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| BWYT OVERVIEW & SYLLABUS  FOR BWYQ Level 4 Diploma in Teaching Yoga |

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**Overview**

Welcome to the BWYQ Diploma in Teaching Yoga. The aim of this Overview is to provide you with a general picture of what the course involves. Please read it through and raise questions you have with your tutor.

**Structure**

The BWYQ Diploma in Teaching Yoga consists of five Units which together lead to a full Diploma in Teaching Yoga. The course is a combination of tutor-led contact days and home study. In addition, there is a requirement for a qualification in anatomy and physiology either by completion of the BWY home study course ‘Essential Anatomy and Physiology for Yoga’ or other equivalent study. You will be asked to visit the website to complete the ‘Fundamentals of Anatomy and Physiology Course’ either before you begin the Diploma, or during the first three months of the course.

**Ethos**

The aim of the Diploma course is to equip you both professionally and practically to teach yoga asanas, breathing practices, pranayama, relaxation and concentration/meditation to students with a wide variety of capacity and experience; with an underlying knowledge and understanding of yoga principles and philosophy. You are also expected to continue to deepen your understanding and knowledge through your own personal practice.

Whilst course teaching is tutor-led you are expected to develop as a reflective self-evaluative practitioner and teacher of yoga. As a consequence, you will be actively involved throughout the course in the teaching and learning process, in group work, and in your own home study and practice. You will be asked to reflect upon your own teaching and practice and develop your own evaluative skills to build on your strengths and address areas for improvement as needed. In this way, you can develop as an autonomous teacher of yoga.

**Assessment**

Your tutor will set assignments throughout your course. Some of these will be formative assessments; ongoing assessment, formal and informal, which happens during the learning process to check your understanding and to highlight what needs to be done to move you forward. These are devised by BWYT and are **not** part of the BWYQ assessment requirements.

Other assignments will be summative assessments and will be submitted to the awarding organisation. This is formal assessment at the end of a Unit or course and shows your attainment in relation to benchmark standards (Assessment Criteria). In other words, it assesses the end product of the learning. Your tutor will complete a summary sheet for each assignment, giving you developmental feedback and indicating whether you have met the assessment criteria covered in the assignment.

The course is non-graded with the emphasis on competence to teach yoga. All written assignments will be either ‘pass or refer’. If a piece of your work is referred, you can resubmit the assignment when the necessary amendments have been made, subject to the rules for referral and resubmission of written work. Your tutor will support and advise you through this process.

As well as completing assignments, you will be observed on your teaching practice. You will be fully prepared for this experience and although often students are nervous, please see it as a way of improving your teaching and enhancing the knowledge, understanding and skills you need to be a good teacher. All who teach, however experienced, can benefit from review of what they do. Some of the teaching practice is informally assessed, but where it is a formal

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teaching practice observation you will receive a ‘pass or refer’. If you are referred, you can be re-observed, subject to the rules for referred teaching practice. Your tutor will support and advise you.

Along with the formative and summative assignments, your tutor will set informally assessed tasks that may be in the form of group work, pair work or individual home study. Integral to this will be the need to evaluate your own practice and progress through your own reflective self assessment and through the feedback of your peers. You are required to keep a portfolio showing your learning progress.

During the course, you are required to record at least 30 hours of teaching, planning, content, assessment and reflective evaluation. It will greatly benefit your learning and teaching to teach from the end of the first year for the rest of the course. You are expected to keep a record of all teaching you do. During Unit C you are expected to set up and teach a 6 - 10 week course of yoga and a DCT will assess one of the classes. This is known as an ACT (Assessed Class Teaching). A 2nd ACT takes place at the end of the course in Unit E. Both classes to be 90 minutes (although in exceptionally cases ACT 1 can be 60 minutes to reflect realistic class teaching).

Also for at least three months during the course you must keep a pranayama diary and establish a regular practice of pranayama. This need not be lengthy or difficult, but will form a foundation of understanding for your teaching. Your tutor will set suitable home practice tasks and may ask you to record specified details.

