



Certified
Yoga Sports Coach™
Course Prospectus



The Institute of Yoga Sports Science®





Hayley Winter, Founder of The Institute of Yoga Sports Science®

Advancing Your Skills & Career Opportunities

The Institute of Yoga Sports Science® is the only organization worldwide to train and accredit Yoga Sports Coaches™. Now that you have completed your studies, you are eligible to join our YSS 300 Hour Certified Sports Coaching™ Course.

Qualifying from the YSS 300 Hour Course means that you join the Yoga Sports Science® team of professionals. You become part of a global network of highly respected specialists and can be recommended to support the ever-increasing demand for specialist training and coaching.

We are very excited to offer what is proving to be a breakthrough training program for achieving sporting excellence. Developed over many years by Yoga Sports Scientist, Hayley Winter, who worked closely alongside athletes and their coaches, she created this unique, professional vocational training, providing the first comprehensive Course of its kind - innovative, ground-breaking, and facilitating a new generation of highly-qualified, yoga professionals supporting athletes world wide.



1. The Course	4
1.1. Learning Outcomes.....	5
1.2. Your Course Support Team	6
1.3. Academic Team and Faculty.....	6
1.4. YSS Performance Advisors	6
1.5. Course Structure and Timeline.....	7
1.6. YSS 300 Hour Modular Overview	7
1.7. Course Syllabus - Module 3	8
1.8. Course Syllabus - Module 4.....	9
1.9. Course Syllabus - Module 5	10
2. Contact Hours	11
3. Course Credits	11
4. Case Study Research.....	12
5. Course Assignment.....	12
6. Course Start Date	13
7. Course Duration	13
8. Course Completion.....	13
9. Further Career Development: Going for Gold	14
10. Standards, Expectations and Codes of Conduct	15
11. Course Fees.....	16
12. Contact	17

1. The Course

This **YSS 300 Hour Certified Yoga Sports Coach™ Course** is the first of its kind to introduce you to a scientific approach of learning how to use yoga to enhance athletic performance and reduce injury.

You will gain skills, knowledge and a deep understanding of how to integrate Sport-Specific Yoga successfully into sport. You will grow in confidence as you develop your new skill set and our exciting learning environment will see you quickly establish yourself as part of a team bringing a balance back into traditional sports training.

In Module 3 of the YSS 300 Hour you will begin to apply the appropriate techniques directly to your Case Study Athlete. We teach you how to integrate these techniques into modern-day approaches to sport science, assessing athletes' sport-specific needs and introducing yoga as an intervention to support the key requirements of most sports: endurance, control of dynamic and static movement and the ability to perform under pressure with excellent technique.

As a student on the YSS 300 Hour Course you will be eligible to use our student logo across all of your media to demonstrate that you are a student at The Institute of Yoga Sports Science®. This will be extremely beneficial for you when trying to secure a Case Study Athlete.



1.1. Learning Outcomes

You will be able to:

- Advance your skills and knowledge of how to apply the science of yoga directly to an athlete.
 - Advance your skills in the Science of Sequencing 201 and learn how to design a high level training plan which progresses an athlete over a 10 week sports-specific yoga intervention.
 - Advance your communication and cueing skills (201) to help you deliver a more powerful and effective yoga session to the athlete.
 - Learn how to do a biomechanical assessment and screening protocol (201) and design a sports-specific yoga program tailored to the athlete's primary performance objectives.
 - Learn how to advance your knowledge in the Science of Sequencing 102 and design a sequence for your chosen sport.
 - You will learn about the mindset of working with athletes and how to motivate them.
 - You will engage in research and undertake a YSS Case Study with an athlete in your chosen sport.
 - You will learn how to use the unique YSS research tool that enables you to gather data on the athlete, whilst delivering your yoga intervention to them in their natural setting. This takes your performance analysis and body readying skills to a whole new level.
 - Learn to how present the evidence of your Case Study to prove that yoga works in your sport.
 - You will learn how to develop the business skills you need to promote yourself as a certified Yoga Sports Coach™.
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1.2. Your Course Support Team

Students continue to receive support and input throughout the course from YSS Tutors and Performance Advisors. In addition YSS management and technical team ensure the online course experience runs as smoothly as possible.

1.3. The Academic Team and Faculty

You will continue to work with your tutor from your previous course of study with us. You will continue to be supported with 1:2:1 Skype tutorials and group face to face sessions.



