



*Scottsdale Community College's Certificate of Completion (CCL) in Yoga Therapy Program is designed for students who have an interest of working in the field. Yoga is an ancient philosophical tradition and part of the mainstream in physical fitness and wellness with wellness practices that can be labeled therapeutic. Students will have the opportunity to demonstrate this knowledge by participating in an internship in an aspect of yoga therapy.*



## Contact Information

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To Register:

[www.my.maricopa.edu](http://www.my.maricopa.edu)

or

by phone at 480/423-6100



# YOGA THERAPY PROGRAM



at Scottsdale Community College



[www.scottsdalecc.edu/yoga](http://www.scottsdalecc.edu/yoga)

## PROGRAM PREREQUISITES

CORSE CODE	COURSE TITLE	CREDIT
PED102YO	Yoga - Intermediate (1) and Certificate of Completion in Yoga Instruction or Permission of Program Director	23



## REQUIRED COURSES

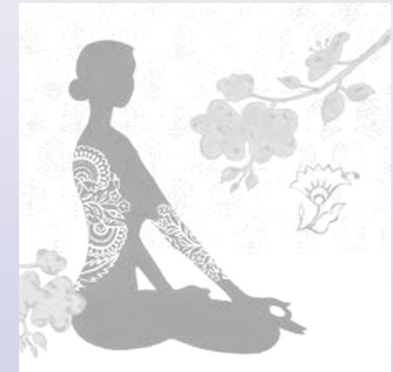
CORSE CODE	COURSE TITLE	CREDIT
EXS250	Applied Kinesiology	4
PED102YO	Yoga - Intermediate	4
PED158	Tradition and Practice of Yoga III	2
PED280	Introduction to Yoga Therapy	2
PED281	Yoga Therapy - Upper Body Principles	2
PED283	Yoga Therapy - Low Back Principles	2
PED284	Yoga Therapy - Knee Principles	2
PED288	Yoga Therapy Practicum	2
WED162	Meditation and Wellness	1
WED183	Introduction to Ayurvedic Principles	2
WED185	Overview of Movement Therapy Systems	2



## RESTRICTED ELECTIVES

CORSE CODE	COURSE TITLE	CREDIT
BIO201	Human Anatomy and Physiology I	4
BIO202	Human Anatomy and Physiology II	4
COM225	Public Speaking	3
EXS101	Introduction to Exercise Science, Kinesiology, and Physical Education	3
EXS125	Introduction to Exercise Physiology	3
EXS130	Strength Fitness-Physiological Principles and Training Techniques	3
FON241	Principles of Human Nutrition	3
FON247	Weight Management Theory	3
HES271	Prevention and Treatment of Athletic Injuries	3
PED288	Yoga Therapy Practicum Must be repeated at least once for additional Restricted Electives credits.	2-6

SCC Yoga Therapy has a foundation in Yoga Philosophy and emphasis modification of Yoga Asana as a way towards healing and optimal health. Advanced study of Patanjali's Yoga Sutras as well as introduction to other Yoga texts from the base of the philosophy of Yoga Therapeutics. Students are immersed in the study and practice of Yoga Asana to develop an understanding of the wellness process. Practical application of what is being learned is practiced hands on under the direction of experienced teacher in on-going classes as well as in a special Yoga Therapy class. Additionally, students can round out their study through courses I Kinesiology, nutrition and Exercise Science in addition to Psychology and other college courses that pertain to their subject.



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