

Bridging Handbook

For the
Diploma in Satyananda Yoga Training

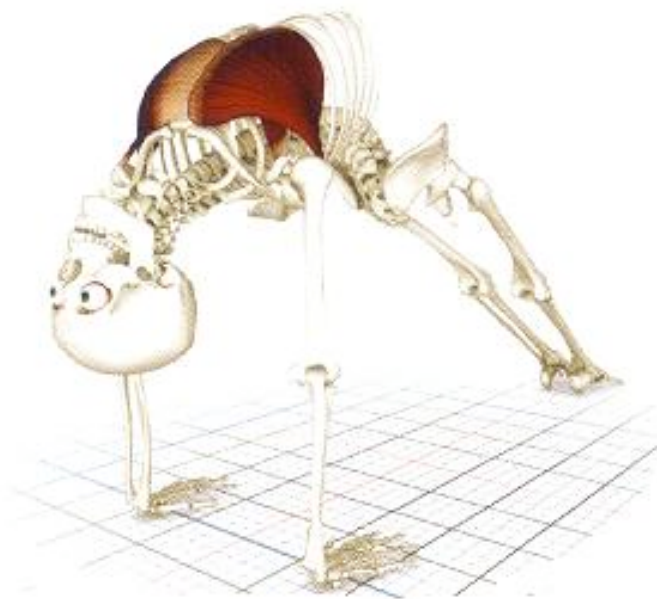


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SATYANANDA YOGA® Academy
ABN 12-075-357-818



1. About this Handbook

- ∞ This handbook will help you work out which Bridging Courses you need to study.
- ∞ It provides information that you will need in order to complete the Enrolment Form.
- ∞ It outlines the method, terms and conditions of bridging.
- ∞ It gives a description of the Bridging Course content and outlines the assessment tasks.
- ∞ Please read through carefully.
- ∞ Welcome to the world of bridging!

2. Contents

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3. Completing the Enrolment Form

- ∞ You will need to bridge all the modules that you have previously completed.
- ∞ Each Bridging Course contains an Exercise Science (ExSc) component, a Yogic component and a BYB component (for BYB students only).
- ∞ You will need to bridge all the Exercise Science components for your completed modules.
- ∞ Depending on where you are in the old Diploma structure will affect which Yogic components you need to bridge.
- ∞ The Exercise Science, and Yogic components are listed in the 'Bridging Options' section below.
- ∞ BYB students will need to refer to the separate section at the end of 'Bridging Options' in order to establish their Bridging requirements.
- ∞ 'Bridging Options' is subdivided in to sections according to the modules you have completed in the old Diploma structure (e.g. 'Students who have completed Ys1a & YS1b').
- ∞ Please read the relevant 'Bridging Options' in section 4 to determine which Bridging Courses you need to do. Use this information to complete Section 1: 'Bridging Courses' on the Enrolment Form.
- ∞ Note that you can only enrol on one Bridging Course at a time.
- ∞ This allows you to choose when you start so that you can fit bridging study around a module you are currently enrolled in, or in the between module breaks.
- ∞ You need to bridge all your previously completed modules before enrolling in to a new module.
- ∞ A more detailed outline of the Contents and related Assessment tasks for each Bridging Course is given in Section 14, at the end of this Handbook.

- ∞ If you are currently deferred from a module, please make sure you read the information for 'Deferred Students' at the end of the 'Bridging Options' section.

A note about the New Module Names

- ∞ The Bridging Courses are referred to by their New Module names. These are as follows:

YS1a	→	YS1
YS1b	→	YS2
YS2a & 2b	→	YS3
TT1 & TT2	→	YS4

- ∞ The 'Bridging Options' section below indicates the New Modules that you will need to bridge.
- ∞ It translates your current position in the old Diploma in to the modules of the New Diploma.

4. Bridging Options

Students who have completed YS1a

- Bridging for YS1 (\$50)

Time frame: within 3 months

- ∞ Students who have completed YS1a will need to bridge the new YS1 module.
- ∞ This will include
 - YS1 Exercise Science
 - YS1 Yogic Component
- ∞ Then on completion of bridging study continue on to YS2.

Students who have completed Ys1a & YS1b

- Bridging for YS1 (\$50)

Time frame: within 3 months

- Bridging for YS2 (\$50)

Time frame: within 3 months

- ∞ Students who have completed YS1b will need to bridge YS1 & then YS2.
- ∞ This will include
 - YS1 & YS2 Exercise Science
 - YS2 Yogic Component
- ∞ Then on completion of bridging study continue on to YS3.

