

Approved

**Curriculum Instructional Council  
Actions Approved – February 12, 2015 Addendum**

**Subject: Exercise Science (EXSC) Discipline: Physical Education**

<p><b>*~ 292 Yoga Teacher Training Essentials</b> <b>32 - 36 hours lecture, 48 - 54 hours lab, 3 units</b> <b>Grade Only</b></p> <p><b>REQUISITES:</b> <i>Advisory:</i> English 42 and English 43, each with a grade of "C" or better, or equivalent or Assessment Skill Levels R4 and W4. <i>Advisory: Completion of or concurrent enrollment in</i> Exercise Science 145A, Exercise Science 145B, Exercise Science 145C or Exercise Science 145D, each with a grade of "C" or better, or equivalent. This course serves as an introduction to the fundamental concepts of yoga necessary to further one's personal practice and to instruct beginner level yoga classes. Students will investigate and develop an in-depth understanding of the eight limbs of yoga, with a specific focus on the yamas, niyamas, asanas and pranayama as a foundation for teaching yoga. Additional topics include the history and philosophy of yoga, introduction to Sanskrit, anatomy and biomechanics of yoga, asana classification, types of yoga, introduction to the yoga sutras and basic alignment principles. This course partially fulfills the requirement for the 200-hour Registered Yoga Teacher (RYT) credential with Yoga Alliance. It is intended for students seeking certification as a Registered Yoga Teacher, current yoga teachers, group fitness instructors, health coaches, personal trainers, or other health and fitness professionals.</p> <p><b>FIELD TRIP REQUIREMENTS:</b> May be required</p> <p><b>TRANSFER APPLICABILITY:</b> Associate Degree Credit &amp; transfer to CSU.</p>	<p><b>Offered At:</b> NONE</p> <p><b>Action(s) Proposed:</b> New Course <b>Approved</b></p> <p><b>Proposed for College(s):</b> Miramar</p> <p><b>Originating Campus:</b> MIRAMAR</p> <p><b>Effective:</b> Fall 2015</p>
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\*Requires Board of Trustees approval prior to implementation  
~Course requires CCCC submission

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**Subject: Exercise Science (EXSC) Discipline: Physical Education**

<p><b>*~ 293 Yoga Teacher Training Progressive Methodologies</b> <b>32 - 36 hours lecture, 48 - 54 hours lab, 3 units</b> <b>Grade Only</b></p> <p><b>REQUISITES:</b> <i>Corequisite: Completion of or concurrent enrollment in Exercise Science 292 with a grade of "C" or better, or equivalent.</i> <i>Advisory: English 42 and English 43, each with a grade of "C" or better, or equivalent or Assessment Skill Levels R4 and W4.</i> <i>Advisory: Completion of or concurrent enrollment in Exercise Science 145A, Exercise Science 145B, Exercise Science 145C or Exercise Science 145D, each with a grade of "C" or better, or equivalent.</i></p> <p>This course provides students with the class blueprint and teaching tools from which to develop and implement all-levels yoga classes. With a focus on instructional methods, students will explore and practically apply the concept of intelligent sequencing for leading purposeful vinyasa-based yoga class experiences. Other topics include verbal and nonverbal communication strategies; student learning styles; meditation; asana progressions and regressions; introduction to physical adjustments; energetic anatomy; lifestyle and ethics for yoga teachers; and the business of yoga. This course partially fulfills the requirement for the 200-hour Registered Yoga Teacher (RYT) credential with Yoga Alliance. It is intended for students seeking certification as a Registered Yoga Teacher, current yoga teachers, group fitness instructors, health coaches, personal trainers, or other health and fitness professionals.</p> <p><b>FIELD TRIP REQUIREMENTS:</b> May be required</p> <p><b>TRANSFER APPLICABILITY:</b> Associate Degree Credit &amp; transfer to CSU.</p>	<p><b>Offered At:</b> NONE</p> <p><b>Action(s) Proposed:</b> New Course <b>Approved</b></p> <p><b>Proposed for College(s):</b> Miramar</p> <p><b>Originating Campus:</b> MIRAMAR</p> <p><b>Effective:</b> Fall 2015</p>
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***PROGRAM CHANGES***

(Note: To view from *Proposals* screen, click *Program Search* button, scroll down to program name, then option title, if appropriate, and click *PR* icon.)

\*Exercise Science

***New Program- Approved***

Exercise Science- Miramar, PID 3024: Effective Fall 2015

**Yoga Teacher Certificate of Performance**

\*Child Development

***Program Revision- Approved***

Child Development- Miramar, PID 3002: Effective Fall 2015

**Assistant Teacher Certificate of Achievement**

\*Diesel Technology

***Program Revision- Approved***

Diesel Technology- Miramar, PID 3013: Effective Fall 2015

**San Diego Transit General Mechanic Apprenticeship Associate of Science**

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