

KINE-130: YOGA

Effective Term

Fall 2020

CC Approval

01/31/2020

AS Approval

02/11/2020

BOT Approval

02/13/2020

COCI Approval

05/25/2020

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

130

Department

Kinesiology

Division

Kinesiology & Athletics

Full Course Title

Yoga

Short Title

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. Modify primarily SLO, checking course for any needed updates.

SECTION B - Course Description

Catalog Course Description

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

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

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.

Course Objectives

Upon satisfactory completion of the course, students will be able to:	
1.	Define Hatha Yoga–the physical aspect of yoga.
2.	Describe the five types of postures: standing, forward bends, back bends, twists, and inversions.
3.	Define yoga and its basic philosophy.
4.	Define and distinguish between the different styles of Hatha yoga.
5.	Describe the postures that are most important for back care.
6.	Develop body awareness and coordination.
7.	Utilize yoga props to assist with specific poses.
8.	Develop awareness of limitations and strengths.
9.	Develop flexibility, physical and mental endurance.
10.	Describe basic relaxation techniques.
11.	Learn proper yoga terminology and poses.
12.	Incorporate yoga as part of complete lifetime fitness.
13.	Learn anatomy and physiology as it applies to yoga.

Course Content

1. Introduction to Yoga
2. Benefits of Yoga
3. Yoga philosophy
4. Hatha Yoga - its definition and history
5. Styles of Hatha Yoga: similarities and differences
6. Using straps, pillows, blankets and blocks as aids during postures
7. Flexibility test for all the major muscle groups
8. Basic relaxation techniques
9. Exercises for taking care of the back
10. Practice foundation poses to prepare the body for the traditional postures
11. Learn basic yoga postures and poses
12. Anatomy and Physiology need for yoga
13. Safe yoga applications
14. Integration of yoga into a healthy lifestyle

Methods of Instruction

Methods of Instruction

Types	Examples of learning activities
Activity	
Lab	
Lecture	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.
Observation and Demonstration	Instructor physically demonstrating postures and/or the functional applications of the asanas/postures.

Online Adaptation

Types	Examples of learning activities
Activity	
Directed Study	
Discussion	
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	
Quizzes	
Class Participation	
Lab Activities	
Other	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.

Assignments**Reading Assignments**

Reading of selected research articles (supplied by instructor) and material from textbooks 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.

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.

Outside-of-Class Assignments

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

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

Textbook

Author

Staugaard-Jones, J.

Title

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

Edition/Version

1st

Publisher

North Atlantic Books

Year

2015

Material Type

Other required materials/supplies

Description

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

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

CCC000616643

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