

Yoga Certificate of Accomplishment - Active

Department: Physical Education and Dance

Approval: December 2018

Effective Semester: Fall 2019

The Certificate of Accomplishment in Yoga is comprehensive in nature, reflecting a commitment to benefit local populations by offering lifelong learning opportunities which can be summarized as: (a) general and liberal education, (b) career and vocational education, and (c) adult and continuing education. The Yoga Certificate offers pathways for students to meet any and/or all of these goals. This 2-year college level program builds upon the skills needed for further certification in the private sector.

Learning Outcomes

Upon completion of this program, students will be able to:

- Identify and demonstrate the appropriate sequence of physical movements to perform yoga poses successfully.
- Integrate health and/or safety concepts or practices into movement activities.
- Create an individualized practice based on yoga principles.
- Apply good work habits for successful job performance.

Program recommended preparation: PE 219A Beginning Yoga or demonstration of exit skills.

All students need to meet with the designated yoga faculty member to verify program course completion totaling 15 units. At least 12 units must be completed at CCSF. Students may work closely with a yoga mentor of their choice and are encouraged to consult with a CCSF academic counselor to ensure they are moving toward fulfillment of their goals.

The minimum time for completion of this certificate is 4 semesters. Completion time will vary based on student preparation and number of classes completed per semester.

Courses Required for the Certificate of Accomplishment in Yoga

Course	Units
First semester:	
PE 219B - Intermediate Yoga	1.00
Choose one of the following anatomy or physiology courses:	
BIO 106 - Introduction to Human Anatomy and Physiology	4.00
BIO 108 - General Human Anatomy	4.00
BIO 112 - Introduction to Human Physiology	4.00
Total:	5.00
Second semester:	
PE 220 - Intensive Yoga	2.00
PE 218 - Gentle Restorative Yoga	1.00
Choose at least 1 unit from Elective Course List below	1.00

	Total:	4.00
Third semester:		
PE 219C - Advanced Yoga		1.00
Choose at least 2 units from Elective Course List below		2.00
	Total:	3.00
Fourth Semester:		
DANC 173 - Yoga Movement		1.00
WKEX 333 - General Work Experience		1.00
Choose at least 1 unit from Elective Course List below		1.00
	Total:	3.00
Elective Course List:		
DANC 34A - Dance Conditioning		1.00
DANC 124A - Beginning Modern Dance		1.00
DANC 119A - Beginning Ballet		1.00
DANC 129A - Beginning Jazz Dance		1.00
PE 217A - Beginning Stretching and Flexibility Development		1.00
PE 217B - Intermediate Stretching and Flexibility Development		1.00
PE 222 - Introduction to Feldenkrais		1.00
PE 223A - Feldenkrais, Level 1		1.00
PE 14 - Toward Living Long & Strong: A New Fitness Paradigm		2.00
PE 20/HLTH 176 - Sports Nutrition		3.00
HLTH 33 - Introduction to Health and Wellness		2.00
HLTH 91M - Mindful Stress Reduction		1.00
HUM 7 - Comparative Religions		3.00
HUM 8 - Philosophies of Religion		3.00
	Total:	0.00
	Total:	15.00

Generated on: 5/22/2019 4:33:23 PM