

Yoga Teacher Training Concentration (CHY)

A Degree in Complementary Health Care

An innovative opportunity to study complementary/holistic approaches to maintaining health and supporting recovery from injury or illness, orienting students to complementary health care theories, principles, and practices. This two-year degree program provides a comprehensive background in various modalities and prepares students to become a 200-hour Registered Yoga Teacher. Students will be eligible to become Registered Yoga Teachers (RYT) with Yoga Alliance ©.

Year 1

Number	Suggested Course Order	Cr	Semester	Grade	Prerequisites/Notes
ENG101	English Composition I	3			ENG100, RDG100, FYE101, or placement
BIO115	Human Biology	4			ENG100, RDG100, FYE101, or placement
CHC101	Complementary Health Care	3			ENG100, RDG100, FYE101, or placement
PSY105	Introduction to Psychology	3			ENG100, RDG100, FYE101, or placement
FYE101	First Year Experience	3			ENG099, RDG099
CHC102	Foundations of Yoga	3			ENG100, RDG100, FYE101, or placement
CHC220	Mind-Body-Spirit Connection	3			ENG100, RDG100, FYE101, or placement
ENG102	English Composition II	3			ENG100, RDG100, FYE101, or placement
HST140	Counseling Methods and Interviewing Techniques	3			ENG100, RDG100, FYE101, or placement
MAT126	Topics in Mathematics (or higher)	3			MAT096 or placement
Total 31 credits					

Year 2

Number	Suggested Course Order	Cr	Semester	Grade	Prerequisites/Notes
	Business Elective (CIS127)	3			Electives: CIS127 is recommended
CHC202	Yoga II	3			CHC102
	Humanities Elective	3			ART, ASL, ENG, FRE HUM, MUS, PHL, SPA, THE
	Social Science Elective	3			ANT, DSI, ECO, GEO, HIS, POL, PSY, SOC, SSC
	General Elective (or HST140)	3			Electives: Any course (see page 66 for exceptions)
BIO101	Introduction to Nutrition	3			ENG100, MAT092, RDG100, FYE101, or placement
CHC230	Professional Issues and Ethics in Complementary Health	3			CHC101, co-requisite CHC220 This course is restricted to degree seeking students who have completed at least 45 credits
CHC204	Yoga III	4			CHC102, CHC202
	General Elective	2/3			BIO101, BIO103, BIO112, BIO230; CHC101, CHC108, CHC220; EXS102, EXS201; PER126, PER127, PER130
	CHC Professional Elective	3			Electives: CHC102, CHC104, CHC105, CHC108, CHC110, CHC202, CHC221, PHL210, PSY280, HUM212, MTC101, EXS102 (fall only), EXS201 (fall only), EXS203 (spring only)
Total 31 credits					
Total 62 credits					

See page 95 of the college catalog for program competencies and technical standards.

Campus/format: A majority of this program can be completed during the evening at the Gardner Campus.

Helpful hints: Academic and career advising sessions with the complementary health care advisors is recommended.

Transfer options: Some CHC courses may transfer to Fitchburg State University. Check with the transfer advisor. Transfer agreements exist with Charter Oak State College and the University of Phoenix.

Special requirements: Students must meet technical standards with or without accommodations and additional requirements including immunizations, CPR certification, liability insurance, and a Criminal/Sexual Offender Records Information (CORI/SORI) (see page 22 of the college catalog). All BIO credits must have been taken within five years. Students will be required to purchase professional liability insurance privately prior to participation in Yoga III due to practicum participation. Please see program faculty for details.

Visit the MWCC transfer services website at <http://transfer.mwcc.edu>.

3 Plus ONE eligible—go to: www.mwcc.edu/3PlusONE.

Career options: Yoga teachers may work in fitness centers, wellness centers, spas, hospitals, retirement communities, doctor and chiropractic offices, assisted-living centers, yoga centers, and group/individual practices.

Earning potential: Varies according to industry.