

KINE 018: YOGA TEACHER TRAINING ESSENTIALS

Originator

wansley

Justification / Rationale

There will be a hybrid component added to this class.

Effective Term

Fall 2020

Credit Status

Credit - Degree Applicable

Subject

KINE - Kinesiology

Course Number

018

Full Course Title

Yoga Teacher Training Essentials

Short Title

YOGA TEACHER I

Discipline**Disciplines List**

Physical Education

Modality

Face-to-Face

Hybrid

Catalog Description

This course serves as an introduction to the fundamental concepts of yoga necessary to further one's personal practice and to instruct beginner level yoga classes. Students will investigate and develop an in-depth understanding of the eight limbs of yoga, with a specific focus on the yamas, niyamas, asanas and pranayama as a foundation for teaching yoga. Additional topics in this course include, but are not limited to: history and philosophy of yoga, introduction to Sanskrit, anatomy and biomechanics of yoga, asana classification, types of yoga, introduction to the yoga sutras and basic alignment principles. This course is intended for students completing the Yoga Teacher Training Certificate Program.

Schedule Description

This course serves as an introduction to the fundamental concepts of yoga necessary to further one's personal practice and to instruct beginner level yoga classes. Students will learn proper biomechanics, alignment principles, and breathing techniques as they relate to the performance and instruction of beginning yoga postures. This course is intended for students completing the Yoga Teacher Training Certificate. Advisory: KINE 098A

Lecture Units

2

Lecture Semester Hours

36

Lab Units

1

Lab Semester Hours

54

In-class Hours

90

Out-of-class Hours

72

Total Course Units

3

Total Semester Hours

162

Prerequisite Course(s)

Advisory: KINE 098A

Required Text and Other Instructional Materials**Resource Type**

Book

Author

Dharma Mittra

Title

Asanas 608 Yoga Poses

Edition

2nd

City

Novato California

Publisher

New World Library

Year

2003

College Level

Yes

Flesch-Kincaid Level

10

ISBN #

1-57731-402-8

Resource Type

Book

Author

Ansley, W., G. N.

Title

Positive Vibes

City

Palm Desert

Publisher

Self-published

Year

2017

College Level

Yes

Resource Type

Book

Author

Mira, Silva Mehta, Shyam

Title

Yoga, The Iyengar Way

Edition

2nd

City

New York

Publisher

Alfred A. Knopf

Year

2001

College Level

Yes

Flesch-Kincaid Level

11.3

ISBN #

0-679-72287-4

Resource Type

Book

Formatting Style

MLA

Author

Mark Stephens

Title

Teaching Yoga Essential Foundations and Techniques

City

Berkeley, California

Publisher

North Atlantic Books

Year

2010

College Level

Yes

Flesch-Kincaid Level

Yes

ISBN #

978-I-55643-885-I

For Text greater than five years old, list rationale:

This is an excellent book regarded as very important for Yoga Teachers. Yoga has a rich ancient tradition and older texts are excellent texts. As a professor I have studied with this author and apply many of his principles.

Class Size Maximum

36

Entrance Skills

The students should have a knowledge and understanding of fundamental yoga postures.

Requisite Course Objectives

KINE 098A-Develop knowledge of fundamental yoga postures

KINE 098A-Understand the benefits of fundamental yoga postures for the body

Course Content

- I. Foundations of Yoga
 - A. History of yoga and important historical figures
 - B. Various Philosophies of Yoga
 - C. Yoga sanskrit and terminology for more beginning yoga postures (asanas)
 - D. Yamas and niyamas
- E. Sanskrit language
- II. Understanding Anatomy and Human Movement
 - A. Major muscles
 - B. Joint actions
 - C. The body as a kinetic chain
 - D. Movement analysis of postures (asanas)
- III. Pranayama Exploration
 - A. Importance of breath in a yoga practice
 - B. How to integrate pranayama with postures (asanas)
 - C. Nadi shodhana breathing
- IV. Posture (Asana) Benefits, Analysis and Classification of Postures
 - A. Warm up, sun salutations
 - B. Standing
 - C. Seated
 - D. Arm balancing
 - E. Leg balancing
 - F. Spinal twists
 - G. Backward bending
 - H. Hip openers
 - I. Supine
 - J. Prone
 - K. Forward bending
 - L. Reclining and relaxation
- V. Asana fundamentals
 - A. Alignment principles
 - B. Safety considerations
 - C. Practical application of postures in personal practice

VI. College of the Desert, Positive Vibes, Yoga 80 SET Sequence

- A. History and Philosophy of the SET Sequence
- B. Benefits of the SET sequence
- C. Asana analysis and introduction to beginning teaching cues