1.4. YSS Performance Advisors

YSS is proud to be able to offer valuable input from their Performance Advisors, a coach and an athlete at the highest level in the world of sport. Through online webinars, the Performance Advisors will deliver information and guidance and answer your questions on applying the YSS approach in sport.



1.5. Course Structure and Timeline

The time between the completion of the YSS 200 Hour Course and the beginning of your studies on the YSS 300 Hour Course is 5 months.

During this time you will:

- have full access to all the Course material on the YSS 100 and YSS 200 Hour Courses, giving you plenty of time to review the syllabus and prepare for your studies.
- begin securing an athlete in the sport of your choice to participate in your Case Study which begins in Module 4.
- have a access to the YSS 300 Hour Prep area giving you all the support information you need to start approaching your case study athlete.
- have access to a news and articles area enabling you to share information that you think will benefit your peers
- have a group Q&A session with Hayley Winter 2 months before the Course starts.
- have access to a forum specifically designed for you to maintain contact with your peers and continue supporting each other on your journey to becoming Yoga Sports Coaches™.
- have use of our Trainee Yoga Sports Coaches™ to start promoting yourself to potential Case Study athletes.

1.6.YSS 300 Hour Modular Overview

The following pages show you an outline of the Course Syllabus where you will be introduced to the more advanced Yoga Sports Science® Methodology and where you apply our successful methods directly to your Case Study Athlete.

Module 3: YSS Methodology 103 - Learn How to Plan and Deliver a Successful Intervention.

Module 4: YSS Case Study Research - Delivering Your Intervention to the Athlete.

Module 5: YSS Professional Practice - Build Your Business as a Yoga Sports Coach™.

1.7. Course Syllabus - Module 3

The syllabus below is the third Module for the YSS 300 Hour Course.

In this Module you will be introduced to the YSS Methodology and gain an understanding of how it differs from the deployment and delivery of yoga in other settings. You will learn how to deliver a successful sports-specific yoga intervention.

You will also begin to explore the world of athletic training, the components required when working with an athlete and the role of the Yoga Sports Coach™.

This Module is where your YSS case study research begins and where you advance your knowledge from Module 2 and begin the process of engaging with your case study athlete.

Course Weeks	Module 3 Topics	Tutorials & Group Sessions
Prep	Revision of M2 sport, reflection of learning, activity + checklist	
Week 1	YSS Case Study process & screening protocol	Group welcome session
Week 2	YSS Methodology 102 and YSS Data Collection: Log Book	
Week 3	Macro: High Level Planning	One to One
Week 4	Micro: Athlete Centered	
Week 5	Motivational: Mindset of the Athlete	
Week 6	Minimal: Less is More	Group session
Week 7	Athlete assessment results and planning peer review	
Week 8	Modify: adapting to the athletes needs	
Week 9	Manageable: bite-size & advanced science of sequencing 102	One to One
Week 10	Maintaining: remote coaching	
Week 11	Adjusting the athlete	
Week 12	Group discussion and case study preparation	Group end session

1.8. Course Syllabus - Module 4

The syllabus below is the fourth Module for the YSS 300 Hour Course.

This Module is where you officially deliver your YSS Case Study Intervention to your athlete. You will have had plenty of opportunities to practice and deliver our techniques prior to Module 4, but it is at this stage of your training that you collect the data on your findings and your research begins.

Course Weeks	Module 4 Topics	Tutorials & Group Sessions
Prep	Checklist and activities	
Week 1	Delivering your YSS training intervention session 01	Group welcome session
Week 2	Delivering your YSS training intervention session 02	
Week 3	Delivering your YSS training intervention session 03	One to One
Week 4	Delivering your YSS training intervention session 04	
Week 5	Delivering your YSS training intervention session 05	Group session
Week 6	Delivering your YSS training intervention session 06	
Week 7	Delivering your YSS training intervention session 07	One to One
Week 8	Delivering your YSS training intervention session 08	
Week 9	Delivering your YSS training intervention session 09	Group session
Week 10	Delivering your YSS training intervention session 10	
Week 11	Data review and preparation	
Week 12	Preparation for writing up your case study report	Group end session

1.9. Course Syllabus - Module 5

The syllabus below is the fifth Module for the YSS 300 Hour Course.

In this final Module you will collate all the data from your case study and present your findings in your final assignment, which is your Case Study Report. The outcome of your research is aimed at evidencing how you applied your YSS knowledge to your athlete and where you added value to their performance.

