

STUDENT NAME		SID #	
PROGRAM CHAIR		DATE	

PROGRAM REQUIREMENTS			Requested Substitution/Transfer Credits (if applicable)			Completed		
Course	Course Title	CR	College/University	Course	CR	Grade	Quarter	Year
CORE COURSEWORK								
HLTH 145	Wellness Healthcare Providers	3						
HLTH 224	Wellness Coaching	2						
PE 148	Yoga Instructor Techniques I	3						
PE 149	Yoga Instructor Techniques II	2						
PE 236	Anatomical Kinesiology	4						
PE 280	Yoga Instructor Practicum	1						
TOTAL		15						

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

GAINFUL EMPLOYMENT DISCLOSURE

For details about our graduation rates, the median debt of students who completed the program, and other important information, please visit www.bellevuecollege.edu/legal/publicdisclosure

NOTES
