

YOGA TEACHER TRAINING – ASSOCIATE IN SCIENCE DEGREE, CERTIFICATE OF ACHIEVEMENT

Top Code:

0835.20

Yoga Teacher Training is designed to deepen students' understanding of yoga by investigating the biomechanics of yoga postures, learning to use anatomical cueing for proper alignment in poses, examining effective teaching techniques for a variety of settings, and exploring the history and philosophy of yoga.

A Certificate of Achievement is awarded upon completion of all required courses with a grade of C or better.

Program Outcomes

- Identify core principles of Hatha Yoga.
- Examine skills for instructing yoga, including verbal cues, sequences, variations, adjustments, and modifications.
- Illustrate stress management techniques with yoga poses.
- Describe the philosophy of yoga through history, and the development of asanas.
- Design and execute a 60 minute Yoga class.

Requirements for the Certificate of Achievement

Code	Title	Units
KINT 005	FIRST AID - RESPONDING TO EMERGENCIES	3
KINT 180	INTRODUCTION TO TEACHING YOGA	3
KINT 181	PHILOSOPHY OF YOGA	3
KINT 182	ANATOMICAL PRINCIPLES OF KINESIOLOGY AND FITNESS	3
NUTR 025	NUTRITION FOR SPORT, EXERCISE, AND HEALTH	3
Required Electives		
KINA 040A	BEGINNING YOGA	1
KINA 040B	INTERMEDIATE YOGA	1
KINA 040C	ADVANCED YOGA	1
or KINT 101	PHYSICAL FITNESS ASSESSMENTS	
Total Units		18

Visit the Program Mapper (<https://pasadena-city.programmapper.ws/academics/interest-clusters/8353468c-9ac9-4b4b-a310-843b126d204c/programs/b585e45e-a6c3-c106-90b4-c5914d7587ac/>) for a suggested sequence of courses.

General Education Requirements for the Associate in Science Degree

- General Information (<https://curriculum.pasadena.edu/academic-programs-leading-degree-certificate/>)
- PCC Local Gen Ed (<https://curriculum.pasadena.edu/academic-programs-leading-degree-certificate/#pcclocaltext>)
- CSU Breadth (<https://curriculum.pasadena.edu/academic-programs-leading-degree-certificate/#csubreadthtext>)
- IGETC (<https://curriculum.pasadena.edu/academic-programs-leading-degree-certificate/#igetctext>)

Similar Programs

Yoga Instructor Training (<https://curriculum.pasadena.edu/academic-programs/kinesiology/yoga-instructor-training-cert-achievement/>)