

KINE 098A: YOGA I-FUNDAMENTALS OF YOGA

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Originator

wansley

Justification / Rationale

Moving Yoga activity courses to all lab

Effective Term

Fall 2020

Credit Status

Credit - Degree Applicable

Subject

KINE - Kinesiology

Course Number

098A

Full Course Title

Yoga I-Fundamentals of Yoga

Short Title

FUNDAMENTALS OF YOGA

Discipline**Disciplines List**

Physical Education

Modality

Face-to-Face

Catalog Description

This is the first of four levels of classes relating to Yoga. This course is an introduction to fundamental yoga practices and principles. Instruction includes learning the fundamentals of yoga postures and proper form and alignment. The students will also gain an understanding of the practices of relaxation techniques and breathing practices. This course is designed for students who want to utilize fundamental yoga practices to increase their health and longevity.

Schedule Description

This is the first of four levels of classes relating to Yoga. This course is an introduction to fundamental yoga postures and principles for personal health and wellness.

Lecture Units

0

Lecture Semester Hours

0

Lab Units

1

Lab Semester Hours

54

In-class Hours

54

Out-of-class Hours

0

Total Course Units

1

Total Semester Hours

54

Class Size Maximum

30

Course Content

1. Yoga techniques and modifications utilizing proper form and alignment for safety and success.
2. Benefits of fundamental warm up postures (asanas)
3. Benefits of fundamental seated yoga postures (asanas)
4. Benefits of fundamental prone postures (asanas)
5. Benefits of fundamental yoga forward and backward bends (asanas)
6. Benefits of fundamental yoga spinal twist postures (asanas)
7. Benefits of fundamental hip openers
8. Benefits of fundamental shoulder openers
9. Benefits of fundamental balance and strength, yoga standing postures(asanas)
10. Benefits of fundamental inversion postures (asanas)
11. Cool down postures (asanas)
12. Fundamental relaxation postures (asanas)
13. Yoga success stories that have inspired the world of fitness and health
14. Historical and philosophical aspects of yoga
15. The art of personal and meaningful set intentions to improve your overall fundamental yoga practice physically, mentally and spiritually

Lab Content

1. Yoga techniques utilizing proper form and alignment for safety and success.
2. Fundamental warm up postures (asanas), and fundamental sun salutations
3. Fundamental standing yoga postures (asanas), mountain, upstretched arms, triangle, extended lateral angle, warrior
4. Fundamental sitting postures (asanas), pigeon, hero, thunderbolt, cat, child's pose, boat, lotus, staff, bound angle
5. Fundamental prone postures (asanas), downward facing dog, upward facing dog, sun salutations, cobra, bow
6. Fundamental forward and backward bend postures (asanas), standing forward fold, standing wide legged forward fold, crescent moon, camel, wheel, bridge, and supine thunderbolt
7. Fundamental supine postures (asanas), corpse, fish, bridge, lying down tree, wheel
8. Fundamental balance postures (asanas), tree, dancer's pose, eagle, extended hand to big toe posture, and half moon
9. Fundamental inversion postures (asanas), plow and shoulder stand
10. Meditation and fundamental relaxation postures (asanas)

Course Objectives

	Objectives
Objective 1	Develop knowledge of fundamental yoga postures
Objective 2	Understand the benefits of fundamental yoga postures for the body
Objective 3	Understand the importance of breathing for fundamental yoga postures
Objective 4	Analyze proper form, technique and modifications in fundamental yoga postures
Objective 5	Evaluate personal flexibility and balance levels at pre beginning and post completion of the class
Objective 6	Understand the importance of relaxation techniques for fundamental postures and the benefits both physically and mentally
Objective 7	Develop a set of fundamental postures from class that could inspire personal yoga practice outside of the class

Student Learning Outcomes

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

Outcome 1 Evaluate improvement levels in pre and post measurements of muscle flexibility, balance and strength based on foundational levels of yoga postures as measured in individual assessment.

Methods of Instruction

Method	Please provide a description or examples of how each instructional method will be used in this course.
Discussion	Yoga postures are discussed and broken down with proper form, alignment and physical benefits.
Technology-based instruction	Power points and video are sometimes showed to enhance teaching
Observation	Students participate in partner yoga observations to learn appropriate form and technique.
Demonstration, Repetition/Practice Activity	Students demonstrate repetitively yoga postures. The course is based upon active yoga posture movement and exploration.
Lecture	Some lecture, discussion on yoga movement and technique
Individualized Study	Personal reflection and flexibility will be assessed

Methods of Evaluation

Method	Please provide a description or examples of how each evaluation method will be used in this course.	Type of Assignment
Written homework	Individual personal reflection will be shared with students analyzing improvements both physically and mentally.	In and Out of Class
Student participation/contribution	Students will earn active participation points for student participation and efforts.	In and Out of Class
Self/peer assessment and portfolio evaluation	Students will participate in self assessment of flexibility, mobility and strength.	In and Out of Class
Group activity participation/observation	Students will participate in partner yoga observation activities.	In and Out of Class
Field/physical activity observations	Students will participate in partner yoga analysis observations that promote posture development and various techniques.	In and Out of Class
Guided/unguided journals	Personal journal reflection analyzing physical and mental benefits of yoga.	In and Out of Class
Critiques	Group discussion threads on article critiques on topics related to yoga.	In and Out of Class

Assignments
Other In-class Assignments

1. Personal fitness assessment
2. Personal flexibility analysis
3. Personal fitness assessments

Other Out-of-class Assignments

1. Article critiques
2. Personal journal, reflection, thoughts and observations
3. Personal program design

Grade Methods

Letter Grade Only

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

Transfer CSU, limited UC

Allow Audit

No

Repeatability

No

Materials Fee

No

Additional Fees?

No

Approvals

Curriculum Committee Approval Date

10/17/2019

Academic Senate Approval Date

10/24/2019

Board of Trustees Approval Date

11/13/2019

Course Control Number

CCC000605866

Programs referencing this courseFitness Specialist Certificate of Achievement (<http://catalog.collegeofthedesert.eduundefined?key=148/>)Yoga Teacher Training Certificate of Achievement (<http://catalog.collegeofthedesert.eduundefined?key=187/>)Kinesiology AA-T Degree (<http://catalog.collegeofthedesert.eduundefined?key=8/>)Personal Trainer Certificate of Achievement (<http://catalog.collegeofthedesert.eduundefined?key=80/>)