

# YOGA STUDIES AND YOGA TEACHER TRAINING CERTIFICATE

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Baccalaureate Core Course (BCC)

Certificate Code: C310

This certificate is available as a standalone program (<https://registrar.oregonstate.edu/standalone-certificates/>).

The program combines yoga praxis and instruction with academic accountability and a scholarly approach to yoga made possible by OSU's expertise in the academic study of yoga. Students will develop proficiency in instructing the postural and contemplative dimensions of yoga through cultivating their knowledge of yoga biomechanics, yogic philosophy, contemplative methods and techniques, and theoretically-grounded teaching methods. Knowledge acquisition will be paired with ample practical opportunities to support both disciplinary and teaching competencies. More broadly, students will be encouraged to reflect upon their relationship to self, to their communities, and the world, as relationality and interdependence are central tenets of yoga's philosophical worldview.

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Code	Title	Credits
<b>Tier 1</b>		
<i>Core Practice Courses</i>		
PAC 201	RELAXATION	1
PAC 294	YOGA I	1
PAC 295	YOGA II	1
<i>Foundational Teacher Training Courses</i>		
PAC 208	WORKSHOP	1
PSY 407	SEMINAR	2
PAC 203	OBSERVATION & ASSISTANT INSTRUCTIONAL PRACTICE IN PHYS ACT	1
PAC 204	LEAD INSTRUCTIONAL PRACTICE IN PHYSICAL ACTIVITY	1
<i>Required Academic Course</i>		
Select one course from the following:		4
REL 433	*THEORY AND PRACTICE OF MODERN YOGA	
PSY 495	PSYCHOLOGY OF MEDITATION	
REL 432	*YOGA AND TANTRIC TRADITIONS	
REL 434	*SPIRITUALITY AND ECOLOGY: GREEN YOGA	
PSY 486	YOGA AND MENTAL HEALTH	
<b>Tier 2</b>		
<i>Advanced Teacher Training Courses</i>		
REL 435	YOGA PHILOSOPHY	2
BI 231	INTRODUCTION TO HUMAN ANATOMY AND PHYSIOLOGY	3
BI 241	INTRODUCTION TO HUMAN ANATOMY AND PHYSIOLOGY LABORATORY	2
REL 437	ADVANCED YOGA TEACHING SEMINAR I	2
REL 438	ADVANCED YOGA TEACHING SEMINAR II	2
REL 410	INTERNSHIP	2
<i>Required Academic Courses</i>		
Select two courses from the following (must be different to Tier 1):		8
REL 433	*THEORY AND PRACTICE OF MODERN YOGA	
PSY 495	PSYCHOLOGY OF MEDITATION	
REL 432	*YOGA AND TANTRIC TRADITIONS	
REL 434	*SPIRITUALITY AND ECOLOGY: GREEN YOGA	
PSY 486	YOGA AND MENTAL HEALTH	

Total Credits

37