Students who have completed Ys1a, YS1b & YS2a

- Bridging for YS1 (\$50)

Time frame: within 3 months

- Bridging for YS3 (\$100)

Time frame: within 6 months

- Bridging for YS2 (\$50)

Time frame: within 3 months

- ∞ Students who have completed YS2a will need to bridge YS1, YS2 and YS3.
- ∞ This will include
 - YS1, YS2 & YS3 Exercise Science
 - YS2 Bridging Sadhana (5 weeks)
 - YS3 Yogic Component (which covers the content of YS2b)
- ∞ Then on completion of bridging study continue on to YS4.

Students who have completed Ys1a, YS1b, YS2a & YS2b

- Bridging for YS1 (\$50)
Time frame: within 3 months
- Bridging for YS2 (\$50)
Time frame: within 3 months

- Bridging for YS3 (EXSC only \$50)
Time frame: within 3 months

- ∞ Students who have completed YS2b will need to bridge YS1, YS2, & YS3.
- ∞ This will include
 - YS1, YS2 & YS3 Exercise Science
 - No YS3 Yogic Component is required
- ∞ Then on completion of bridging study continue on to YS4.

Students who have completed Ys1a, YS1b, YS2a, YS2b & TT1

- Bridging for YS1 (\$50)
Time frame: within 3 months
- Bridging for YS2 (\$50)
Time frame: within 3 months

- Bridging for YS3 (EXSC only \$50)
Time frame: within 3 months
- Bridging for YS4 (\$100)
Time frame: within 6 months

- ∞ Students who have completed TT1 will need to bridge YS1, YS2, YS3 & YS4.
- ∞ This will include
 - YS1, YS2, YS3 & YS4 Exercise Science
 - YS4 Yogic / Teacher Training component (which covers the content of TT2)
- ∞ On completion of bridging study the New Diploma will be awarded.

Students who have completed Ys1a, YS1b, YS2a, YS2b, TT1 & TT2 (Diploma Graduates)

- Bridging for YS1 (\$50)
Time frame: within 3 months
- Bridging for YS2 (\$50)
Time frame: within 3 months

- Bridging for YS3 (EXSC only \$50)
Time frame: within 3 months
- Bridging for YS4 (EXSC only \$50)
Time frame: within 3 months

- ∞ Students who have completed TT2 (Diploma Graduates) are only required to do bridging study if they wish to enrol on the future Voc Grad Dip.
- ∞ In this case, TT2 graduates will need to bridge YS1, YS2, YS3 & YS4 Exercise Science.
- ∞ On completion of bridging study the New Diploma will be awarded.

Students who have completed the BYB Four Month Certificate Course

- Bridging YS1 for BYB students (\$75)
Time frame: within 3 months

- Bridging YS2 for BYB students (\$75)
Time frame: within 4 months

- ∞ Students who have completed the BYB 4 month Certificate Course will need to bridge YS1 and YS2.
- ∞ This will include
 - YS1 & YS2 Exercise Science
 - YS1 & YS2 BYB Component
- ∞ Then on completion of bridging study continue on to YS3.

Students who have completed the BYB One Year Post Graduate Diploma or Masters Degree

Bridging YS1 for BYB students (\$75)

Time frame: within 3 months

Bridging YS2 for BYB students (\$75)

Time frame: within 4 months

Bridging YS3 for BYB students (\$100)

Time frame: within 4 months

- ∞ Students who have completed the BYB One Year Post Graduate Diploma or Masters Degree need to bridge YS1, YS2 and YS3.
- ∞ This will include
 - YS1, YS2 & YS3 Exercise Science
 - YS1, YS2 & YS3 BYB Component
- ∞ Then on completion of bridging study continue on to YS4.

5. Deferred Students

Bridging for all previously completed modules

Enrol to recommence in deferred module

- ∞ You will need to bridge all the modules that you have previously completed.
- ∞ Bridging for your currently deferred module will be included in the module when you recommence.
- ∞ All required bridging study must be completed before you recommence in to your deferred module.
- ∞ Please refer to the section “4. Bridging Options’ (above) that applies to your last completed module.
- ∞ Use this information to complete Section ‘1. Bridging Courses’ on the Enrolment Form.
- ∞ All the Bridging Courses and your deferred module must be completed before you can enrol in a new Module.

