including a broad background of yoga’s essential elements. Courses in the major include content in history and philosophy, anatomy and physiology, proper sequencing, alignment principles, experience in a variety of yoga styles, and hands-on practical experience.

**Program Goals**

Students who complete the Yoga Teacher program will be able to:

- Design intelligently structured and sequenced yoga classes.
- Demonstrate appropriate teaching methodologies and effective communication skills while leading a varied group of yoga participants.
- Instruct appropriate progressions and regressions of yoga poses (asanas) to create a safe and effective multi-level class experience.

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**Program Emphasis**

**Career Options**

This program prepares students for employment in:

- Yoga studios
- Hospitals
- The health and wellness industry
- Self-employed settings
- Health and Fitness Clubs

**Semester Units: 7.0-**

**COURSES REQUIRED FOR THE MAJOR:**

		9.0
EXSC 292A	Yoga Teacher Training Essentials (Active)	3.0
EXSC 292B	Yoga Teacher Training Progressive Methodologies (Active)	3.0
EXSC 393A	Special Topics in Exercise and Fitness Theory and Training (Draft)	1.0-3.0

**Complete at least one unit from the following courses:****Semester Units: 1.0**

EXSC 145A	Yoga I (Active)	0.5-1.0
EXSC 145B	Yoga II (Active)	0.5-1.0
EXSC 145C	Yoga III (Active)	0.5-1.0
EXSC 145D	Yoga IV (Active)	0.5-1.0

**Total Units: 8.0-10.0****Dates & Codes****CIC Approval:**

11/14/2019

**Board Approval:**

12/19/2019

**State Approval:****TOP Code**

0835.20 - Fitness Trainer\*

**State Approval (Unique) Code**

CIP Code 51.3602 - Yoga Teacher Training/Yoga Therapy.

**SOC Code**

- 39-9030 - Recreation and Fitness Workers
- 39-9031 - Exercise Trainers and Group Fitness Instructors

**Meta Id:**

3453