Once you have submitted your final report, we help you focus on building your business as a Yoga Sports Coach™ and explore all the exciting opportunities that lie ahead for you with your new qualification. We show you how to promote yourself, build your business and join our global team of experts.

Course Weeks	Module 5 Topics	Tutorials & Group Sessions
Prep	Checklist and activities	
Week 1	Complete write up case study report	Group welcome session
Week 2	Complete write up case study report	
Week 3	Complete write up case study report	One to One
Week 4	Complete write up case study report	
Week 5	Complete write up case study report	
Week 6	Clarity: Your next step as a Yoga Sports Coach™	Group session
Week 7	Coaching: delivering your expertise	
Week 8	Competency: establishing your professional skills	
Week 9	Communication: promoting you and your business	One to One
Week 10	Commitment: to delivering quality	
Week 11	Community: local, national and global	
Week 12	Celebration: graduating as a Yoga Sports Coach™!	Group end session

2. Contact Hours

Course Weeks	Yoga Practice	Self Initiated Study	Tutorials	Case Study Contact time	Total Hours
40	120 *	200 **	6	12 ***	338

- * Based on a minimum of 3 hours practice a week. To attend at least 1 yoga class a week the remaining time is self practice using the recommended YSS yoga techniques.
- ** Based on a minimum of 5 hours study a week. Includes studying all YSS course material, engaging with your case study athlete, students and tutors on the forums. Also includes your course
- *** You have a minimum of 1 hour a week with your case study athlete during your 10 week intervention time. You have a 90 minute biomechanical assessment prior to your intervention starting.

3. Course Credits

Training to be a Yoga Sports Coach™ is 500 hours of course study and requires 160 YSS Credits.

YSS 40 Hour Foundation Course = 10 Credits

YSS 200 Hour: Module 2 = 60 Credits

YSS 300 Hour: Module 3,4,5 = 100 Credits

It takes 160 Credits to qualify as a Yoga Sports Coach™.

All elements of the course, including the Case Study intervention and Case Study Report must be successfully completed in order to pass this Course.

4. Case Study Research

An integral part of your training and development will be a Case Study which you undertake on an unpaid basis with an athlete normally local to your area, in which you will research and apply the YSS techniques and Methodology as an intervention within the athlete's training program.

This experience will greatly enhance and reinforce your learning. Your Case Study will also contribute towards the ever-growing bank of scientific research we are developing to demonstrate the positive impact of Yoga Sports Science® Methodology in the world of sport.

We are the first organization in the world to develop a research method specifically for assessing the benefits of yoga in an athletic environment. You will use the YSS Log Book and YSS Data Gram to gather your findings, which, together with your interpretation, will form the basis of the final assignment, your Case Study Report.

5. Course Assignment

In Module 3 you will submit a second video demonstrating a sample from your draft intervention plan. It will also be a chance for you to enhanced the areas of your delivery that both you and your tutors identified from your first video submission.

In Module 3 you will conduct a biomechanical assessment on your Case Study athlete in advance of your intervention. You will evaluate the findings of the assessment to ensure that your intervention planning is appropriate and specific to the athlete's needs.

In Module 4 you will conduct a 10 week Case Study intervention, recording data using the YSS Log Book and YSS Data Gram. You will collect, measure and interpret your data findings. You will gather photographic and video material throughout your intervention, as well as the subjective view of the athlete.

Your assignment in Module 5 is to write up a Case Study Report, which has your reflective account of the intervention, as well as your analysis of the data. You will submit your weekly YSS Log Books and YSS Data Grams to demonstrate how you evaluated and progressed your athlete.

6. Course Start Date

The next course starts: November 4th 2017.

You will be given access to the course classroom before the official start date. We have some course activities and information to help you prepare for your training.

7. Course Duration

This YSS 300 Hour Certified Yoga Sports Coach™ lasts 40 weeks.

It includes one video submission in Module 3, one course assignment in Module 5, private one on one tutoring and interactive group sessions with Hayley Winter and senior members of the YSS teaching team.

8. Course Completion

Successfully passing this course gives you a **professional vocational qualification as a Certified Yoga Sports Coach™**. You will join our global team of experts and become a part of our referral network and featured on our official register and be able to work with an athlete in any sport.

Upon graduating, you will have access to the online resource centre used by other Yoga Sports Coaches™ around the world. You will be able to tap into the expertise within the graduate community and seek support on areas of research and lesson planning for different sports.