6. Bridging Course Delivery

- ∞ The Bridging Courses will be delivered through on-line learning methods. Regular access to a computer with internet connection is required.
- ∞ There are no residential components for any of the Bridging Courses.
- ∞ A Moodle Bridging Site has been developed which will guide you through the various activities and assessments that you will need to complete.
- ∞ Any additional resource materials (such as CDs & DVDs of lectures and practices) will be posted to you within 2 weeks of Enrolment approval.
- ∞ With Enrolment Approval you will also be notified of:
 - the start and completion date of your Bridging Course, and
 - how to use and access the Moodle Bridging Site.
- ∞ The content of the Bridging Courses and the related assessment tasks are listed towards the end of this Handbook (Section 14). This provides an overview of the content of each course.
- ∞ Please note that there may be some additional activities included in the Yogic and BYB components of the Bridging Courses which do not require any submissions or assessment. These are included

to cover smaller changes in content to the modules and you will need to familiarize yourself with the material indicated so that you have the underpinning knowledge required for the next module.

- ∞ All Bridging Courses are being coordinated through the Mangrove Campus. Students undertaking study through Rocklyn will need to apply for Bridging Enrolment and send any assignment postal submissions to the Mangrove Campus.

7. Terms and Conditions

- ∞ You can commence bridging any time within the next 12 months.
- ∞ After this time period the terms and conditions given in the Handbook will be reviewed.
- ∞ All bridging must be completed within the next 24 months (by 31st August 2010).
- ∞ Only one Bridging Course may be studied at a time.
- ∞ All Assessment tasks must be submitted within the Bridging Course time frame.

8. Withdrawal & Deferral

- ∞ Failure to submit all submissions within the Bridging Course time frame will result in Automatic Withdrawal.
- ∞ To re-enrol at a later date, you will be required to pay the Bridging Course full and current fee at that time.
- ∞ No extensions or deferrals will be granted.

9. Time Frame

- ∞ All Assessments must be submitted within the time frame given.

YS1	= within 3 months	YS1 BYB Students = within 3 months
YS2	= within 3 months	YS2 BYB Students = within 4 months
YS3	= within 6 months	YS3 BYB Students = within 4 months
YS3 Ex Sc. only	= within 3 months	
YS4	= within 6 months	
YS4 Ex Sc. only	= within 3 months	
- ∞ The duration for each bridging module should easily provide sufficient time for completion of the work required.
- ∞ The list of relevant Assessment tasks (Section 14) should also assist you in planning your study.
- ∞ You will be notified of the start and completion date when you receive your enrolment approval.

10. Fees

- ∞ The fee for each Bridging Course are as follows:

YS1	= \$50	YS1 Bridging for BYB Students	= \$75
YS2	= \$50	YS2 Bridging for BYB Students	= \$75
YS3	= \$100	YS3 Bridging for BYB Students	= \$100
YS3 ExSc only	= \$50		
YS4	= \$100		
YS4 ExSc only	= \$50		

- ∞ Full fees are payable upon enrolment.
- ∞ A full refund will be granted in the event that an application is not approved.
- ∞ Fees for the bridging course will not be refunded in the event that a student does not complete the course.
- ∞ Should a student wish to recommence on to a bridging course, the full and current fee at that time will be required.
- ∞ No discounts are available.
- ∞ Aus Study is not available for the Bridging Courses.

11. Postal Submission

- ∞ Where a Bridging Course requires a postal submission, students are required to keep a second copy for their own reference and in case of loss in the postal system.
- ∞ Please address all postal submissions to:

Attn: Bridging Coordinator
 Satyananda Yoga Academy
 300 Mangrove Creek Road
 Mangrove Creek, NSW 2250

12. Additional Texts Required

Required for all Bridging Courses

- ∞ **The Essential Guide to Fitness: For the fitness instructor;** 2005,
 By Rosemary Marchese & Andrew Hill; Pearson Education Aus ISBN 13:978-0-7339-7030-6
 Price in the ashram bookshop is \$65* (after students' 20% discount, \$52*)
- ∞ **Fitness Trainer Essentials: For the personal trainer;** 2008;
 By Tony Attridge & Martin Felice; Pearson Education, Australia ISBN 978-0-7339-8439-6
 Price in the ashram bookshop is \$65* (after students' 20% discount, \$52*)

Required texts for students completing the Yogic component of YS3 Bridging

- ∞ **Surya Namaskara:** 1973; By Swami Satyananda Saraswati, Bihar School of Yoga, Mungher, Bihar, India
- ∞ **Bhagavad Gita** with Text, Word-to-Word Meaning, Translation & Commentary; 2003; by Swami Sivananda; The Divine Life Trust Society; Shivanandanagar, Uttaranchal, India

Recommended for BYB students completing the Anatomy & Physiology components of Bridging

The Anatomy & Physiology information required to complete the Bridging courses is available in the Course Resource notes and Fitness texts. "Yoga Anatomy" is recommended for those who would specifically like an Anatomy & Physiology text to use for study. However it is not a course requirement and no reference is made to this book in the Course work.

