

Guidelines - Approved Professional Development (APD) for Registration by Yoga Australia

Yoga Australia requires registered members complete Continuing Professional Development to maintain their registration. Teachers are required to complete 12 points per year and Therapists are required to complete 24 points every three years. A variety of professional development courses are now available for Yoga Teachers and Therapists. In response to this, Yoga Australia is now offering Approved Professional Development (APD) registration to ensure that members can access quality professional development training. A registered APD course meets Yoga Australia's quality standards.

To register a course as Approved Professional Development (APD) with Yoga Australia, please:

1. ensure the course meets the requirements outlined in this document,
2. complete the relevant forms, and
3. pay the registration fee.

APD course registration must be renewed every 3 years. APD courses must comply with existing Yoga Australia policies (e.g. Audit Policy and Grievance Policy). As outlined in the Yoga Australia Audit Policy, courses registered with Yoga Australia may be audited at any stage to ensure training standards are met.

Yoga Australia Guidelines for Yoga Teaching APD

- Yoga Teaching APD is intended for already qualified Yoga Teachers to further develop their knowledge and skills as Yoga Teachers.
- Course participants must have a minimum prerequisite of 200hrs of Yoga Teacher Training (evidence to be collected by a Teacher Training Certificate).
- The faculty delivering the APD course must include a senior Level 3 Yoga Australia member OR a Level 2 Yoga Australia member (who has training and certification in the field in which they teach and/or a minimum of 3 years practical experience). Level 2 members must be under the supervision of a Level 3 member. For APD courses that are run continuously throughout the year (i.e. once every month), supervision must include a minimum of 2 hours contact per month. For APD that is delivered as sporadically (e.g. once a term), supervision must include a minimum of 2 hours in the lead up to a course. Typically, supervision would involve discussion about the content of the course, structure of delivery, teaching resources and assessment methods. Evidence of supervision may include email confirmation of the appointment; minutes of the discussion (e.g. dot points of discussion outlined in an email); and sighted documents (e.g. course outlines, lesson plans and assessments) including a signature, date of sighting and changes made. Evidence must be kept on file for Yoga Australia to access when required (e.g. during Audit, Grievance or Registration).
- If there is to be any change in senior teaching personnel, the faculty must contact Yoga Australia and request approval for the change before the course is to be next delivered.

Yoga Australia Guidelines for Yoga Therapy APD

- Yoga Therapy APD is intended for already qualified Yoga Therapists to further develop their knowledge and skills as Yoga Therapists.
- Course participants must have a Yoga Therapy qualification (evidence to be collected by a Yoga Therapy Certificate).
- The faculty delivering the APD course must have well-established expertise and experience in the course or program area(s) they teach, including training and certification in the field in which they teach and a minimum of 3 years practical experience. At least one faculty member must be a Yoga

Australia Registered Yoga Therapist and it is recommended that faculty who teach yoga/yoga therapy subjects are Yoga Australia Registered Yoga Teachers.

- It is strongly recommended that at least one faculty member has a Certificate IV in Training and Assessment (TAE) qualification or above.

Yoga Australia recognises the prerogative of each Training Provider to teach from their own unique perspective and has allowed for flexibility regarding which tools to emphasise within and beyond the required knowledge of certain subjects.

APD Course Overview

Complete this form if you are applying to register a **Yoga Teaching APD** or a **Yoga Therapy APD Course**.

| | | | | | |
|--|---------------------------|----------------------|---------------------------|-----------------------------------|---------------------------|
| Training Provider | Click here to enter text. | | | | |
| Training Provider Website | Click here to enter text. | | | | |
| Contact Phone Number | Click here to enter text. | | | | |
| Course Name | Click here to enter text. | | | | |
| Purpose/Objectives of the Course | Click here to enter text. | | | | |
| Total Course Hours (contact hours must be minimum of 65% of total hours) | Click here to enter text. | Contact Hours | Click here to enter text. | Non-Contact Hours (if any) | Click here to enter text. |
| Approved Professional Development (APD) Points | Click here to enter text. | | | | |
| Course Structure (how long from start to finish, how many days/hours in a day, non-contact requirements etc) | Click here to enter text. | | | | |
| Teacher/s Delivering the Course, Membership Level and Qualifications (Mentor if required) | Click here to enter text. | | | | |
| Demonstrated Industry Need | Click here to enter text. | | | | |
| Cost per Participant | Click here to enter text. | | | | |
| Rationale for Pricing | Click here to enter text. | | | | |

Students

| | |
|--|---------------------------|
| The target participants for this course are: | Click here to enter text. |
|--|---------------------------|

Entry Requirements

The specific course entry requirements are (for example, Language Literacy and Numeracy, Anatomy and Physiology knowledge or pre-requisite qualifications):

Click here to enter text.

APD Course Outcomes

Complete this form if you are applying to register a **Yoga Teaching APD** or a **Yoga Therapy APD** Course.

| | |
|---|---------------------------|
| Attendance Requirements | Click here to enter text. |
| Course Requirements (what do students need to successfully do to complete the course) | Click here to enter text. |
| Course Competencies (by the end of the course what will the student be able to demonstrate they can do) | Click here to enter text. |
| Expected Code of Conduct | Click here to enter text. |
| Wording on Certificate given on Successful Completion (eg:– Successful Completion of ...) | Click here to enter text. |

After Course Support

| | |
|-------------------------------------|---------------------------|
| After Course Support Offered | Click here to enter text. |
| Complaints Process | Click here to enter text. |

Course Feedback

Feedback and input from students and other stakeholders will be sought, analysed and acted upon, where necessary, on a regular basis. Feedback will be sought by the following process:

Click here to enter text.