VII. Introduction to Instructing Yoga

- A. Teacher responsibilities and expectations
- B. Class set up
- C. Class Etiquette
- D. Establishing rapport with students
- E. Positive motivational teaching strategies
- F. Safety issues
- G. Introduction to offering and giving adjustments
- H. Certification requirements

VIII. Self Care

- A. Benefits of nutrition for optimal health
- B. Behavior modification strategies
- C. Attitude of gratitude

IX. Injuries

- A. Major and minor injuries, obstacles and set backs
- B. Modifications
- C. Prevention of injuries

Lab Content

1. Posture Analysis and practice
2. Warm-up postures (asanas), sun salutations, surya namaskara A, surya namaskara B
3. Comprehensive posture overview of the College of the Desert, Positive Vibes, Yoga 80 SET Sequence
4. Standing yoga postures (asanas) wide legged forward fold, triangle, reverse triangle, warrior I, II, extended and reverse angles, various binds
5. Forward and backward bend postures (asanas) crescent moon, camel, advanced upward bow and variations, staff, bridge, supine thunderbolt, forward bend in sitting position
6. Supine postures (asanas), corpse, fish, bridge, upward bow, lying down tree, happy baby
7. Beginning proper and safe stages for arm balancing postures (asanas), crow, side crow, firefly, side plank, peacock
8. Leg standing postures (asanas) tree, dancer's pose, eagle, extended hand to big toe
9. Spinal twist postures (asanas) extended revolved side angle, lateral sitting twist, half twist in sitting, thunderbolt twist, lying down knee to chest, lying down both legs extended and rotated
10. Beginning proper and safe inversion practice for plow, shoulder stand, head stand
11. Beginning pranayama and meditation practice and teaching strategies
12. Various Yin Yoga postures to improve joint flexibility primarily in the hips, lower back and sacrum

Course Objectives

Objectives	
Objective 1	Identify and categorize various beginning yoga poses using proper Sanskrit terminology and pronunciation.
Objective 2	Evaluate the relevance of yogic philosophy and history to yoga practice and instruction.
Objective 3	Relate principles of musculoskeletal anatomy, neuroanatomy, and biomechanics to the performance and instruction of beginning yoga postures.
Objective 4	Demonstrate how to integrate pranayama breathing with basic yoga postures.
Objective 5	Analyze various individuals in beginning yoga postures to determine what adjustments could be offered; demonstrate how to safely provide adjustments.
Objective 6	Demonstrate and teach with proper cueing Surya Namaskara A and Surya Namaskara B from the College of the Desert, Positive Vibes, Yoga 80 SET sequence.
Objective 7	Discuss and describe major and minor injuries, various health obstacles and setbacks and how modifications in yoga can be beneficial and lead to self practice and health improvements.

Objective 8 Give example of how to create a personal yoga practice to empower and transform your life.

Objective 9 Explain benefits of basic inversions and how to properly cue and teach them.

Student Learning Outcomes

Upon satisfactory completion of this course, students will be able to:

Outcome 1 Analyze and demonstrate beginner level postures (asanas) and explain proper form and alignment and appropriate teaching cues.

Outcome 2 Analyze the physiological and health benefits of the postures (asanas) of the College of the Desert, Positive Vibes, Yoga 80 SET sequence.

Outcome 3 Categorize various beginner level yoga postures (asanas) using proper Sanskrit terminology and pronunciation.

Methods of Instruction

Method	Please provide a description or examples of how each instructional method will be used in this course.
Demonstration, Repetition/Practice	Students will demonstrate and refine yoga postures.
Collaborative/Team Activity	Students will teach and create sequences in small groups.
Role Playing	Students will actively participate and demonstrate teaching of yoga postures.
Participation	Students will plan for diverse sequencing for special populations.
Observation	Students will participate in laboratory asana analysis and daily yoga activities.
Lecture	Students will observe, teach and refine yoga postures and learn how to utilize transitions to get in and out of postures.
Journal	Instructor will lecture on principles from various yoga books and resource manual to enhance and develop optimal teaching strategies for our yoga teacher training students.
Individualized Study	Students will reflect on self care journal.
Discussion	Students will evaluate their yoga teacher journal and their self practice development.
	Students will participate in interactive group discussions based on yoga philosophy, history and yoga functional anatomy.