- ∞ **Yoga Anatomy;** 2007
 By Leslie Kaminoff; Human Kinetics Publishers (soon available in the ashram bookshop)

Mail order: publications@satyananda.net (note: the Fitness texts are not available on the website)

* Prices current at 4th August 2008

13. Communication

- ∞ Please direct all inquiries to the Bridging Coordinator, Yogasarita
Email: yogasarita@satyananda.net
Phone: 02 4377 1171

14. New Module Content & Assessment Tasks

- ∞ The main change in the Yogic Studies modules concerns the addition of the Exercise Science units. This is reflected in the study to be completed for bridging.
- ∞ Where you are in the old Diploma structure will affect which Yogic components you need to bridge.
- ∞ Refer to the relevant section in 'Bridging Options' to determine which Yogic Component you will need to bridge.
- ∞ If you have studied a course at BYB you will need to complete all the Exercise Science components and BYB components relevant to the level of your study (refer to "4. Bridging Options" above).
- ∞ Below is a list of topics, the related assessment tasks and any additional study included (but not for submission) that will be covered in the different bridging modules.

YS1- Equivalent to YS1a

Bridging Content

YS1 Exercise Science

- ∞ Musculoskeletal Appraisal
- ∞ Injury prevention and Management

YS1 Yogic Component

(For students who have completed YS1a only)

- ∞ The complete practice of Yoga Nidra (8 stages)

Recommended additional Study (no submissions required)

- ∞ Additional asana, pranayama & meditation practices

YS1 BYB Component (For BYB Students only)

- ∞ Anatomy & Physiology (Musculoskeletal System)
- ∞ Occupational Health & Safety

Assessment Tasks

YS1 Exercise Science

- ∞ 1 Moodle Quiz on Musculoskeletal appraisal
- ∞ 2 Musculoskeletal appraisals
- ∞ 1 Moodle Quiz on Injury prevention and management
- ∞ On line exam/Quiz

YS1 Yogic Component

(For students who have completed YS1a only)

- ∞ 1 Moodle Quiz on Yoga Nidra - complete practice

YS1 BYB Component

- ∞ 1 Moodle Quiz on Anatomy & Physiology Overview

- ∞ 1 Moodle Quiz on Musculoskeletal System
- ∞ 1 Moodle Quiz on Applied Anatomy & Physiology
- ∞ 1 Moodle Quiz on Occupational Health & Safety
- ∞ 1 Occupational Health and Safety Audit

YS2 - Equivalent to YS1b

Bridging Content

YS2 Exercise Science

- ∞ Energy Systems & Metabolism
- ∞ Cardio respiratory appraisal
- ∞ Body Composition Appraisal
- ∞ Nutrition
- ∞ Develop a Personal Management Plan

YS2 Yogic Component

(For students who have completed YS1a & YS1b only)

- ∞ Additional asana, pranayama & meditation practices

YS2 Yogic Component Required Reading (no submissions required)

- ∞ Mudra & Bandha practices
- ∞ Karma Yoga & working effectively with others
- ∞ Cardiovascular system – Yogic Application (Additional information to previous study)
- ∞ Autonomic nervous system (Additional information to previous study)

YS2 BYB Component

(For BYB students only)

- ∞ A&P of the Cardiovascular, Respiratory, Digestive and Autonomic Nervous systems
- ∞ Applied Anatomy & Physiology
- ∞ Yoga Psychology

Assessment Tasks

YS2 Exercise Science

- ∞ 4 Moodle Quizzes on:
 - Energy Systems & Metabolism
 - Nutrition
 - Cardio-Vascular & Respiratory Appraisal
 - Body composition Appraisal
- ∞ 2 Appraisals
 - 2 combined Cardio-respiratory & Body Composition Appraisals
- ∞ Nutrition Diary (No submission required)
- ∞ Develop a Personal Management Plan (practical: 4 week plan)
- ∞ On line written exam relating to the quizzes

