



Yoga

This course on teaching Vinyasa will give you a valuable qualification to add to your current competencies as a fitness practitioner or a coach. On successful completion, you will understand the principles and theory of Vinyasa yoga and be able to teach a range of yoga exercises to individuals or to groups. This specialisation introduces you to yoga as an exercise modality and a mind-body practice. Students wishing to explore yoga as a spiritual practice are encouraged to pursue advanced courses once they qualify with this specialisation.

Course subjects include

1. The history of Yoga
2. The principles and benefits of Yoga
3. Plan and prepare to instruct safe and effective Vinyasa Yoga classes
4. Instruct Vinyasa Yoga classes using appropriate teaching methods

Credits and duration

The credit value of this course is 18 credits (180 notional learning hours). If you allow approximately 10-hours a week for studies (including tasks for assessment and experiential learning) you will take 18 weeks to complete the course.

Programmes are learner-paced. Students learn at different rates and some become competent and confident sooner than others. Our experience informs us that students who follow the learning process usually master the learning in the expected time frame.

Admission Criteria and certification requirements

1. **Qualified applicants:** If you hold an NQF level five qualification which includes exercise science and nutrition, you need to provide proof of your certification when you register.
2. **Unqualified applicants:** You need to complete the learning and assessment criteria of the prerequisite/s and the specialisation.

3. **Self improvement:** It is possible to attend the specialisation but not take assessment.
4. **Certificates:** Certificates are only provided once fees are paid in full and on successful completion of all assessment criteria. Certificates of attendance are **not** provided. Students receive a letter of registration and confirmation once they register.

Students receive the following

eta course manual, study guide, evidence portfolio and Vinyasa yoga CD.

Studying through Distance Learning

You do not attend classes; you follow the instructions and the learning process in your **eta** Study Guide. See points 4, 5 and 6 below

Studying through an eta campus

1. Induction session and introduction to the learning system

You will attend an induction session given by an **eta** facilitator. The aim of the session is to prepare you for the learning and assessment process. In addition, it is an opportunity for you to clarify your expectations and for **eta** to ensure that you understand their expectations.

2. Attend a practical workshop at your campus

Once you have familiarised yourself with the material and the specialisation's practices, you attend a practical skills workshop with a qualified practitioner who is experienced in this specialisation. The workshop focuses on practical application to help you acquire a deeper understanding of the skills required for your specialisation.

3. Arrange a practical session at your campus through your facilitator

You will give a demonstration at your campus where someone from faculty will attend to determine if you are ready for assessment. If the faculty member is satisfied you can prepare for your summative assessment. If you are not ready for assessment, feedback will be provided on areas that need more work and on what to practise.

All students do the following

4. Learn and practice what you have learnt

As a self-reliant student, you study your manual, follow the study guide, gather evidence for your portfolio and immerse yourself as a participant in your specialisation's practices.

5. Practice your skills

Once you have familiarised yourself with the necessary knowledge and skills you need to practice your newly learned skills on your own, in local facilities, in front of a mirror or with willing participants. You learn by practicing and at times through trial and error. If you need

more guidance from a subject expert you can arrange this privately and you are liable for extra fee that they charge.

6. Submit your portfolio of evidence and arrange a practical demonstration

Submit your completed tasks and complete a practical demonstration for summative assessment. You are required to make a DVD of your demonstration and then submit the DVD for assessment. You will receive written assessment feedback and results.

To register

Complete the **eta** registration form for specialisations. You can also go to the website www.exerciseacademy.com and click on the **short course** button on the home page.

Accreditation

For details of **eta** accreditation check on the **eta** website: www.exerciseacademy.com

Continued Professional Development Credits

All **eta** fitness modules and specialisations will be registered with REPS SA for Continuing Professional Development credits.