

Recommended Sequence of Courses - Fall Start

Program of Study: Yoga 200-Hour Teacher Training

Department: Kinesiology, Athletics, & Dance

Coordinator: Andrea Thomas (707) 778-4118

Effective: Fall 2017

**Course offerings subject to change. Please consult current
Schedule of Classes.**

This document is for planning purposes only and is not a
guarantee of course offerings

Course Number	Course Title	Units	Semester Offered	Prerequisites/ Advisories							
					In Person	Online	Hybrid	Day	Evening	Weekend	
First Semester (Fall)											
KINES 70	Yoga Techniques, Training, and Practice I	3.0	Fall		X					X	
KINES 72	Yoga Teaching Methodology	1.0	Fall		X				X		
KINES 73	Anatomy and Physiology for Yoga Trainers	1.0	Fall		X				X		
First Semester Unit Total:		5.0									
Second Semester (Spring)											
KINES 71	Yoga Techniques, Training and Practice II	2.0	Spring	KINES 70	X					X	
KINES 74	Yoga Philosophy, Lifestyle and Ethics	1.5	Spring		X				X		
KINES 50	Teaching Practicum OR	1.5	Spring		X			X	X	X	
WEOC 99I	Occupational Work Experience	2.0	All		X			X	X	X	
Second Semester Unit Total:		5.0 - 5.5									
Minimum units to meet program requirements:		10.0									

Notes: * = Every Other Semester

In Person = Traditional Classroom setting

Online = Class is taught using an online format

Hybrid = Course is taught using a combination of in-person and online formats

Day = In person courses that begin at 7:00am or later

Evening = In person courses that begin at 5:00pm or later

Weekend = In person courses taught on Saturday and/or Sunday