

YOGA (CERTIFICATE N0984)

Kinesiology, Athletics and Dance Division

Kinesiology Department

The purpose of Yoga Teacher Training is to enhance students' knowledge of yoga by exploring the biomechanics of yoga poses, acquiring anatomical cueing skills for correct alignment in postures, studying effective teaching methods for different environments, and delving into the history and philosophy of yoga. Upon successfully finishing all mandatory courses with a grade of C or higher, a Certificate of Achievement will be granted.

Required Courses

Course Prefix	Course Name	Units
KIN 3	Basic First Aid and CPR	3
KIN 24	Applied Kinesiology	2
KIN 34	Fitness for Living	3
KIN 61	Introduction to Teaching Yoga	3
KIN 65	Philosophy of Yoga	3
KIN 86	Yoga Specialist Work Experience	1
KINI 50A	Yoga	1
KINI 50B	Yoga - Intermediate	1
KINI 50C	Advanced Yoga	1
Total Units		18

Kinesiology, Athletics, and Dance Website

Program Learning Objectives

Upon completion of the Yoga Certificate, students will be prepared for careers such as:

- Yoga instructor in a Yoga studio
- Yoga instructor running a personal home business
- Yoga instructor in a corporate fitness center, wellness center, or sports medicine center
- Yoga instructor in a physical therapy or chiropractic facility
- Yoga instructor in a dance or yoga studio