



YOGA SPORTS SCIENCE®

Be Your Own Boss

CAREER PATHWAYS GUIDE



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Introduction

This Yoga Sport Science® Career Pathways Guide is designed to support your transition from student to professional coach. Many students find themselves with a valuable set of skills on graduation, but less idea of how to develop their career business. We've put together this guide to get our graduates and their careers on the right track – right from the start.

We've developed Career Pathways as an integrated collection of programs and services to develop a student's practical, technical, and professional skills. It helps our graduates get the skills needed for a successful, long-term career in Yoga, Sustainable Sports Development, and Performance Coaching.

A seismic shift is occurring in attitudes towards Yoga and its positive impact on maximizing performance. Yoga Sports Science® is driving this from the front, creating a new market. Our Career Pathways Guide is about putting you at the heart of this revolution – helping you maximize your potential and enjoy the benefits of being a market leader.

Be Your Own Boss

In the current economic climate more and more people dream of being their own boss.

Yoga Sports Science® is helping turn that dream into a reality.

Our three programs lead seamlessly into each other, providing a perfect curve in learning and skills development. As you achieve each level your career opportunities and business prospects increase – giving you more freedom.

Read on to discover the opportunities open to you through Yoga Sport Science® Career Pathways...



YSS Coaching Levels

Level 1 - YSS Yoga Sports Coaching Course™

Level 2 - YSS Advanced Coaching Course™

Level 3 - YSS Master Coaching Course™

Level 1 - YSS Yoga Sports Coaching Course™

Our Level 1 program trains you to be a fully qualified Yoga Sports Coach™, certified by Yoga Sports Science® and Yoga Alliance UK. On graduation you can teach our unique programs and techniques to athletes and the public, and progress your career further by studying at Advanced and Masters level.

As a Yoga Sports Coach™ you become part of the global Yoga Sports Science® Team – a wider network aimed at creating business opportunities for you. You'll receive free ongoing support from us giving you access to a wide range of online content and specialist webinars. These can help you with anything from self-promotion to deepening your knowledge of applying Yoga in Sport.

As part of the Yoga Sports Science® Team you'll also have access to the research of your peers – helping you explore other sporting disciplines, or further develop your research profile. And you'll get access to YSS training material for 2 months after graduation – giving you time to recap and review course content.

What do I get as a Yoga Sports Coach™?

On graduating from the YSS Level 1 Yoga Sports Coaching Course™ you'll be qualified to:

- deliver one-to-one Sports-Specific Yoga sessions to athletes.
- deliver Sport-Specific Yoga sessions and classes to the general public.
- support athletic coaching staff.
- exchange ideas and experience with other Level 1 Yoga Sports Coaches.™
- access online YSS course material for 2 months after graduation.
- have your Case Study Research published in the YSS Journal.
- display a Yoga Sports Coach™ logo on your marketing material.

Level 1 Students are required to positively participate in the YSS Social Media community. On graduation we require reciprocal live links from your website to Yoga Sports Science®

What's the Cost?

The YSS Level 1 Yoga Sports Coaching Course costs £1695*.

*Flexible payment plans available on request.



Level 2 - YSS Advanced Coaching Course™

Our Level 2 YSS Advanced Coaching Course™ is designed for Level 1 Graduates looking to build upon skills they gained during Level 1. The techniques studied on the Advanced Coaching Course™ enable students to further develop their skills and chosen specialism – enhancing their research profiles and career opportunities in the process. Level 2 Graduates can also provide a more extensive service to their clients, and work more closely with Yoga Sports Science®.

How Do I Qualify?

You must be a Yoga Sports Coach™ – a graduate of Yoga Sports Science® Level 1. You should be experienced in teaching our Sport-Specific techniques and contributing to our research community, plus have the desire to grow your knowledge base and develop your expertise further.

Level 2 applicants will have preliminary discussions with Yoga Sports Science® Directors to determine their readiness for Advanced Coaching level. As well as a desire to broaden your expertise, we'll be looking for a commitment to work with YSS to communicate and promote the benefits of Yoga to a wider audience.

What do I get as a YSS Advanced Coach™?

On graduating from the YSS Level 2 Advanced Coaching Course™ you'll be qualified to:

- receive referrals from YSS providing opportunities to work with top athletes.
- promote your specialism on the YSS website – extending your marketing 'reach.'
- create video content in your specialist area.

We're currently developing Sport-Specific Yoga techniques for online sale. You'll have the opportunity to create this content – with our help to develop and produce it. This is a Paid Activity.

- deliver Sports-Specific Yoga sessions to professional clubs, squads, and teams.
- deliver workshops in your specialist area under licence to YSS.

We're often asked to deliver Continuing Professional Development (CPD) workshops to coaches in a variety of sports. Level 2 Advanced Coaches are qualified to do this. This is a Paid Activity.

- get increased access to the YSS team to help you develop your career.
- receive support from the YSS team when publicly presenting your work or YSS research.
- become a Mentor to Level 1 students.

Mentoring helps you strengthen your coaching skills, and provide face-to-face contact time. Your ability to manage and guide people from different backgrounds is a valuable addition to your skills. Mentoring others also gives a fresh perspective on your own performance. You'll be taught how to be a YSS Mentor by Leon Taylor, Olympic Silver medalist and author of *'Mentor: The Most Important Role You Were Never Trained For'*. These skills are essential to anyone wishing to advance their career with YSS to become a Level 3 Master Coach.™ This is a Paid Activity.

- deliver workshops to Level 1 students to support their studies.