You will be able to use our official Yoga Sports Coaching™ logo across all of your media.



9. Further Career Development: Going for Gold

As a graduate Yoga Sports Coach™ you will be eligible to progress to the YSS Advanced Yoga Sports Coaching™ Courses. Our Modular Courses are designed for graduates looking to build upon skills they gained during their studies. The information enables them to further develop their skills and chosen specialisms, enhancing their research profiles and career opportunities in the process.

Through the Advanced Courses graduates can also provide a more extensive service to their clients, and work more closely with the team at The Institute of Yoga Sports Science®.

You must be a graduate Yoga Sports Coach™ to join the Advanced Courses, with experience in delivering YSS sport-specific techniques and contributing to our community, as well as the desire to grow your knowledge base and develop your expertise further.

Outlined below are the topics covered in each Module. Graduates can elect to study any one of the Modules. You do not need to take all of the Modules to become an Advanced Yoga Sports Coach™.

There are 5 training opportunities for a Yoga Sports Coach™ to take:

Module 1: Joining the YSS Olympic and Paralympic Sponsorship Program = 20

Module 2: Delivering your YSC skills to Groups and Teams = 40

Module 3: Delivering a YSS Workshop = 40

Module 4: Providing elite remote coaching support to athletes and clients = 20

Module 5: Advancing your research profile = 30

20 Credits = Advanced level 1 Yoga Sports Coach™

40 Credits = Advanced level 2 Yoga Sports Coach™

Outside of the YSS Faculty, a level 2 coach is the highest level in the organization.



10. Standards, Expectations and Codes of Conduct

We are in the process of becoming the global awarding body for yoga sports training and are the only organization worldwide to provide professional training for certification as Yoga Sports Coaches™.

Our standards are exceptionally high and we work hard to protect the reputation of both Yoga Sports Science® and its Yoga Sports Coaches™. We do this by:

- Ensuring that applicants meet our course Entry Requirements.
- Applying rigorous standards to marking course work.
- Awarding Credits for passing each Module, which covers:
 - Active and positive participation in the course and the YSS community, including:
 - Engagement with course material, the YSS team and fellow students.
 - Attendance and punctuality for tutorials, webinars and other meetings.
 - Presentation of a professional profile. Students who do not engage fully in their studies will not pass Professional Assessment and will therefore not pass the Course; in these circumstances, no refund of course fees will be made.
 - Evidence of regular practice of yoga and YSS techniques.
 - Professional presentation, communication, behavior and attitude, both within and outside of the YSS community, including social media networking.
 - Professional approach and execution of case study, including communication with all relevant parties and appropriate confidentiality.
 - Confidentiality, including course material, communications, contact details and online access.

The YSS team will make every effort to support students in developing a professional approach. However, students who do not conduct themselves in a professional manner, or who do not fully engage with the course materials, forum discussion, online webinars/tutorials or with Tutors will not achieve the necessary Credits and therefore will not be able to move forward to subsequent Modules and/or pass the Course. All students sign up to these codes of conduct on commencement of the course via agreement to the contents of the Course Handbook.

11. Course Fees

The fee for this **YSS 300 Hour Certified Yoga Sports Coach™ Course** is £4,000 GBP / \$5,735 USD / \$7,470 CAN

We offer a flexible fee payment plan, with four options as detailed below. We are also offering a YSS 200 Hour student discount, as well as an early-bird discount for students who pay in advance of the course starting.

A non-fundable deposit is required to secure your place on the Course:

- £1,000 GBP / \$1,500 USD / \$1,868 CAN

Please take a look at the options to see which one is going to work best for you.

Early-bird and student discount for those able to pay all Course fees in advance:

- £3,500 GBP / \$5,000 USD / \$6,535 CAN

Below is the amount of Early-bird and student discount that has been deducted from the monthly payment plan below:

- £500 GBP / \$735 USD / \$935 CAN

Monthly payment plan including the discounted fee. This only applies if all course fees are paid in advance of the Course starting.

You have the option of paying in 2 monthly installments:

- £4,000 GBP / \$5,735 USD / \$7,470 CAN

You have the option of paying in 3 monthly installments:

- £4,500 GBP / \$6,450 USD / \$8,400 CAN

You have the option of paying in 4 monthly installments:

- £5000 GBP / \$7,160 USD / \$9,340 CAN
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12. Contact

If you would like any further information, contact us via email:

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