Yoga Teaching APD Teaching and Assessment Overview

Only complete this form if you are delivering a APD Course for Yoga Teachers.

| Curriculum Area | Description | Hours | Course Location | Resources Required | Mode of Delivery | Learning Activities | Assessment | Teacher & Mentor (if required) |
|--|---------------------------|------------------|---------------------------|--|---------------------------|---------------------------|---------------------------|---|
| Anatomy and Physiology | e.g. Anatomy of the Hip | C e.g. 5 | e.g. Studio | Teacher Student Manuals Hip Anatomy & Physiology Powerpoint | e.g. F2F | e.g. W | e.g. OB, S | e.g. Joe Bloggs Level 2, Diploma of YTT Jane Bloggs (mentor) Level 3, Diploma of YTT, CIV in Naturopathy |
| | | NC e.g. 2 | | Student Anatomy of Hatha Yoga textbook, yoga mat, block, strap and bolster | | | | |
| Yogic Physiology | Click here to enter text. | C Click | Click here to enter text. | Teacher Click here to enter text. | Click here to enter text. | Click here to enter text. | Click here to enter text. | Click here to enter text. |
| | | NC Click | | Student Click here to enter text. | | | | |
| Philosophy, Ethics and Lifestyle | Click here to enter text. | C Click | Click here to enter text. | Teacher Click here to enter text. | Click here to enter text. | Click here to enter text. | Click here to enter text. | Click here to enter text. |
| | | NC Click | | Student Click here to enter text. | | | | |
| Techniques | Click here to enter text. | C Click | Click here to enter text. | Teacher Click here to enter text. | Click here to enter text. | Click here to enter text. | Click here to enter text. | Click here to enter text. |
| | | NC Click | | Student Click here to enter text. | | | | |
| Teaching Methodology | Click here to enter text. | C Click | Click here to enter text. | Teacher Click here to enter text. | Click here to enter text. | Click here to enter text. | Click here to enter text. | Click here to enter text. |
| | | NC Click | | Student Click here to enter text. | | | | |
| Integrative Practice and Teaching | Click here to enter text. | C Click | Click here to enter text. | Teacher Click here to enter text. | Click here to enter text. | Click here to enter text. | Click here to enter text. | Click here to enter text. |
| | | NC Click | | Student Click here to enter text. | | | | |
| Specialty | Click here to enter text. | C Click | Click here to enter text. | Teacher Click here to enter text. | Click here to enter text. | Click here to enter text. | Click here to enter text. | Click here to enter text. |
| | | NC Click | | Student Click here to enter text. | | | | |

Yoga Therapy APD Teaching and Assessment Overview

Only complete this form if you are delivering a APD Course for Yoga Therapists.

| Curriculum Area | Description | Hours | | Course Location | Resources Required | | Mode of Delivery | Learning Activities | Evidence Gathering Techniques | Teacher & Mentor (if required) |
|---|----------------------------------|-------|--------|---------------------------|--------------------|---|---------------------------|---------------------------|-------------------------------|---|
| | | C | e.g. 5 | | Teacher | Student | | | | |
| Yoga Foundations | e.g. Anatomy of the Rotator Cuff | C | e.g. 5 | e.g. Studio | Teacher | Student Manuals Anatomy & Physiology Powerpoint | e.g. F2F | e.g. W | e.g. OB, S | e.g. Joe Bloggs Level 2, Diploma of YTT, Yoga Therapy Jane Bloggs (mentor) Level 3, Diploma of YTT, Yoga Therapy |
| | | NC | e.g. 2 | | Student | Anatomy of Hatha Yoga Yoga Mat, Block, Strap and Bolster | | | | |
| Biomedical and Psychological Foundations | Click here to enter text. | C | Click | Click here to enter text. | Teacher | Click here to enter text. | Click here to enter text. | Click here to enter text. | Click here to enter text. | Click here to enter text. |
| | | NC | Click | | Student | Click here to enter text. | | | | |
| Yoga Therapy tools and Therapeutic Skills | Click here to enter text. | C | Click | Click here to enter text. | Teacher | Click here to enter text. | Click here to enter text. | Click here to enter text. | Click here to enter text. | Click here to enter text. |
| | | NC | Click | | Student | Click here to enter text. | | | | |
| Practicum | Click here to enter text. | C | Click | Click here to enter text. | Teacher | Click here to enter text. | Click here to enter text. | Click here to enter text. | Click here to enter text. | Click here to enter text. |
| | | NC | Click | | Student | Click here to enter text. | | | | |
| Professional Practice | Click here to enter text. | C | Click | Click here to enter text. | Teacher | Click here to enter text. | Click here to enter text. | Click here to enter text. | Click here to enter text. | Click here to enter text. |
| | | NC | Click | | Student | Click here to enter text. | | | | |