Methods of Evaluation

Method	Please provide a description or examples of how each evaluation method will be used in this course.	Type of Assignment
College level or pre-collegiate essays	Discussion threads and reflective essays will be assigned.	In and Out of Class
Oral and practical examination	Teach in front of peers and instructor and be responsible for knowing and communicating the postures and how to transition in and out of the postures safely.	In and Out of Class
Self-paced testing	Prepare yoga script, yoga sequencing, interviews and observations.	In and Out of Class
Student participation/contribution	Participate in interactive laboratory asana analysis, and small group teaching assignments each week.	In and Out of Class
Tests/Quizzes/Examinations	Quizzes will be given regarding lecture and lab topics.	Out of Class Only
Self/peer assessment and portfolio evaluation	Assess and evaluate yoga postures and reflect upon individual teaching.	In and Out of Class
Group activity participation/observation	Participate in small group teaching diverse postures and discovering modifications for special populations.	In Class Only
Presentations/student demonstration observations	Demonstrate teaching our SET sequence and teaching other creative and safe sequences.	In Class Only
Field/physical activity observations	Observe and interview yoga teacher professionals.	Out of Class Only

Guided/unguided journals	Students will participate in journal writing for self care, teaching observations and interviews.	In and Out of Class
Critiques	Students will participate in article critiques regarding yoga theories and application.	Out of Class Only

Assignments

Other In-class Assignments

1. In class discussion from assigned reading textbooks, manual, and journal articles
2. Demonstrations of yoga postures
3. Posture analysis and verbal cue practice
4. Demonstration of the College of the Desert, Positive Vibes, Yoga 80 SET sequence, Surya Namaskara A and Surya Namaskara B and warm-up asanas
5. Demonstration of the first set of standing postures, grounding sequence, from our College of the Desert, Positive Vibes, Yoga 80 SET sequence

Other Out-of-class Assignments

1. Personal reflection essays on yogic philosophy topics such as Dharma, Iyengar, Ashtanga, Vinyasa and Yin Yoga
2. Written script for instructing warm-up, Surya Namaskara A, Surya Namaskara B, and our first set of standing postures
3. Observation report in essay form, objectively evaluating instructional sessions for off campus yoga
4. Written evaluations of fellow classmates, verbal instruction and asana demonstration
5. Written report of live interview with practicing credentialed yoga instructor who is off campus
6. Personal inventory of yoga postures, benefits of the posture, muscle groups they strengthen and analyze your own strengths and weaknesses of the posture

Grade Methods

Letter Grade Only

Distance Education Checklist

Include the percentage of online and on-campus instruction you anticipate.

Online %

20

On-campus %

80

Instructional Materials and Resources

Effective Student/Faculty Contact

Which of the following methods of regular, timely, and effective student/faculty contact will be used in this course?

Within Course Management System:

Timely feedback and return of student work as specified in the syllabus
 Discussion forums with substantive instructor participation
 Chat room/instant messaging
 Regular virtual office hours
 Private messages
 Online quizzes and examinations
 Video or audio feedback
 Weekly announcements

External to Course Management System:

Direct e-mail
 E-portfolios/blogs/wikis
 Listservs
 Posted audio/video (including YouTube, 3cm mediasolutions, etc.)
 Synchronous audio/video
 Teleconferencing
 Telephone contact/voicemail

For hybrid courses:

Scheduled Face-to-Face group or individual meetings
Field trips
Orientation, study, and/or review sessions
Supplemental seminar or study sessions

Briefly discuss how the selected strategies above will be used to maintain Regular Effective Contact in the course.

There will be weekly discussions regarding topics related to Yoga Teacher Training with appropriate instructor feedback. Students will upload Yoga Teacher Training assignments. These assignments will receive appropriate instructor feedback.

If interacting with students outside the LMS, explain how additional interactions with students outside the LMS will enhance student learning.

With hybrid courses, students will meet weekly for lecture, demonstration, and laboratory activities.

Other Information**Provide any other relevant information that will help the Curriculum Committee assess the viability of offering this course in an online or hybrid modality.**

This hybrid modality will allow us to provide excellent educational opportunities that align with industry standards such as Yoga Alliance but slight flexibility with an online component to enhance student success.

MIS Course Data**CIP Code**

31.0507 - Physical Fitness Technician.

TOP Code

083520 - Fitness Trainer

SAM Code

C - Clearly Occupational

Basic Skills Status

Not Basic Skills

Prior College Level

Not applicable

Cooperative Work Experience

Not a Coop Course

Course Classification Status

Credit Course

Approved Special Class

Not special class

Noncredit Category

Not Applicable, Credit Course

Funding Agency Category

Not Applicable

Program Status

Program Applicable

Transfer Status

Transferable to CSU only

Allow Audit

No

Repeatability

No

Materials Fee

No

Additional Fees?

No

Approvals**Curriculum Committee Approval Date**

11/21/2019

Academic Senate Approval Date

12/12/2019

Board of Trustees Approval Date

1/17/2020

Course Control Number

CCC000583783

Programs referencing this courseYoga Teacher Training Certificate of Achievement (<http://catalog.collegeofthedesert.eduundefined?key=187/>)