

**PROGRAM APPROVAL APPLICATION**  
**NEW or SUBSTANTIAL CHANGE or LOCALLY APPROVED**  
(This application may not exceed 3 pages)

**Fill In Form**

Mind-Body Therapy Certificate  
 Proposed Program Title

Fall 2017  
 Projected Program Start Date

Irvine Valley College  
 College

South Orange County Community College District  
 District

**Contact Information**

Corine Doughty  
 Voting Member

Dean, Instruction, Economic and Workforce Development  
 Title

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 Phone Number

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 Email

**Goal(s) of Program (Check all that apply):**

- Career Technical Education (CTE)       Transfer       Other

**Type of Program (Check all that apply):**

- Certificate of Achievement 12-17 (semester) units       Certificate of Achievement 18+ semester (or 27+ quarter) units  
 Associate of Science Degree       Associate of Arts Degree

**Reason for Approval Request (Check One):**

- New Program       Substantial Change       Locally Approved

**Program Information**

1008.10      Recommended [Taxonomy of Program \(TOP\) Code](#)

\_\_\_\_\_      Units for Major-Degree

\_\_\_\_\_      Total Units for Degree

25-27      Required Units-Certificate

**Written Form**

**1. Insert the description of the program as it will appear in the catalog. (See PCAH pp. 142 and 170)**

This certificate provides the training necessary for self-employment or an entry level position within organizations that focus on mind-body therapies. These holistic methods focus on the interrelationships between the various anatomical systems and the energetic self, eastern and western medicine, or mind/body/spirit connections. Employment factors are variable based upon criteria that are both objective and subjective in nature. There is work within different fields but this certificate provides over 200 hours that is required for a first level yoga certification. Some job titles upon completion of the certificate could include yoga instructor, wellness specialist, community health worker, teaching assistant, self-enrichment educator, or body therapy practitioner. In addition, this certificate satisfies the curriculum required for the pre-training course within the level 1 certification process for GYROKINESIS® teacher trainings. The program focuses on developing a practical knowledge of anatomy, methodologies of various body therapies, the science behind the methods, how to assess individual needs and goals, and how to modify and

adapt techniques to meet these needs and goals. A major emphasis is on injury care and prevention, how to increase or decrease the challenge based upon an individuals abilities and limitations, and how to implement an evolving specialized program that is designed to empower the client and enhance their quality of life. With further training students could attain additional certificates in Pilates, Yoga, massage therapy, or GYROKINESIS® methodology. Students could also seek further education to work toward degrees that could lead to becoming a Physical Therapist, Athletic Trainer, Occupational Therapist, Dance Therapist and so on.

**2. Provide a brief rationale for the program.**

Larger segments of the population are looking for safer more holistic ways to reduce stress, improve health, and the quality of their life in terms of mind, body, and spirit. An upsurge of body therapies such as yoga, Pilates, massage, GYROKINESIS® amongst many others support this trend. Each person is a unique individual, so a “one size fits all” mentality in terms of training methodology, does not address the individual issues each person has and the various ways people learn. Individual corrections and guidance can be the key to achieving pain reduction, injury prevention, technical achievement, and personal progress even in group classes. This certificate combines various approaches to produce instructors/practitioners that will be able to better meet the needs of diverse populations. The trend for personal training in health clubs and corporate wellness programs and the shortfall of qualified teachers for senior fitness and community health programs, verifies the need to develop new certification programs that combine various body therapies. The economic outlook for each job category associated with the certificate is very positive due to interest.

**3. Summarize the Labor Market Information (LMI) and employment outlook (including citation for the source of the data) for students exiting the program. (See PCAH pp. 85-88, 136, 147, 148, 165, 168, and 176)**

Students completing this certificate and successively entering the workforce are most likely to end up in SOC occupations classified as self-enrichment education teachers (SOC 25-3021) or fitness trainers and aerobics instructors (SOC 39-9031). The outlook for these two occupations in orange county is positive and summarized below:

- The 2016-2021 job change is projected to be 850 jobs (10.6% growth) with the largest growth being in self-enrichment education teachers (663 jobs, 14.2%). Annual openings in the occupational cluster are projected to be 510 with 245 being in the self-enrichment education teacher occupation.
- Average entry-level wage (10<sup>th</sup> percentile) for the occupational cluster is \$16.00 with a median wage of \$19.73.
- There are no related programs; therefore, zero related regional completions for programs preparing for employment as a self-enrichment education teacher. However, there were 245 annual openings for this occupation. There is some supply in programs preparing for fitness trainers and aerobics instructors. There were 640 “related” completions (CIP 31.0501 and 31.0507) for 265 openings. However, over 400 of these completions were bachelor’s degrees awarded at the university.

