

## **Yoga Instructor**

**Certificate of Completion** 

STUDENT NAME PROGRAM CHAIR						SID #			
						DATE			
PROGRAM REQUIREMENTS				Requested Substitution/Transfer Credits (if applicable)			Completed		
Course	Course	Title	CR	College/University	Course CR		Grade	Quarter	Year
CORE COUR	RSEWORK								
HLTH 145	Wellnes	s Healthcare Providers	3						
HLTH 224	Wellnes	s Coaching	1						
PE 148	Yoga Ins	structor Techniques I	3						
PE 149	Yoga Ins	structor Techniques II	2						
PE 236	Anatom	ical Kinesiology	4						
PE 280	Yoga Ins	structor Practicum	1						
TOTAL			14						

The Yoga Teacher Training Certificate is designed to prepare students for teaching Yoga in a wide variety of health and wellness settings in individual and group settings. Completing this certificate at Bellevue College meets the standards for the National Yoga Alliance 200 hour Registered Yoga Teacher certification as well as employment requirements for teaching Yoga in the health industry.

## **LEARNING OUTCOMES**

## Certificate recipients should possess the skills & abilities described below:

- Identify ethical and professional standards of the International Coaching Foundation
- Develop a deeper understanding of the Yoga Alliance sequential instructional applications
- Evaluate, summarize and paraphrase client-based information in a wellness plan
- Demonstrate ability to manage and teach yoga classes with established safety parameters
- Identify core strength, flexibility and posture benefits of yoga
- Develop yoga class sequential lesson plans incorporating individualized routines for clients and groups
- Assess and analyze professional and personal skills required in the yoga profession
- Analyze and reflect on yoga within a wellness plan

## FOR MOST UP-TO-DATE INFORMATION, GO TO:

www.bellevuecollege.edu/programs/degrees/proftech/pe

NOTES