**Assessment types**

The course is holistic in its approach and open to different methods of preparing material, exampled below

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| **Assessment Type** | **Possible Format** | **What this might look like** |
| Assignments | Worksheet, written essay,  Infographic, project, posture profile,  mixed-media presentation | * As essay on stress * An infographic that draws out key themes or concepts from each chapter of *Hatha Yoga Pradipika* * A project that summarises research on themes in Patanjali’s *Yoga Sutras* |
| Presentation | Audio, video, in-person | * An audio recording discussing stress and the effects of breathing/relaxation techniques. * A reflective journal. * A presentation to your peers developing one theme from the *Bhagavad Gita*. |
| Professional Discussion/ Questioning | Short, focussed one-to-one conversation (c. 30 mins or less) | A one-to-one directed conversation that allows you to talk through your ideas and demonstrate your learning. |
| Observation | Observation of teaching | Observation of a lesson followed by feedback/discussion. |
| Work Product | Scheme of Work, Course Plan, Detailed Lesson Plan  Post-lesson reflections | The means of recording the process of planning, teaching and evaluation; working documents designed for real classes. |

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**Books**

As a foundation for study you will be asked to buy a selection of books. BWY has a list of recommended texts and your tutor will give you guidance on those preferred for their course. As a minimum, you will need copies of the Yoga Sutra of Patanjali, the Hatha Yoga Pradipika, the Upanishads and the Bhagavad Gita, as well as books on asana, and books which contain information on breathing practices, pranayama, relaxation and meditation. We will provide recommended versions in advance of the course.

**Student Support**

Your tutor is there to help and support you throughout your learning and to give feedback on your progress. Your peer group will also become a source of support, shared experience and shared learning. Other support and information is available through the BWY website, In Service Training events and Regional events held by the BWY.

**Quality Assurance**

Every course is allocated in Internal Quality Assurer (IQA) who samples students work as the course progresses.

**Student Registration System (SRS)**

All students will be required to register for their course online and submit their assessed work via the SRS. Your course tutor has access to guidelines for using the SRS and will be able to assist you.

Students are expected to be able to word process their work for electronic submission and to provide an email address for correspondence. Further information on the SRS can be found in the Student Registration System Handbook for Student Teachers, which is available in the resources area of the website.

**Attendance Requirements**

You are expected to attend all course days and you should only be absent for good reason. Except where Special Considerations are in evidence, you are required to register 80% attendance. If you miss course days it is your responsibility to make up the content. This may be done in a variety of ways including extra tutorial time, or attendance at BWY recognised training days. Your tutor will advise you on what is most appropriate in the circumstances. You are also required to continue your regular yoga class attendance and to keep a record of this signed by your teacher. As part of your personal development you are expected to attend yoga workshops by teachers and tutors other than your diploma course tutor and to keep a record of workshops attended.

**Other Requirements**

As a BWY student teacher you must hold an HSE approved First Aid Diploma from the commencement of your class teaching and regularly update the qualification thereafter.

As a BWY student teacher you are expected to attend a weekly yoga class with a BWY teacher and evidence a broader approach to yoga by attending an occasional workshop or In Service Training Day (IST). See ‘Attendance Requirements’ above.

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**Prerequisites for Student**

* Students must have at least two years prior regular class attendance.
* It is highly recommended that students have completed a BWY Foundation Course or have equivalent prior learning.
* Students are expected to have an understanding of anatomy and physiology at Level 3. This may be achieved via the BWY Essentials of Anatomy and Physiology for Yoga Distance Learning course which is accessed and assessed online at the BWY website. Alternatively, students can apply for previous learning to be recognised via the RPL process.

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**Qualification Overview**

The route to the Diploma in Teaching Yoga can be achieved by completing the following five units. At the end of Unit C it is possible to be awarded a Certification in Teaching Yoga. The Tutor has discretion on the order of teaching/assignments.

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| **BWYQ Qualification and Units Contents** |
| **Unit A1**  Professional Responsibilities of a Yoga Teacher  (Foundational Knowledge Unit) |
| **Unit A2**  Basic Breathing and Relaxation (Foundational Knowledge Unit) |
| **Unit A3**  Preparing for Asana  (Foundational Knowledge Unit) |
| **Unit B**  Approaching Asana, Basic Breath Control and Relaxation  (Foundational Skills Unit) |
| **Unit C**  Effective Planning, Teaching, Assessment and Evaluation  (Foundational Skills Unit) |
| **Unit D**  The Classical Foundations of Modern Yoga (Advanced Knowledge Unit) |
| **Unit E**  Incorporating Philosophy, Pranayama, Meditation and Advanced Asana  (Advanced Skills Unit) |