With 510 annual openings and approximately 240 completions to fill the demand there is a need for additional supply in the region. Therefore, this new program at IVC is needed.

Source: EMSI 2016 Q4 employees and self-employed

**4. List similar programs at other colleges in the Los Angeles and Orange County Region which may be adversely impacted. (There is space for 10 listings, if you need more, please contact [laocrc@rscdd.edu](mailto:laocrc@rscdd.edu))**

College	Program	Who You Contacted	Outcome of Contact
Orange Coast College	Dance/ Pilates	Amelie Hunter	No conflict

Cypress College	Dance Teaching Certificate	Maha Afra <a href="mailto:mafra@cypresscollege.edu">mafra@cypresscollege.edu</a> 714-484-7207	
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**5. List all courses required for program completion, including core requirements, restricted electives and prerequisites. (There is space for 20 listings, if you need more, please contact [laocrc@rscdd.edu](mailto:laocrc@rscdd.edu)). (See PCAH pp. 143 and 171)**

Courses	Course Number	Course Title	Units
Core Requirements:	DNCE 81	Pedagogy	3
	DNCE 95	GYROKINESIS(R): 60 Minute Format	2
	DNCE 168	Cooperative Work Study	1
	ENTR 200	Pathways to Success	1
Choose three of the following:	DNCE 45	Yoga and Stress Management	2
	DNCE 46	Introduction to Yoga	2
	DNCE 47	Hatha Yoga	2
	DNCE 48	Yoga: Contemporary and Traditional Styles	2
Choose one of the following:	DNCE 50	Condition & Correct: Overview	3
	DNCE 86	Condition & Correct: Body Alignment	3
	DNCE 87	Condition & Correct: Analysis & Body Therapies	3
	DNCE 88	Condition & Correct: Mind-Body Techniques	3
Choose two of the following:	DNCE 51	Pilates	2
	DNCE 52	Pilates: Mat	2
	DNCE 53	Pilates: Mat with Reformer	2
	DNCE 54	Pilates: Designed for You	2
Choose one of the following:	DNCE 94	GYROKINESIS(R) : Art of Exercising and Beyond	2
	DNCE 93	GYROKINESIS(R): 90 Minute Format	2
	DNCE 96	GYROKINESIS(R): Alternative Formats & Music	2
Complete a minimum of 3 units from the following : (must be different course/s from above)	DNCE 1	Introduction to Dance	2
	DNCE 5	Intro to Dance: Dance Techniques and Training Methods	1
		Ballet I	
	DNCE 6	Modern I	2
	DNCE 12	Middle Eastern Dance I	2
	DNCE 33	Ballroom Styles of the 19 <sup>th</sup> and 20 <sup>th</sup> Century	2
	DNCE 36		1
			1
	DNCE 50	Condition & Correct: Overview	2
	DNCE 75	Improvisation	2
	DNCE 86	Condition & Correct: Body Alignment	3
	DNCE 87	Condition & Correct: Analysis & Body Therapies	3
	DNCE 88	Condition & Correct: Mind-Body Techniques	3
	KNES 100	Introduction to Therapy and Rehabilitation	3
	KNES 106	Exercise Testing and Prescription	3
		<b>TOTAL</b>	<b>25</b>

**6. Include any other information you would like to share.**

All other community college programs have a singular focus in terms of body therapies. No other community college program combines various body therapies, movement/dance science, and being an entrepreneur. See also Item 4 and the Letter of Intent to apply. Students must provide a valid CPR card prior to applying for graduation as per Advisory Committee recommendations.

