

Complementary Health Care—Yoga Teacher Training Degree (CHY)

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 ©.

Campus/format: This program can be completed during the day or evening at the Gardner Campus.

Helpful hints: Academic & career advising sessions with the complementary healthcare advisors is recommended.

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 pages 34-35 of the college catalog). Students must score 72 or greater on the Algebra CPT or score 31 or greater on the College Math CPT or have completed a math course equal to MAT126 or higher with a C+ or better. 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.

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

Visit the MWCC transfer planning 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 by position.

Year 1

Number	Suggested Course Order	Cr	Semester	Grade	Prerequisites/Notes
ENG101	English Composition I	3			ENG100, RDG100, or placement
BIO115	Human Biology	4			ENG100, RDG100, or placement
CHC101	Complementary Health Care	3			ENG100, RDG100, or placement
PSY105	Introduction to Psychology	3			ENG100, RDG100, or placement
FYE101	First Year Experience	3			ENG099, RDG099
CHC102	Foundations of Yoga	3			ENG100, RDG100, or placement
CHC220	Mind/Body/Spirit Connection	3			ENG100, RDG100, or placement
ENG102	English Composition II	3			ENG100, RDG100, or placement
HST140	Counseling Methods & Interviewing Techniques	3			ENG100, RDG100, or placement
MAT126	Topics in Mathematics	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, HUM, MUS, PHL, SPA, THE
	Social Science Elective	3			ANT, DSI, PSY, SOC, SSC, GEO, HIS, POL, ECO, SSC
	General Elective (or HST140)	3			Electives: Any course (see page 64 for exceptions)
NUT101	Introduction to Nutrition	3			ENG100, RDG100, or placement
MTC110	Professional Issues and Ethics for Body Workers	3			ENG101 or placement
CHC204	Yoga III	4			CHC102, CHC202
PER126/130	Health, Fitness, & Wellness Elective	2/3			Prerequisite: MAT092, RDG100, or placement Note: PER130 is recommended for transfer
		3			Electives: CHC102, 104, 105, 108, 110, 111, 112, 212, 221, PHL210, PSY280, HUM212
Total 30/31 credits					

See page 88 of the college catalog for program competencies and technical standards.