

Monday, February 3, 2025 at 14:46:54 Pacific Standard Time

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**Subject:** Collegial Consultation for New Yoga and Pilates Teacher Training Certificates  
**Date:** Friday, January 31, 2025 at 5:48:57 PM Pacific Standard Time  
**From:** SEDKY\_STEVEN  
**To:** aderdiarian@pasadena.edu, myoung19@pasadena.edu, Bridgette M. Hernandez, Maria Andrade-Hernandez, Swingle, Dejah, lperez264@mtsac.edu  
**CC:** RAMOS\_PATRICIA, GUZMAN\_JAZMIN, ROQUE\_ELAINE, BENNETT\_JOHANNA, HUNER\_KAREN  
**Attachments:** 0835.20\_Yoga and Pilates Teacher Training\_Santa Monica\_May24[79].pdf

Hello,

The following is from SMC Kinesiology Department Chair Elaine Roque for collegial consultation.

Steven Sedky, MBA, Ed.D.  
Associate Dean (Interim)  
Career Education  
Santa Monica College

Hello LARC Voting Members and Faculty,

This purpose of this email is to serve as collegial consultation as Santa Monica College is submitting for new programs in Yoga Teacher Training and Pilates Teacher Training. The application that will be a Program Recommendation on the February meeting agenda.

We were deliberate in our process in consideration and development of the Yoga and Pilates Teacher Training programs as other colleges in the region have established programs. First, the LMI report (attached) met program endorsement criteria, most importantly supply gap and living wage. It also showed a projection of a 21% increase in jobs for all exercise trainers and group fitness between 2022-2027. (Yoga and Pilates instructors are included in this category.) Additionally, for many years the Kinesiology Department faculty have considered developing teacher training programs in response to a variety of factors including requests from students for certificates.

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**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

Feel free to reach out to us and/or the faculty if you have any questions or concerns. Our Teacher Training Certificates will be housed in the Kinesiology Department and the Department Chair is Elaine Roque ([Roque\\_Elaine@SMC.edu](mailto:Roque_Elaine@SMC.edu)).

Sincerely,

Elaine Roque, Chair

Kinesiology & Athletics Dept.

Santa Monica College