

## Statement of Declared Purpose

<b>Awarding organisation name</b>	Active IQ
<b>Title of regulated qualification</b>	Active IQ Level 3 Diploma in Teaching Yoga
<b>Qualification level</b>	3
<b>Qualification accreditation number</b>	600/2090/8
<b>Qualification type</b>	Vocationally Related Qualification

### Qualification overview

This qualification is designed to give learners the knowledge and skills to be able to plan, prepare and deliver safe and effective yoga sessions.

### Who could do this qualification?

There are no specific entry requirements however learners should be aged 16+ and a minimum of two years' experience of participating in yoga classes is desirable.

The course requires physical exertion, therefore, a degree of physical fitness is necessary and there is an element of communication (discussing, presenting, reading and writing) involved and learners' should have basic skills in communication pitched at Level 2.

The qualification has been designed for:

- Individuals who wish to work and/or seek employment in facilities which offer yoga classes.
- Individuals considering a career in exercise and fitness instruction, in the discipline of yoga.
- Individuals already working in the active leisure sector and who wish to enhance their career progression opportunities.

### What does the qualification cover?

During the qualification learners will cover the following:

- Underpinning principles of teaching yoga.
- Anatomy and physiology.
- Health and safety.
- How to plan a series of yoga sessions.
- How to teach yoga sessions.

## Qualification structure

To achieve the qualification learners must complete the five mandatory units (38 credits).

Unit	Unit accreditation number	Level	Credits
1. Underpinning principles of teaching yoga	L/503/2579	3	10
2. Anatomy and physiology for yoga	F/503/2580	2	6
3. Planning a series of yoga sessions	J/503/2581	3	6
4. Health and safety of yoga	L/503/2582	3	4
5. Teaching a yoga session	R/503/2583	3	12

## What could this qualification lead to?

Learners will be able to progress to the following job roles:

- Yoga teacher.

## Will the qualification support progression to further learning, and, if so, what?

The qualification is designed to offer entry to employment; however, learners can also progress onto the following qualifications:

- Active IQ Level 3 Diploma in Health and Fitness.
- Active IQ Level 3 Diploma in Instructing Pilates Matwork.
- Level 3 Diploma in Exercise Referral.
- Level 4 special populations' qualifications.
- Active IQ Level 3 Diploma in Sports Massage Therapy.

## Is this qualification available as an apprenticeship?

No, this qualification does not sit within an apprenticeship framework.

## Is this qualification eligible for an Advanced Learner Loan?

No, this qualification is not available within the Advanced Learner Loan catalogue.

## Similar qualifications

There are no similar qualifications at this level.

## Who supports the qualification?

Support for the qualification has been provided by the following professional body:

- ukactive

To read more about ukactive please visit <http://www.ukactive.com/>