



Guidance Notes for Candidates for the ITEC Level 3 Diploma in Yoga Teaching

General Advice

1. Requirements for undertaking this qualification.

- a. Candidates must hold at least 5 GCSE's at grades A* to C or equivalent are recommended, but this is not essential. This is at the discretion of the college and adult returner's experience will be considered.
- b. Have been practising Yoga for at least one year
- c. ITEC recommends that candidates should hold a recognised First Aid qualification; however this can be studied alongside the ITEC Level 3 Diploma in Yoga Teaching.

It is vital that candidates understand the structures they are working with whilst teaching a Yoga class, hence the requirement for a thorough knowledge of anatomy and physiology within this qualification.

2. Guided Learning Hours.

Unit 99 Level 3 Diploma in Yoga Teaching – 150 hours

Unit 97 Level 3 Anatomy & Physiology for Pilates & Yoga Teachers – 50 hours

Unit 44 Professional Conduct & Business Awareness for Fitness Instructors – 50 hours

Guided learning hours are 'a notional measure of the substance of a qualification. It includes an estimate of the time that might be allocated to direct teaching or instruction together with other structured learning time such as directed assignments, assessments on the job or supported individual study and practice. It excludes learner – initiate private study.'

3. Structure of the qualification.

Unit 99 Level 3 Diploma in Yoga Teaching

Unit 97 Level 3 Anatomy & Physiology for Pilates & Yoga Teachers

Unit 44 Professional Conduct & Business Awareness for Fitness Instructors

4. Assessment.

- a. The examinations for both theory and practical will be conducted by ITEC.
- b. Portfolio
Case studies must be completed under the supervision of a tutor and the tutor will assess each case study and allocate a grade throughout the delivery of the unit to ensure that the level of knowledge and competence required by ITEC is achieved. This will be verified by the ITEC Practical Examiner.
- c. Supervised Tuition
Candidates will assist in Yoga classes and will be observed by a registered Yoga teacher to ensure all movements and exercises are taught to a high standard. Lesson plans must be submitted for each session which will be assessed by the lecturer and verified by the ITEC Practical Examiner.

5. Registration.

At the same time upon enrolment, a notification of the units being undertaken by the candidates will be sent to ITEC by the candidate's college. This should be completed on the ITEC Enrolment Form.

Theory Tuition

1. Guided Learning Hours.

- a. The delivery of Unit 99 must be completed with a minimum of 75 guided learning hours.
- b. Delivery of the qualification will encompass all of the learning outcomes and underpinning knowledge identified by ITEC in the design of the qualification.

ITEC recommends that candidates undertake up to a maximum of 10 hours per month (totalling 80 hours, assuming the course is delivered over 8 months) of additional home study and revision.

2. Assessment.

- a. Once all aspects of the delivery of the Theory have been completed, candidates will be expected to complete a theory examination of 50 multiple choice questions on all aspects of Yoga, teaching techniques and applied Anatomy & Physiology.

3. Grading of the qualification.

- a. Unit 99 Theory has three grades that a candidate may achieve:
 - Pass grade – 60% - 74%
 - Credit Grade – 75% - 89%
 - Distinction Grade – 90% - 100%

Practical Tuition

1. Guided Learning Hours.

- a. The delivery of Unit 99 must be completed with a minimum of 75 guided learning hours.
- b. Delivery of the qualification will encompass all of the learning outcomes and underpinning knowledge identified by ITEC in the design of the qualification.

2. Resources.

The organisation delivering the qualification must provide a suitable room for teaching Yoga and all necessary equipment to teach the Yoga Teacher's course.

3. Assessment.

- a. This unit is internally and externally assessed.
- b. Once all aspects Unit 99 Practical have been completed, candidates will be expected to complete the practical examination. This will be undertaken in the candidate's college environment in the presence of an ITEC External Examiner.

- c. Candidates will be internally assessed by their tutor throughout their training using the ITEC pre-assessment form and marking criteria. Candidates will be expected to carry out: a consultation including a Physical Activity Readiness Questionnaire (PARQ), provide a specific lesson plan for the class, take the class through a complete Yoga programme providing teaching points, explaining progressions wherever necessary and to conclude the session appropriately.
- d. Candidates will be asked Oral Questions throughout the examination.
- e. Candidates will be expected to demonstrate excellent client care and be able to demonstrate competence in their ability to demonstrate and teach the asanas, explaining alternatives if and when required.
- f. A Physical Activity Readiness Questionnaire (PARQ) and lesson plan must be available for the ITEC External Examiner to check containing the completed medical history and lifestyle details of the client being taught. It should show the asana details including any teaching points, any alternative exercises, any possible progressions and home care advice given to the client(s) at the end of the class.
- g. Candidates must secure a pass level in each element within all of the areas being assessed, as outlined in the Marking Criteria.
- h. Portfolio;
 - i. Case studies must be completed under the supervision of a tutor. The tutor must monitor the quality of the written case study work throughout the candidate's training to ensure that the content of the written documents meets ITEC criteria. The criteria are detailed on the case study guidance sheet.
 - ii. It is recommended that candidates spend between 3 – 5 hours on each case study which will total between 60 – 100 hours to fully complete the case study portfolio.
 - iii. The case study guidance sheet should be completed and placed with the case studies by the lecturer prior to verification by the ITEC Examiner.
 - iv. If a case study does not meet the ITEC criteria, the ITEC Examiner will complete a candidate referral form to help the candidate strengthen the case studies to gain a pass grade. Referred case studies must be submitted to ITEC for re-assessment within 3 months of the referral. Referred case studies must be submitted to ITEC for re-assessment within 3 months of the referral. Requests for an extension of this time period must be made in writing with supporting evidence provided.

i. Supervised Tuition

A candidate cannot receive the diploma until a registered Yoga teacher has observed him/her assisting in teaching 50 hours of Yoga to either individuals or classes. Lesson plans must be submitted for each session which will be assessed by the lecturer and verified by the ITEC Practical Examiner.

4. Grading of the qualification

- a. Unit 99 Practical has three grades that a candidate may achieve:
 - Pass grade: 60% - 74%
 - Credit Grade: 75% - 89%
 - Distinction Grade: 90% - 100%
- b. Unit 99 Practical grade will be combined with the Unit 99 Theory grade to achieve an overall grade as follows:
 - Pass grade: 120 – 149
 - Credit grade: 150 – 179
 - Distinction grade: 180 – 200

- c. A candidate's overall grade will appear on their Diploma.
- d. The Case Study portfolio and supervised tuition must also achieve a pass grade.
- e. If a candidate is unsuccessful in any area, they will be expected to re-sit the examination for which they have been referred. Referrals should be completed within three months from receipt of examination results and candidates must successfully complete all units within one year of the original examination provided re-sits are attempted within a three month period. Requests for an extension of this time period must be made in writing with supporting evidence provided.