

# KINE 098D: YOGA IV-ADVANCED YOGA

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**Originator**

wansley

**Justification / Rationale**

Code alignment project recommendation

**Effective Term**

Spring 2020

**Credit Status**

Credit - Degree Applicable

**Subject**

KINE - Kinesiology

**Course Number**

098D

**Full Course Title**

Yoga IV-Advanced Yoga

**Short Title**

ADVANCED YOGA

**Discipline****Disciplines List**

Physical Education

**Modality**

Face-to-Face

**Catalog Description**

This is the fourth level of classes relating to yoga. This course will introduce advanced yoga practices and principles. Instruction includes advanced yoga postures, guided relaxations, breathing practices, partner yoga, advanced arm and standing balancing postures, and advanced inversions. The students will learn the benefits of practicing advanced yoga postures to help increase their health, flexibility, balance, and strength.

**Schedule Description**

This is the fourth level of classes relating to yoga. This course presents advanced yoga postures and principles to improve personal health, flexibility, balance, and strength. It is recommended that students have experience and previous practice in intermediate yoga. Advisory: KINE 098C or equivalent of Intermediate Yoga

**Lecture Units**

.5

**Lecture Semester Hours**

9

**Lab Units**

0.5

**Lab Semester Hours**

27

**In-class Hours**

36

**Out-of-class Hours**

18

**Total Course Units**

1

**Total Semester Hours**

54

**Prerequisite Course(s)**

Advisory: KINE 098C or equivalent of Intermediate Yoga

**Class Size Maximum**

30

**Course Content**

1. Yoga techniques and modifications utilizing proper form and alignment for safety and success
2. Warm up advanced postures and (asanas)
3. Benefits of advanced seated yoga postures (asanas)
4. Benefits of advanced prone postures (asanas)
5. Benefits of advanced forward and backward bends (asanas)
6. Benefits of advanced shoulder openers
7. Benefits of advanced hip openers
8. Benefits of advanced standing postures (asanas)
9. Benefits of spinal twist postures (asanas)
10. Benefits of advanced arm and leg balancing (asanas)
11. Benefits of advanced inversion postures (asanas)
12. More complex and creative yoga postures building on advanced principles and sequences
13. Benefits of cool down postures (asanas)
14. Advanced relaxation postures (asanas)
15. Historical and philosophical aspects of yoga
16. The art of personal and set intentions to improve your overall advanced yoga practice in mind, body and spirit

**Lab Content**

1. Yoga techniques for advanced yoga postures utilizing proper form and alignment
2. Advanced warm up postures (asanas) and advanced sun salutations
3. Advanced standing yoga postures (asanas) and advanced stages for the following; triangle, reverse triangle, warrior I, II, III, extended and reverse angles, various wraps
4. Advanced seated postures (asanas) hero, thunderbolt, boat, lotus, bound angle, advanced core work (L-sit), Boat, cobbler (middle splits), lotus, pigeon and advanced pigeon
5. Advanced forward and backward bend postures (asanas) crescent moon, camel, advanced upward bow and variations, staff pose, one legged staff pose, bridge, supine thunderbolt, forward bend in seated position, head to knee
6. Advanced supine postures (asanas) corpse, fish, bridge, upward bow, lying down tree, happy baby
7. Advanced balance postures (asanas) tree, dancer's pose, eagle, extended hand to big toe and advanced variations, half moon, warrior III, pose of the sage
8. Advanced arm balancing postures (asanas) crow, side crow, crane, firefly, side plank, peacock (variations) , sage pose (variations)
9. Advanced spinal twist postures (asanas) lateral sitting twist, half twist in sitting, lying down knee to chest grab bottom foot, lying down both legs extended and rotated spinal twist
10. Yoga postures that are more complex and creative, building upon more advanced progressive skill building
11. Advanced inversion postures (asanas) plow, shoulder stand, progressive head stand and preparation variations, progressive hand stand and preparation variations, peacock and variations, lotus in head stand and hand stand
12. Guided meditation and advanced relaxation postures (asanas)

**Course Objectives**

	<b>Objectives</b>
Objective 1	Develop knowledge of advanced yoga postures
Objective 2	Understand the physical benefits of intermediate yoga postures
Objective 3	Understand the importance of breathing for advanced yoga postures

Objective 4	Analyze proper form, technique and modifications for advanced yoga postures
Objective 5	Evaluate personal flexibility and balance levels at pre beginning an post completion of the class
Objective 6	Understand the importance of relaxation techniques for advanced yoga postures, and the benefits both physically and mentally
Objective 7	Develop a sequence of advanced yoga 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	Categorize, define, and execute advanced yoga postures including intermediate and advanced inversions, taking into consideration proper body alignment and integrity of the posture.
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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	
Demonstration, Repetition/Practice	
Activity	
Technology-based instruction	
Self-exploration	
Participation	
Observation	
Lecture	
Journal	
Individualized Study	

### 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		
Self-paced testing, Student preparation		
Student participation/contribution		
Self/peer assessment and portfolio evaluation		
Field/physical activity observations		
Portfolios		
Guided/unguided journals		
Critiques		

### Assignments

#### Other In-class Assignments

1. Personal fitness assessment
2. Personal flexibility assessment

#### 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**

03/21/2019

**Academic Senate Approval Date**

03/28/2019

**Board of Trustees Approval Date**

05/17/2019

**Chancellor's Office Approval Date**

06/05/2019

**Course Control Number**

CCC000605952

**Programs referencing this course**Yoga Teacher Training Certificate of Achievement (<http://catalog.collegeofthedesert.eduundefined?key=187/>)Personal Trainer Certificate of Achievement (<http://catalog.collegeofthedesert.eduundefined?key=80/>)