YS2 Yogic Component

(For students who have completed YS1b & YS2a only)

- ∞ 5 week Home practice submission (to be submitted once, on completion)

YS2 BYB Component

- ∞ 3 Moodle Quizzes on Anatomy & Physiology & Applied A&P
(Cardiovascular, Respiratory, Digestive and Autonomic Nervous systems)
- ∞ 1 Quiz on Psychology

YS3 – For students who have completed YS2a only

Bridging Content:

YS3 Exercise Science

- ∞ Exercise prescription, planning & programming

YS3 Yogic Component

- ∞ Anatomy & Physiology of the lymphatic, immune & urinary systems (and their Yogic Application)
- ∞ Introduction to Mahabharata
- ∞ Study of the Bhagavad-Gita
- ∞ Karma
- ∞ Sanatan Dharma
- ∞ Mudra & Bandha Theory
- ∞ Additional Asana, pranayama & meditation practices

Assessment Tasks

YS3 Exercise Science

- ∞ 1 Moodle Quiz on:
 - Exercise prescription, planning and programming
- ∞ On line exam relating to the quiz
- ∞ Programming Assignment
 - Part 1: Planning & programming your own 4 week health and fitness based Yoga Sadhana
 - Includes:
 - Self fitness appraisal
 - Developing, implementing & monitoring the programme
 - Evaluation & summary of results of programme

YS3 Yogic Component

(For students who have completed YS2a only)

- ∞ Moodle quizzes on:
 - Lymphatic, immune & urinary systems (and their Yogic Application)
 - Mahabharata
 - Bhagavad-Gita
 - Karma
 - Sanatan dharma
 - Mudra Theory
 - Bandha Theory
- ∞ 7 week Home practice submission (to be submitted once, on completion)
 - Minimum requirement 4 x 1½ hours per week

YS3 – For students who have completed YS2a & YS2b

Bridging Content:

YS3 Exercise Science

- ∞ Exercise prescription, planning & programming

Assessment Tasks

YS3 Exercise Science

- ∞ 1 Moodle Quiz on:
 - Exercise prescription, planning and programming

- ∞ On line exam relating to the quizzes
- ∞ **Programming Assignment**
 - Part 1: Planning & programming your own 4 week health and fitness based Yoga Sadhana
 - Includes:
 - Self fitness appraisal
 - Developing, implementing & monitoring the programme
 - Evaluation & summary of results of programme

YS3 – For students who have completed the one year post graduate diploma, or Masters at BYB

Bridging Content:

- ∞ Anatomy & Physiology - Pure & their application to Yoga:
 - Endocrine system
 - Lymphatic and immune systems
 - Urinary system
 - Reproductive system
 - Special Senses
 - Integumentary system
 -
- ∞ Moodle Quizzes on:
 - Endocrine
 - Lymphatic and immune systems
 - Urinary system
 - Reproductive System
 - Special Senses
 - Integumentary System
- ∞ On-line exam based on the Quizzes

YS4 – For students who have completed TT1 only

The content and Assessment tasks for the YS4 bridging Course are yet to be finalized. The list below is an indication of some of the topics that may be included. SYA will publish the finalized Bridging Course for YS4 as it becomes available. Note that SYA reserves the right to change, alter, add and/or remove items from the content and assessment tasks listed below. The list is provided for initial information only.

Bridging Content:

YS4 Exercise Science

- ∞ Client focused A&P, exercise appraisal, prescription, delivery & instruction
- ∞ Client based injury management

YS4 Teacher Training Component

- ∞ Progressive Course planning
- ∞ Special Needs planning
- ∞ Business Plan
- ∞ Further topics to be announced

Assessment Tasks

YS4 Exercise Science

- ∞ Topics to be announced

YS4 Teacher Training Component

- ∞ Progressive Course plan
- ∞ Business Plan
- ∞ Further topics to be announced

YS4 – For students who have completed both TT1 & TT2

The content and assessment tasks for the YS4 bridging Course are yet to be finalized. The list below is an indication of some of the topics that may be included. SYA will publish the finalized Bridging Course for YS4 as it becomes available. Note that SYA reserves the right to change, alter, add and/or remove items from the content and assessments listed below. The list is provided for initial interest only.

