

KIN 0062 - FUNDAMENTALS OF YOGA

Catalog Description

Formerly known as PHED 55

Hours: 36 activity per unit

Description: Development of basic Yoga postures, breathing practices, stretching, and relaxation techniques as a method to improve flexibility, decrease stress and improve physical and mental well-being. (CSU, UC-with unit limitation)

Course Student Learning Outcomes

- CSLO #1: Identify ten basic Hatha Yoga postures and describe proper position and alignment.
- CSLO #2: Evaluate improved flexibility measured by separate flexibility tests.
- CSLO #3: Create a 15 to 20 minute Yoga routine using the instructor provided format.
- CSLO #4: Assess basic understanding of the history of Yoga and its relationship to living a healthy lifestyle.
- CSLO #5: Demonstrate and describe Yoga breathing technique and various relaxation and meditation exercises.

Effective Term

Fall 2019

Course Type

Credit - Degree-applicable

Contact Hours

18-72

Outside of Class Hours

9-36

Total Student Learning Hours

27-108

Course Objectives

1. Identify ten basic Hatha Yoga postures and describe proper position and alignment;
2. Evaluate improved flexibility measured by separate flexibility tests;
3. Create a 15 to 20 minute Yoga routine using the instructor provided format;
4. Assess basic understanding of the history of Yoga and its relationship to living a healthy lifestyle;
5. Describe basic components of Yoga breathing technique;
6. Describe the importance and purpose of a Yoga flow;
7. Demonstrate and describe various relaxation and meditation exercises;
8. Demonstrate understanding of body alignment in relation to basic anatomy;
9. List and describe the basic components of nutrition;
10. Describe the role of Yoga in Ayurvedic medicine.

General Education Information

- Approved College Associate Degree GE Applicability
 - AA/AS - Health Ed/Physical Ed
- CSU GE Applicability (Recommended-requires CSU approval)
 - CSUGE - E2 Physical Activity
- Cal-GETC Applicability (Recommended - Requires External Approval)
- IGETC Applicability (Recommended-requires CSU/UC approval)

Articulation Information

- CSU Transferable
- UC Transferable

Methods of Evaluation

- Objective Examinations
 - Example: Student will complete a written exam. Sample Question: What are three physical benefits of Hatha Yoga?
- Skill Demonstrations
 - Example: Student will be required to pass a skill demonstration exam teaching four Yoga postures to the rest of the class. Example: Please demonstrate four basic Hatha Yoga postures to the instructor and classmates.

Repeatable

No

Methods of Instruction

- Activity
- Distance Learning

Activity:

1. Instructor will facilitate a small group discussion on ayurvedic medicine as a branch of yoga and give a quiz.
2. Instructor will facilitate a large group discussion in which each student will take turns addressing their view of traditional Yoga and American culture and compare and contrast the two.

Distance Learning

1. Instructor will lecture using a PowerPoint on the different Yoga routines. The students will create a 15 to 20 minute Yoga routine using the instructor provided format.

Typical Out of Class Assignments

Reading Assignments

1. Read an internet article on the subject of Yoga and lifestyle influence and be prepared to discuss.
2. Read an internet article in the Yoga Journal on the historical background of Hatha Yoga and be prepared to discuss in class.
3. Read the book "Yoga of The Heart" and write an eight to ten page research paper.

Writing, Problem Solving or Performance

1. Create mental affirmations for each yoga posture.
2. Research certain key concepts of yoga such as non-violence, peace, non-attachment, etc.
3. Explore various yoga styles and write a paper about them.
4. Write a book report based on a reading from the suggested reading list.
5. Write a paper on one of the branches of yoga.

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

1. Create an at-home Yoga practice to include various poses and flows. Provide resources including but not limited to: print, online, television, DVD, outside facility.

Required Materials

- The Yoga Sutras of Patanjali
 - Author: Patanjali and William Q. Judge
 - Publisher: Digireads.com
 - Publication Date: 2017
 - Text Edition:
 - Classic Textbook?:
 - OER Link:
 - OER:
- Light on Yoga
 - Author: B.K.S. Iyengar
 - Publisher: Harper Thorsons
 - Publication Date: 2016
 - Text Edition:
 - Classic Textbook?:
 - OER Link:
 - OER:

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