

# KIN 0065 - YOGA HISTORY AND CULTURE

## Catalog Description

Hours: 54 lecture

Description: Designed as a survey of the history and culture of yoga, both as a historical practice and a physical discipline. Students will learn about yoga's transformation from ancient to contemporary times, Ayurveda nutrition and yoga as a career option. (letter grade only) (CSU)

## Course Student Learning Outcomes

- CSLO #1: Describe the history of yogic culture, practices and ethical values.
- CSLO #2: Differentiate between the different types of Hatha yoga.
- CSLO #3: Explain yogic practice within a wider cultural context.
- CSLO #4: Describe the role nutrition plays with regard to yoga practice.
- CSLO #5: Identify the eight limbed path of Ashtanga Yoga.

## Effective Term

Fall 2018

## Course Type

Credit - Degree-applicable

## Contact Hours

54

## Outside of Class Hours

108

## Total Student Learning Hours

162

## Course Objectives

Upon successful completion of this course, a student will meet the following outcomes:

1. Differentiate between the different types of Hatha yoga.
2. Describe the history of yogic culture, practices and ethical values.
3. Identify a yogic practice that meets their needs.
4. Explain yogic practice within a wider cultural context.
5. Describe an Ayurvedic diet.
6. Describe the ultimate purposes of Yoga.
7. Identify the role nutrition plays with regard to the meditation practice.
8. Identify the eight limbed path of Ashtanga Yoga.

## General Education Information

- Approved College Associate Degree GE Applicability
  - AA/AS - Health Ed/Physical Ed
- CSU GE Applicability (Recommended-requires CSU approval)
  - CSUGE - E1 Lifelong Learning and Self-Development

- Cal-GETC Applicability (Recommended - Requires External Approval)
- IGETC Applicability (Recommended-requires CSU/UC approval)

## Articulation Information

- CSU Transferable

## Methods of Evaluation

- Essay Examinations
  - Example: Students will write a comparative essay on two different countries concerning the cultural influence of Yoga on daily life.
- Objective Examinations
  - Example: Students will take a multiple-choice examination on Yogic Nutrition. Standard Grading. Example question: What is the ideal proportion of fats, proteins and carbohydrates?

## Repeatable

No

## Methods of Instruction

- Lecture/Discussion
- Distance Learning

Lecture:

1. There will be a lecture on Yoga teachers during ancient times which will include a short video and readings from two different textbooks. Students are expected to compare the two in a short report.
2. There will be a lecture on essential oils and their significance to Ayurvedic knowledge of a healthy life and students are expected to be prepared to discuss in class.
3. There will be a lecture on the evolution of Pranayama. Following this lecture will be an activity on the practice of Pranayama.
4. There will be a lecture on Asanas with an emphasis on understanding the fundamentals of demonstrating proper alignment. Students will demonstrate their understanding.

Distance Learning

1. There will be a power point lecture on the different types of Hatha yoga that includes a short video that is embedded in the power point. The students will identify the Hatha yoga that they would use in their personal practice and discuss the reasons for this selection in a discussion board format with comments to two other colleagues that have chosen a different type of practice.
2. There will be a lecture on an Ayurvedic diet. Students will design a meal that contains all six flavors: sweet, sour, salty, bitter, astringent, and pungent. The students will share with the class through pictorial representation of one meal on a discussion board and comment on what flavor was the most difficult to represent. Students will pick one colleague that depicts a meal that they would be interested in trying.

## Typical Out of Class Assignments

### Reading Assignments

1. The student will read a biography about a historical figure that had a profound influence on yoga and be prepared to discuss in class. 2. The student will read an article and then discuss in class about the influence of Yoga on the present culture.

## Writing, Problem Solving or Performance

1. Students will be required to submit a comparative essay reflecting on the different cultural influences of yoga on two different countries. 2. Students will make common physical adjustments to subjects while in a typical yoga class session. 3. Students will research, present and teach a physical practice to the class for their mid-term. 4. Students will take an essay exam that will cover the different historical periods of Yoga.

## Other (Term projects, research papers, portfolios, etc.)

1. Students will give a speech on a spiritual connection between yoga and cultural norms.

## Required Materials

- From the Vedas to Vinyasa: An Introduction to the History and Philosophy of Yoga
  - Author: Amy Vaughn
  - Publisher: Opening Lotus Publications
  - Publication Date: 2016
  - Text Edition: 1st
  - Classic Textbook?:
  - OER Link:
  - OER:
- Hatha Yoga: The Yogi Philosophy of Physical Well-Being
  - Author: Yogi Ramacharaka
  - Publisher: Bibliotech Press
  - Publication Date: 2012
  - Text Edition:
  - Classic Textbook?:
  - OER Link:
  - OER:
- A Student's Guide to the History and Philosophy of Yoga
  - Author: Peter Connolly
  - Publisher: Equinox Publishing
  - Publication Date: 2014
  - Text Edition:
  - Classic Textbook?:
  - OER Link:
  - OER:
- The Yoga Tradition : Its History, Literature, Philosophy and Practice
  - Author: Georg Feuerstein
  - Publisher: Holm Press
  - Publication Date: 2001
  - Text Edition:
  - Classic Textbook?:
  - OER Link:
  - OER:

**Other materials and-or supplies required of students that contribute to the cost of the course.**