

KINE 098B: YOGA II-BEGINNING YOGA

Originator

wansley

Justification / Rationale

There is an opportunity to deliver this popular course in an online form and reach more students.

Effective Term

Spring 2021

Credit Status

Credit - Degree Applicable

Subject

KINE - Kinesiology

Course Number

098B

Full Course Title

Yoga II-Beginning Yoga

Short Title

BEGINNING YOGA

Discipline**Disciplines List**

Physical Education

Modality

Face-to-Face

100% Online

Hybrid

Catalog Description

This is the second of four levels of classes relating to yoga. This course includes beginning yoga practices and principles. Instruction includes beginning yoga postures, guided relaxations, breathing practices, and basic stress reduction techniques. This course is designed for students interested in utilizing beginning yoga postures, practices, and stress reduction techniques to help increase their health and longevity.

Schedule Description

This is the second of four levels of classes relating to yoga. The course presents beginning yoga postures and principles to improve personal health and wellness. Advisory: KINE 098A or equivalent of Fundamentals of Yoga

Lecture Units

0

Lab Units

1.0

Lab Semester Hours

54

In-class Hours

54

Out-of-class Hours

0

Total Course Units

1

Total Semester Hours

54

Prerequisite Course(s)

Advisory: KINE 098A or equivalent of Fundamentals of Yoga

Class Size Maximum

30

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

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

Lab Content

1. Yoga techniques utilizing proper form and alignment for safety and success
2. Beginning warm up postures (asanas) and beginning sun salutations
3. Beginning standing yoga postures (asanas) and beginning stages for the following; triangle, reverse triangle, warrior I, warrior II, extended angles and some beginning wraps
4. Beginning seated postures (asanas), pigeon, hero, thunderbolt, boat, lotus, bound angle, beginning stages of I-sit
5. Beginning prone postures (asanas) downward facing dog, upward facing dog, beginning variations of sun salutations, cobra, beginning stages of high, low push-ups, bow, beginning prone core work
6. Beginning forward and backward bend postures (asanas) and beginning stages of the following; forward fold, standing wide forward fold, camel, upward bow, bridge, supine thunderbolt
7. Beginning supine postures (asanas) and beginning stages of the following; corpse, fish, bridge, lying down tree, upward bow
8. Beginning balance postures (asanas) and stages of the following; tree, dancer's pose, eagle, extended hand to big toe posture, and half moon
9. Beginning inversion postures (asanas) and stages of plow, shoulder stand and half head stand
10. Meditation and beginning relaxation postures (asanas)

Course Objectives

	Objectives
Objective 1	Develop knowledge of beginning yoga postures
Objective 2	Understand the physiological benefits of beginning yoga postures for the body

Objective 3	Understand the importance of breathing for beginning yoga postures
Objective 4	Analyze proper form, technique and modifications in beginning yoga postures
Objective 5	Evaluate personal flexibility and balance levels at pre and post completion of class
Objective 6	Develop a set of beginning postures from class that could inspire personal yoga practice outside of class

Student Learning Outcomes

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

Outcome 1	Classify, define and execute beginning yoga postures including some basic inversions, taking into consideration proper body alignment.
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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
Collaborative/Team Activity	Power points and videos are sometimes used to enhance teaching
Technology-based instruction	The course is based upon active yoga posture movement and exploration
Self-exploration	Movement tutorials and online resources have been created to promote increased learning and motivation
Participation	Personal reflection and flexibility will be assessed
Observation	Daily active participation is included and expected
Journal	Students participate in partner yoga observations to learn appropriate form and technique
	Personal journal reflection

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
Self-paced testing	Students will prepare goal setting, personal reflections and article critique analysis.	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 peer assessments analyzing flexibility and mobility.	In Class Only
Group activity participation/observation	Students will participate in partner yoga posture analysis and observations.	In and Out of Class
Portfolios	Students will personally reflect upon physical and mental benefits of yoga since start of the class.	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 assessments
3. Partner or group yoga posture evaluation

Other Out-of-class Assignments

1. Article critiques
2. Personal journal, reflection, thoughts and observations, the role of nutrition and healthy living
3. Personal beginning yoga program design

Grade Methods

Letter Grade Only

Distance Education Checklist

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

Online %

50

On-campus %

50

Instructional Materials and Resources

If you use any other technologies in addition to the college LMS, what other technologies will you use and how are you ensuring student data security?

Not applicable

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
Posted audio/video (including YouTube, 3cm mediasolutions, etc.)
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 participation assignments reflecting the movement tutorials and the diverse on line resources created for the students. There will be weekly discussion threads connecting the movement of yoga to principles of alignment, form, and benefits of postures.

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.

Allowing this course to have an online section will improve our access to students that currently our balancing jobs and families. There have been many online resources created to meet the needs of our students wanting to learn more about yoga but difficult for them to attend the campus with rigorous outside responsibilities. These online resources are very valuable to promote student

learning, enthusiasm and wellness. Students also have the opportunity to practice the sequences and movement tutorials several times if they wish to promote learning and improvements in fitness.

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

General Education Status

Y = Not applicable

Support Course Status

N = Course is not a support course

Allow Audit

No

Repeatability

No

Materials Fee

No

Additional Fees?

No

Approvals

Curriculum Committee Approval Date

10/6/2020

Academic Senate Approval Date

10/22/2020

Board of Trustees Approval Date

11/13/2020

Course Control Number

CCC000605950

Programs referencing this course

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>)