

1. Program Name: 200- Hour Registered Yoga Teacher Training Program

2. Submitter's Name: Andrea Thomas

3. Program catalog description:

Yoga teachers instruct students in practicing yoga techniques including postures, breathing exercises, and meditation for physical and mental well-being. The 200-hour Registered Yoga Teacher (RYT 200) is the minimum credential required by many employers of yoga teachers. The RYT 200 program curriculum and standards were developed and are overseen by Yoga Alliance, an international registry that currently lists more than 70,500 yoga teachers.

This program would be offered in an evening/weekend format, with some courses in hybrid or online formats, to accommodate the availability of students who work during weekdays and also to maximize facility usage.

4. Program type (check all that apply): ☐ Skills Certificate (less than 12 units) ☒ Certificate of Achievement (12 units or more) ☐ Associate Degree ☐ Associate Degree based off of CCCC Transfer Model Curriculum

5. Courses and units of each course included in program. Include new, to be developed courses, with tentative course name and unit values:

- Yoga Techniques, Training and Practice I – (3 Units, new curriculum)
- Yoga Techniques, Training, and Practice II (3 Units, new curriculum)
- Yoga Teaching Methodology (1.5 Units, new curriculum)
- Anatomy and Physiology for Yoga Teachers (1.5 Units, new curriculum)
- Yoga Philosophy, Lifestyle, and Ethics (2 Units, new curriculum)
- KINES 50 Teaching Aide (1.5 Units, existing curriculum)

6. Total certificate/major units: 12.5

7. Summary of new program costs (new equipment, faculty, etc.):

New costs for equipment will be minimal –

Yoga Bolsters - unit cost \$40, total \$1,600

Instructional DVDs and text materials - \$450

All other equipment and facilities are taken care of.

8. Why is this certificate and/or major needed?

This certificate is needed to respond to yoga's exponentially growing popularity. The number of Americans who reported practicing yoga in 2016 (36.7 million) nearly doubled since the same research was conducted in 2012. This has created more employment and entrepreneurial opportunities for yoga instructors. Locally, teachers work in diverse settings including studios, health/fitness clubs, recreation departments, parks and beaches, colleges, school districts, athletic departments, health-care facilities, spas, wineries, and as retreat leaders. Local labor market data estimates an 8.7% (LMI) to 18.2% (California Economic Development Department) increase in fitness instructor jobs. More universities, community colleges, and vocational colleges, including College of San Mateo and Mira Costa

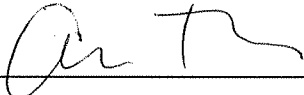
Note: attach additional documentation as necessary  
Submit form to Curriculum Technician, Adrienne Leihy

College, now have yoga teacher training programs and yoga studies programs. Santa Rosa Junior College would be the first North Bay and Northern California College to offer a yoga program.

9. How will this program benefit students at SRJC?

This program will grant students eligibility for the employer-preferred, internationally recognized Yoga Alliance Registered Yoga Teacher (RYT 200) credential, along with practical experience and personalized instruction in teaching yoga. Students in Fitness, Nutrition, and Health, Kinesiology, and Health Sciences programs, as well as students in other programs, can add on the yoga instructor certificate to diversify their skills and increase potential employment opportunities. In addition, we estimate the program's total cost to students (tuition, fees, textbooks, and materials) at 65-75% less than comparable yoga teacher training programs offered by private yoga studios. The cost savings benefit will make this education more affordable and accessible to students who otherwise would not be able to enroll in a yoga teacher training course. In addition, the opportunity for increased wellness and personal growth provided by a program like this will benefit our students' overall lives and well-being.

10. For Career Technical Education programs: Attach EDD LMI data substantiating job availability (see department dean or curriculum office for assistance)

Submitter's Signature:  Date: 9/26/16

Dean's Signature:  Date: 9/26/16

To be completed by the Curriculum Office

Verification of EDD/LMI data: 20 openings/year in Sonoma County based on EDD LMI using SOC 39-9031

Faculty workload: 1

Similar programs in service area: None

Articulation: Not transferable

TOP code: 0835.20 - Fitness Trainer

Department will need to obtain the following approvals after AAC approval:

☒ EPCC ☒ Advisory Committee ☒ BACCC

Curriculum Technician Review: Adrienne Leihy Date: 10/18/16

Date Forwarded to AAC: \_\_\_\_\_

Date Approved by AAC: \_\_\_\_\_

Note: attach additional documentation as necessary  
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