



## KINE 130 - Yoga Course Outline

Approval Date: 02/13/2020

Effective Date: 08/14/2020

### SECTION A

**Unique ID Number** CCC000616643

**Discipline(s)** Physical Education

**Division** Kinesiology & Athletics

**Subject Area** KINESIOLOGY

**Subject Code** KINE

**Course Number** 130

**Course Title** Yoga

**TOP Code/SAM Code** 1270.00 - Kinesiology / E - Non-Occupational

**Rationale for adding this course to the curriculum** Changing subject code to KINE. Changing hours and units, no longer variable. Modify primarily SLO, checking course for any needed updates.

**Units** 1.5

**Cross List** N/A

**Typical Course Weeks** 18

**Total Instructional Hours**

#### Contact Hours

**Lecture** 0.00

**Lab** 0.00

**Activity** 54.00

**Work Experience** 0.00

**Outside of Class Hours** 27.00

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**Total Contact Hours** 54

**Total Student Hours** 81

**Open Entry/Open Exit** No

**Maximum Enrollment** 25

**Grading Option** Letter Grade or P/NP

**Distance Education Mode of Instruction** On-Campus

## SECTION B

### General Education Information:

## SECTION C

### Course Description

**Repeatability** May be repeated 0 times

**Catalog Description** This class is an introduction to Hatha Yoga. Students will be taught the theory, history and philosophy of yoga. Primarily, the students will participate in the practice of yoga postures, while integrating breath work and concentration. The physiological and emotional benefits will be discussed.

### Schedule Description

## SECTION D

### Condition on Enrollment

1a. **Prerequisite(s):** *None*

1b. **Corequisite(s):** *None*

1c. **Recommended:** *None*

1d. **Limitation on Enrollment:** *None*

## SECTION E

### Course Outline Information

#### 1. Student Learning Outcomes:

- A. Students will use basic principles of health and wellness to develop an informed, personal approach to mental and physical health.
- B. Students will understand the principles of lifetime fitness and will incorporate fitness activities into a healthy and active lifestyle.
- C. Students will acquire knowledge and demonstrate skills to safely engage in physical activity.

#### 2. Course Objectives: Upon completion of this course, the student will be able to:

- A. Define Hatha Yoga--the physical aspect of yoga.
- B. Describe the five types of postures: standing, forward bends, back bends, twists, and inversions.
- C. Define yoga and its basic philosophy.
- D. Define and distinguish between the different styles of Hatha yoga.
- E. Describe the postures that are most important for back care.
- F. Develop body awareness and coordination.
- G. Utilize yoga props to assist with specific poses.
- H. Develop awareness of limitations and strengths.
- I. Develop flexibility, physical and mental endurance.
- J. Describe basic relaxation techniques.
- K. Learn proper yoga terminology and poses.
- L. Incorporate yoga as part of complete lifetime fitness.
- M. Learn anatomy and physiology as it applies to yoga.
- N.

#### 3. Course Content

- A. Introduction to Yoga
- B. Benefits of Yoga

- C. Yoga philosophy
- D. Hatha Yoga - its definition and history
- E. Styles of Hatha Yoga: similarities and differences
- F. Using straps, pillows, blankets and blocks as aids during postures
- G. Flexibility test for all the major muscle groups
- H. Basic relaxation techniques
- I. Exercises for taking care of the back
- J. Practice foundation poses to prepare the body for the traditional postures
- K. Learn basic yoga postures and poses
- L. Anatomy and Physiology need for yoga
- M. Safe yoga applications
- N. Integration of yoga into a healthy lifestyle

#### 4. Methods of Instruction:

**Activity:**

**Lab:**

**Lecture:**

**Other:** Formal lecture on subject matter with relating textbook assignment or handout.

Informal or impromptu lecture arising directly from the movement/exercise(s).

Discussion: Instructor or student-directed discussion relating to any lecture material.

Demonstration: Instructor physically demonstrating postures and/or the functional applications of the asanas/postures.

**5. Methods of Evaluation:** Describe the general types of evaluations for this course and provide at least two, specific examples.

#### **Typical classroom assessment techniques**

Exams/Tests --

Quizzes --

Class Participation --

Lab Activities --

Additional assessment information:

Practical physical assessment, written exam, and review of student journal.

Example 1. Assessment of student execution of basic poses

Example 2. Review of journal excerpt.

Letter Grade or P/NP

**6. Assignments:** State the general types of assignments for this course under the following categories and provide at least two specific examples for each section.

#### A. Reading Assignments

Reading of selected research articles (supplied by instructor) and material from text books that are relevant to yoga will be assigned on a weekly or bi-weekly basis.

Example 1: Read Appendix B from Minda Goodman's text, "Yoga for the Joy of It!" on nutritional guidelines to complement the Yoga lifestyle.

Example 2: Read Chapter One from Minda Goodman's text, "Yoga for the Joy of It!" on the proper yoga attitude toward ahimsa, or the concept of non-violence.

B. Writing Assignments

Journal writing.

Creating and performing a personalized home practice.

Example 1: Students will be required to maintain a weekly yoga journal which will track their own physical and emotional response to the practice of yoga.

Example 2: Students will be asked to practice outside of class 15-30 minutes 12 x 1 week, and will receive extra credit for taking another yoga class and writing a brief report about the experience.

C. Other Assignments

A complete self-evaluation of one's development will be turned in at end of course.

**7. Required Materials**

**A. EXAMPLES of typical college-level textbooks (for degree-applicable courses) or other print materials.**

Book #1:

Author: Staugaard-Jones, J.

Title: The Concise Book of Yoga Anatomy: an Illustrated Guide to the Science of Motion

Publisher: North Atlantic Books

Date of Publication: 2015

Edition: 1

**B. Other required materials/supplies.**

- Recommended: personal yoga mat, water, towel, yoga strap.