

# YOGA TEACHER SKILLS CERTIFICATE

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Division: Physical Education

PROGRAM CODE: 2C00090A

(Approved by the NOCCCD Board of Trustees. Not approved by State  
Chancellor's Office. Not eligible for Financial Aid)

The **Yoga Teacher Skills Certificate** prepares students to meet the requirements for Yoga Alliance to become a 200-hour Registered Yoga Teacher (RYT) with Yoga Alliance. This comprehensive and wisdom-based program uses anatomy and physiology as well as English and Sanskrit terminology to provide students with both a broad background and practical experience in the essential elements of yoga. Completion of the program prepares students for employment in health clubs, spas, yoga studios, hospitals, and the health industry as well as for self-employment as yoga instructors. This certificate requires 9 units.

Code	Title	Units
<b>Required Courses (9 units):</b>		
PE 102 F	Yoga	1
PE 109 F	Intermediate Yoga	2
PE 230 F	Yoga Teaching Training Fundamentals	2
PE 231 F	Yoga Teaching Training Development	2
PE 234 F	Yoga Teaching Training Integration	2
<b>Total Units</b>		<b>9</b>

**Outcome 1:** Identify and determine safe practices related to yoga postures.

**Outcome 2:** Demonstrate, describe and teach basic hatha yoga postures, breathing techniques and meditation.

**Outcome 3:** Identify and describe anatomy and kinesiology principles in relation to basic hatha yoga postures.

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[https://www.curricunet.com/fullerton/reports/program\\_report.cfm?  
programs\\_id=789](https://www.curricunet.com/fullerton/reports/program_report.cfm?programs_id=789)