As a Level 2 Coach and Mentor you can also provide workshops to the Level 1 students which support the YSS online curriculum. This is a Paid Activity.

- gain access to all the updated Level 1 course material.

YSS is committed to providing our students with progressive, cutting edge content. We're regularly uploading new course material, and when you become a Mentor you'll have this available to you. Free.

- apply to support the YSS academic team.

If you've the relevant experience – and have a particular interest in curriculum education and support – there are opportunities to join the YSS academic board. This is a Paid Activity.

- participate in our online webinar lectures and gain experience in presenting your specialism.

- have access to other Level 2 coaches to exchange ideas, experience and support.

- get free Yoga Sports Science membership.

Your annual Level 2 Licence fee gives you access to all new YSS content. Free. Further details on the YSS licence fee are on page 5 of this guide.

- apply to be a YSS Level 3 Master Coach.™

What Training Do I Get?

Further training on the YSS Level 2 Advanced Coaching Course™ – and contact with leading experts – gives you the level of professional skills required to maximize your career further and be an active ambassador of Yoga Sports Science®. Training lasts 4 months and teaches you to:

- further develop your skillset.

- further identify and develop your specialism.

- identify and set career goals.

- deliver specialist workshops in a practical environment to professional squads and teams.

- plan and deliver content in both workshop and presentation environments.

- manage and communicate in these environments at a professional level.

- develop marketing strategies, learning how to promote yourself and YSS.

- use YSS Digital Templates to create your own promotional material.

- enhance your skills by becoming a Mentor to new trainee Level 1 Yoga Sports Coaches.™The YSS Level 2

What's the Cost?

The Advanced Coaching Course™ costs £500*.

*There is also a bi-annual £250 YSS Licence Fee that enables YSS Level 2 Advanced Coaches™ to trade under the YSS banner and receive full YSS membership. This gives you free access to all downloadable YSS material. The Licence Fee is paid bi-annually.

What's So Good About Teaching Under Licence?

Teaching under license from Yoga Sports Science® gives you:

- access to our experience of developing HE standard curricula.
- credibility through our reputation of our client development and testimonials.
- credibility and experience of the established Yoga Sports Science® brand.
- brand awareness generated by YSS Social Media.
- access to our sales and marketing expertise and materials.
- professional advice from Yoga Sports Science® directors.
- direct recommendations as a Yoga Sport Science® Training Provider.

Level 3 - YSS Master Coaching Course™

Our Level 3 YSS Master Coaching Course is the pinnacle of Sports-Specific Yoga Coaching. On graduation you'll be a leading authority in your specialist field, and positioned to enjoy the benefits of that elite status.

To successfully complete the course and fully realize the opportunities it affords, requires extreme focus and commitment – comparable to the dedication and drive shown by elite athletes and internationally acclaimed sports men and women.

How Do I Qualify?

In addition to your practical and professional knowledge of Yoga and its application to Sport, you'll have a high level of relevant experience in teaching, management, and communication. You must have the drive to grow your skills further, expand your knowledge base, and develop a greater depth of expertise.

Level 3 applicants will have preliminary discussions with Yoga Sports Science® Directors to identify candidate suitability. Here we'll help you identify pathways and determine your level of commitment. We're looking for a desire to work with Yoga Sports Science® to communicate and promote the benefits of Yoga to a wider audience and into the community.

The position of Level 3 Master Coach™ places you at the heart of our organisation. You'll become a driving force in developing a global network of Yoga Sports Coaches.™ A commitment to developing this network and delivering exceptional training is key to a successful application to Level 3.

What do I get as a YSS Master Coach™?

On successfully graduating from the YSS Level 3 Master Coaching Course™ you'll be qualified to:

- deliver Level 1 Yoga Sports Coaching Courses™ .

You'll receive 40% of the Level 1 course fees. We'll train you to run Level 1 courses under licence to YSS – giving you the operational know-how to teach using our unique online communication skills.

- deliver Level 2 Advanced Coaching Courses™.

You'll receive 40% of the Level 2 course fee. More Level 1 graduates are seeking to develop their specialism and training as YSS Level 2 Advanced Coaches™ offering increasing revenue opportunities to Level 3 Master Coaches™

- create and deliver workshops and events around the globe as a YSS ambassador.

- apply for the position of YSS Regional Representative and Official YSS Spokesperson for your area.

- create your own specialist content which supports and works in conjunction with the YSS curriculum.

What Training Do I Get?

You'll be trained to:

- teach and deliver the Level 1 YSS Yoga Sports Coach Training Course™

- teach and deliver the Level 2 YSS Advanced Coach Training Course™

- develop your own specialist curriculum content.

- creating your own curriculum module supported by YSS.

- develop the skillset to become a Yoga Sports Science® Regional Representative.

This includes enhancing your promotional, strategic, and communication skills.

- utilize the YSS Code of Conduct and Best Business Practice.

This is critical to our quality assurance and performance evaluation program.

- learn technical skills necessary to deliver Yoga Sports Science® training courses using online technology.

What does it Cost?

The YSS Level 3 Master Coaching Course costs £1000*.

*A £500 annual licensing fee is payable on graduation. This enables you to teach under licence from Yoga Sports Science® and deliver our curriculum.

What's So Good About Teaching Under Licence?

Teaching under license from Yoga Sports Science® gives you:

- benefit from our experience of developing Higher Education standard curricula.
- credibility and experience of the established Yoga Sports Science® brand.
- access to our sales and marketing expertise and materials.
- professional advice from Yoga Sports Science® directors.
- direct recommendations as a Yoga Sports Science® Training Provider.