

Approved Professional Development (APD) for Registration by Yoga Australia



APD Registration



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 (evidenced 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 (evidenced 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.

APD Registration

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

Training Provider				
Training Provider Website				
Contact Phone Number				
Course Name				
Purpose/Objectives of the course				
Total Course Hours (contact hours must be minimum of 65% of total hours)		Contact Hours		Non-Contact Hours (if any)
Approved Professional Development (APD) Points				
Course Structure (how long from start to finish, how many days/hours in a day, non-contact requirements etc)				
Teacher/s Delivering the Course, Membership Level and Qualifications (Mentor if required)				

APD Registration

Demonstrated Industry Need	
Cost per Participant	
Rationale for Pricing	
Students	
The target participants for this course are:	
Entry Requirements	
The specific course entry requirements are (for example, Language Literacy and Numeracy, Anatomy and Physiology knowledge or pre-requisite qualifications):	

APD Course Outcomes

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

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

After Course Support

Attendance Requirements	
Course Requirements (what do students need to successfully do to complete the course)	

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:	
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Teaching and Assessment Overview

The following pages contain two tables, please complete the relevant sections from the table pertaining to

- Yoga Teaching APD (page 4-5)
- Yoga Therapy APD (page 6) the APD being offered:

Refer to the below Instructions for abbreviations to use in the table. For example, under the Mode of Delivery column, if your courses is delivered in the classroom, use F2F (Face to Face) as the abbreviation.

Curriculum Area	Complete the row/s relevant to the curriculum being delivered.
Description	Describe the objectives of the course and the content being covered.
Hours	Document the hours that will spent covering the content. C – Contact Hours (i.e. in class) NC – Non-contact Hours (i.e. self-study)
Course Location	Outline where the training is taking place. List all addresses and types of facility e.g. Yoga Studio, Gym, Community Hall etc
Resources required	Describe how the delivery of training will take place. Choose from the following abbreviations: F2F - Face to Face NC - Non-contact (i.e. self-study) OL - Online O - Other (describe)
Modes of delivery	Describe how the delivery of training will take place. Choose from the following abbreviations: F2F - Face to Face NC - Non-contact (i.e. self-study) OL - Online O - Other (describe)
Learning activities	Outline the learning activities that will be used in each curriculum area. Choose from the following abbreviations: E - Experiential practice W - Workshop/group discussion R - Research C - Collaborative RJ - Reflection and journaling I - Inquiry – discussion, questioning, formulating information H - Hypothetical and scenarios A - Application of existing knowledge O - Other (describe)
Assessment	Competency based training is training that is designed to allow a learner to demonstrate their ability to do something in contrast to grading their performance with a score. APD is competency based training. Outline the way in which students will be assessed on their skills and knowledge in each curriculum area. Choose from the following abbreviations: OB - Observation and Oral Questioning W - Workbooks R - Research P - Practical tasks S - Short answer S - Simulation E - Extended writing M - Multiple choice O - Other (describe)
Teacher & Mentor	Include the name of the teacher and mentor (if required) that are delivering the training for each curriculum area.

Yoga Teaching APD Teaching and Assessment Overview

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

Please continue to fill fields even if content exceeds text frame size. Use commas to separate content.

ie. Anatomy of Hatha Yoga textbook, yoga mat, block, strap, bolster

Curriculum Area	Description	Hours	Course Location	Resources required	Mode of delivery	Learning Activities	Assessment	Teacher & Mentor (if required)
Anatomy and Physiology		C		Teacher				
		NC		Student				
Yogic Physiology		C		Teacher				
		NC		Student				
Philosophy, Ethics and Lifestyle		C		Teacher				
		NC		Student				
Techniques		C		Teacher				
		NC		Student				
Teaching Methodology		C		Teacher				
		NC		Student				
Integrative Practice and Teaching		C		Teacher				
		NC		Student				
Specialty		C		Teacher				
		NC		Student				

Yoga Therapy APD Teaching and Assessment Overview

Only complete this form if you are delivering a APD Course for [Yoga Therapists](#).

Please continue to fill fields even if content exceeds text frame size. Use commas to separate content.

ie. Anatomy of Hatha Yoga textbook, yoga mat, block, strap, bolster

Curriculum Area	Description	Hours	Course Location	Resources required	Mode of delivery	Learning Activities	Evidence gathering techniques	Teacher & Mentor (if required)
Yoga Foundations		C		Teacher				
		NC		Student				
Biomedical and Psychological Foundations		C		Teacher				
		NC		Student				
Yoga Therapy tools and Therapeutic Skills		C		Teacher				
		NC		Student				
Practicum		C		Teacher				
		NC		Student				
Professional Practice		C		Teacher				
		NC		Student				