

KINE-130B: INTERMEDIATE YOGA

Effective Term

Fall 2020

BOT Approval

02/13/2020

SECTION A - Course Data Elements
CB04 Credit Status

Credit - Degree Applicable

Discipline

Minimum Qualifications	And/Or
Physical Education (Master's Degree)	

Subject Code

KINE - Kinesiology

Course Number

130B

Department

Kinesiology

Division

Kinesiology & Athletics

Full Course Title

Intermediate Yoga

Short Title

Intermediate Yoga

CB03 TOP Code

1270.00 - Kinesiology

CB08 Basic Skills Status

NBS - Not Basic Skills

CB09 SAM Code

E - Non-Occupational

Rationale

Changing subject code to KINE. Changing hours and units, no longer variable.

SECTION B - Course Description
Catalog Course Description

This course is an intermediate yoga class. The class will build on the beginning yoga postures and poses and will focus on developing flow, energy, and strength.

SECTION C - Conditions on Enrollment
Open Entry/Open Exit

No

Repeatability

Not Repeatable

Grading Options

Letter Grade or Pass/No Pass

Allow Audit

Yes

Requisites**Advisory Prerequisite(s)**

Completion of KINE-130 with a minimum grade of C.

SECTION D - Course Standards**Is this course variable unit?**

No

Units

1.50

Activity Hours

54.00

Outside of Class Hours

27

Total Contact Hours

54

Total Student Hours

81

Distance Education Approval**Is this course offered through Distance Education?**

Yes

Online Delivery Methods

DE Modalities	Permanent or Emergency Only?
Entirely Online	Permanent
Hybrid	Permanent

SECTION E - Course Content**Student Learning Outcomes**

Upon satisfactory completion of the course, students will be able to:	
1.	Students will use basic principles of health and wellness to develop an informed personal approach to mental and physical health.
2.	Students will understand the principles of lifetime fitness and will incorporate fitness activities into a healthy and active lifestyle.
3.	Students will acquire knowledge and demonstrate skills to safely engage in physical activity.
4.	Students will learn intermediate postures and will develop strength, endurance, and increased flexibility.

Course Objectives

Upon satisfactory completion of the course, students will be able to:	
1.	Perform variations on poses/postures with greater strength and endurance.
2.	Demonstrate yoga postures for: - Energy - Power - Flexibility - Foundation poses for strength and stamina - Balancing poses for focus - Yoga practices for meditation.
3.	Apply yoga practices to daily life.
4.	Complete yoga activities.
5.	Describe yoga styles.

Course Content

1. Definition of yoga styles
2. Benefits of yoga both physically and emotionally.
3. Introduction to intermediate yoga poses
4. Styles and poses for power
5. Styles and poses for energy
6. Styles and poses for strength and stamina
7. Styles and poses for focus
8. Styles and poses for flexibility
9. Styles and poses for meditation
10. Styles and poses for balance
11. Use of breath to enhance yoga practices
12. Safety while practicing yoga
13. How Yoga contributes to overall health

Methods of Instruction

Methods of Instruction

Types	Examples of learning activities
Activity	
Lecture	
Observation and Demonstration	

Online Adaptation

Types	Examples of learning activities
Activity	
Directed Study	
Discussion	
Group Work	
Individualized Instruction	
Journal	
Lecture	

Instructor-Initiated Online Contact Types

- Announcements/Bulletin Boards
- Chat Rooms
- Discussion Boards
- E-mail Communication
- Telephone Conversations
- Video or Teleconferencing

Student-Initiated Online Contact Types

Discussions
Group Work

Course design is accessible

Yes

Methods of Evaluation**Methods of Evaluation**

Types	Examples of classroom assessments
Exams/Tests	Multiple choice and true false Final Exam
Essays/Papers	Research paper of yoga style or technique
Homework	Readings will be provided for analysis
Other	Students will be required to maintain a journal of yoga activities.

Assignments**Reading Assignments**

Students will be required to read text assignments and class handouts. Handouts may include Basic Asanas Illustrated.

Students will be required to read excerpts from the text, *The Anusara Yoga Teacher Training Manual*, on the Universal Principles of Alignment by John Friend, (handouts will be provided in class).

Writing Assignments

Students will be required to maintain a journal of yoga activity.

Students will be required to do a compare and contrast essay on yoga styles and techniques.

SECTION F - Textbooks and Instructional Materials**Material Type**

Textbook

Author

Brand, James

Title

The Science of Yoga, the Risks and Rewards

Edition/Version

1st

Publisher

Simon and Schuster

Year

2012

SECTION G - Diversity, Equity and Inclusivity**Course Codes (Admin Only)****CB00 State ID**

CCC000616644

CB10 Cooperative Work Experience Status

N - Is Not Part of a Cooperative Work Experience Education Program

CB11 Course Classification Status

Y - Credit Course

CB13 Special Class Status

N - The Course is Not an Approved Special Class

CB23 Funding Agency Category

Y - Not Applicable (Funding Not Used)

CB24 Program Course Status

Program Applicable

Allow Pass/No Pass

Yes

Only Pass/No Pass

No