Bridging Content:

YS4 Exercise Science

- ∞ Client focused A&P, exercise appraisal, prescription, delivery & instruction
- ∞ Client based injury management

Assessment Tasks

YS4 Exercise Science

- ∞ Topics to be announced



SATYANANDA YOGA

APPLICATION FOR BRIDGING ENROLMENT

Yogic Studies and Teacher Training Modules

Please ensure that ALL questions are answered in full

Surname _____ Given name _____

Initiation name (if applicable) _____

1. Bridging Courses

- ∞ Please indicate which bridging course you wish to enroll in.
- ∞ Tick only one box. A separate Enrolment is required for each Bridging Course.
- ∞ Make sure you read 'Bridging Options' in the accompanying Handbook before completing this section. BYB students please complete the section below.

- Bridging for YS1 (\$50) Bridging for YS3 (\$100) Bridging for YS4 (\$100)
- Bridging for YS2 (\$50) Bridging for YS3 (EXSC only \$50)
- Bridging for Diploma Graduates (YS4 EXSC \$50)

Exceptions

- ∞ No bridging is required for students currently completing YS1a 208, YS1b 208, YS2b 108 (Bridging included)
- ∞ Diploma Graduates will only need to complete bridging study if they wish to enroll on the future GradVocDip.

Deferred students

- ∞ Please make sure you read the section on 'Deferred Students' in the Bridging Handbook.

Bridging Courses for BYB Students

For new students joining our new Diploma Course who have completed the 4 month Certificate Course or one year post graduate diploma at BYB:

- Bridging YS1 for BYB students (\$75) Bridging YS3 for BYB students (\$100)
- Bridging YS2 for BYB students (\$75)

2. Payment Details

(NOTE: The full fee is required for processing of application)

Make cheques and money orders payable to "Satyananda Yoga Academy" in Australian Dollars only.

Tick one: Cheque/Money Order #. _____ Credit Card: M/C Visa

Payment now being made \$AUS _____ Name on credit card _____

Card # _____ | _____ | _____ | _____ | Expiry date _____

Signed _____ Date _____

Office Use Only

This Application is Approved Not Approved **Current Status Checked:** Yes No

Authorizing Signature: _____ Last Current Module code _____

Date Approved: _____ Module Currently deferred _____

Total fees due \$ _____

Bridging Course Start date _____ Bridging Course Completion date _____

Please affix one
Passport style
photograph here with
your first bridging
Enrolment
Application.

A photograph is not
required for
subsequent
applications.

3. Contact Details

- ∞ Female Male Date of birth _____
- ∞ Country of birth _____ Nationality _____
- ∞ Residential address _____
- ∞ Suburb or town _____
- ∞ State or province _____ Postcode _____ Country _____
- ∞ Mailing address (if different from above) _____
- ∞ Home Phone _____
- ∞ Work _____ Mobile _____
- ∞ Email Address (please print clearly) _____ @ _____

4. Modules: Current & Completed

- ∞ Are you currently enrolled in a module? Yes No
- ∞ If yes, give current module name / code (eg Ys1a 108 mm) _____
- ∞ Please indicate **all** the modules you have **completed**:

Module Code (eg Ys1a 107 mm)	Year Module Completed or assessment date, if pending

5. Deferred Students

Important: Please read the Section on **Deferred Students** in the Bridging Handbook.

- ∞ Are you currently deferred from a module? Yes No (If no, go on to section 6)
- ∞ If Yes, please give the module name/code (eg. Ys1a 106 mm) from which you deferred _____

NB: This Enrolment form is for the Bridging Courses only.

A separate 'Application for Enrolment' is required for recommencement in to a deferred Yogic Studies Module.

All bridging study must be completed prior to recommencement in one of the Yogic Studies Modules.

6. Agreement

- ∞ I have read, understood & agree to abide by the conditions set out in the Bridging Handbook & Enrolment Form.
- ∞ Information collected on this form will be dealt with in accordance with our Privacy Policy. Some information will be collated by the Quality Assurance Officer. It will be kept to gain a better understanding of our students and to ensure we meet our goals for access and equity.
- ∞ I understand that the disclosure of any personal information will require my written consent.
- ∞ This agreement and the availability of complaints and appeals processes, does not remove the right of the student to take action under Australia's consumer protection laws.

Name (please print) _____ Signed _____ Date _____

Please send your completed form to the Mangrove Enrolments Officer.
(All bridging will be coordinated through the Mangrove Campus)

Attn: Enrolments Officer
 SATYANANDA YOGA® Academy
 300 Mangrove Creek Rd
 Mangrove Creek
 NSW 2250 AUSTRALIA
 Fax: + 61-2-4377-1219