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PERSONAL TRAINER - CERTIFICATE OF ACHIEVEMENT

Plan Code: 3700

This program is designed for students interested in pursuing careers in the personal training and fitness industries. Topics include fitness principles in fitness, anatomy and physiology, fitness and wellness assessment tests, safety concerns and risk management, proper exercise techniques and client relationship building. Students completing this program will be prepared to pass the National Academy of Sports Medicine (NASM) Certification Exam.

Program Student Learning Outcomes

- Demonstrate knowledge of theory and skillsets related to different

YOGA TEACHER TRAINING - CERTIFICATE OF ACHIEVEMENT

Plan Code: 3701

This program is designed to enhance students' understanding of yoga by exploring the anatomy of yoga postures, cueing for proper alignment in poses, emphasis on safe and sensible sequencing for beginning and intermediate level students, examining effective teaching techniques for a variety of settings, and exploring the history and philosophy. Upon successful completion of the Yoga Teacher Training Program, students will be eligible to apply for their Yoga Alliance 200-hour instructor certification and will be prepared for employment as a trained yoga teacher in private and public settings.

Program Student Learning Outcomes

- Demonstrate skills for instructing yoga, including developing sequences, pranayama techniques, anatomical cueing for adjustments, biomechanics of asanas, providing variations, and modifications.
- Identify the philosophy of yoga through history, the development of the asanas and major lineages of yoga.

Program Requirements

Code Number	Course Title	Units
REQUIRED COURSES		
KINPF 14	Yoga	1
KINPP 23	First Aid and Safety	3
KINPP 220	Yoga Theory	3
KINPP 222	Foundations of Teaching Yoga 1	3
KINPP 224	Foundations of Teaching Yoga 2	3
KINPP 226	Yoga Practicum	3
Total Units		16