

KIN 0066 - YOGA PEDAGOGY LECTURE

Catalog Description

Hours: 54 lecture

Description: Designed as an introduction to teaching the physical discipline of Hatha yoga. Students will learn about different types of Hatha yoga, anatomy, injury prevention, cueing, ethics, and development of their own yoga class. (CSU)

Course Student Learning Outcomes

- CSLO #1: Identify components needed to teach a beginning level hatha yoga class, including knowledge of applicable anatomy, fitness benefits and injury prevention.
- CSLO #2: Develop a class sequence that meets their intended goals as a teacher.
- CSLO #3: Explain, demonstrate and correct the physical movement involved in hatha 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

1. Outline Yoga history and styles of hatha yoga
2. Compare and contrast how the study of yoga serves as a gateway to develop awareness and understanding of the human consciousness, understanding and connection with the natural world.
3. Develop a philosophy and know how to incorporate that philosophy into their own practice;
4. Determine Yoga teaching methodology, practice techniques, and sequencing of movements for hatha yoga;
5. Identify the anatomy of muscles, bones, fascia and how they connect providing a deeper understanding of the anatomical structures and principles underlying each movement and of yoga itself;
6. Determine how specific muscles respond to the movements of the joints; how alterations of a pose can enhance or reduce effectiveness; and how the spine, breathing, and body position are all fundamentally linked.
7. Defend how to observe bodies and use hands-on adjustments to improve or modify a posture;

8. Outline the fitness benefits including mental (stress) and physical, including modifications for working with specific populations (scoliosis, knee injury, sciatica).
9. Design regarding the science and art of sequencing - How to create dynamic, effective and intelligent sequences for all levels that meets their intended goals as a teacher;
10. Explain, demonstrate and correct the physical movement involved in hatha yoga

General Education Information

- Approved College Associate Degree GE Applicability
- CSU GE Applicability (Recommended-requires CSU approval)
- Cal-GETC Applicability (Recommended - Requires External Approval)
- IGETC Applicability (Recommended-requires CSU/UC approval)

Articulation Information

- CSU Transferable

Methods of Evaluation

- Classroom Discussions
 - Example: Students will be asked to verbally identify the anatomy included in different Yoga positions. They will also be asked to list the fitness benefits and identify the injury prevention included in proper positioning of the Yoga position.
- Objective Examinations
 - Example: There will be a Quiz where students will be required to show applicable understanding of Anatomy as it relates to Yoga. Standard Grading. For Example: As we grow older, there are certain things in life that become necessary for our safety and to improve our physical health. Unfortunately, our bodies become weaker and we do not recover as easy from injuries and accidents. Furthermore, seniors can become unsteady on their feet when walking or when doing daily tasks like sitting down in a chair or getting out of the shower. What type of fitness can make a difference in their life? A. balance and stability training.

Repeatable

No

Methods of Instruction

- Lecture/Discussion
- Distance Learning

Lecture:

1. Instructor will have students diagram Yoga postures/asanas contrasting proper and improper Yoga alignment thereby helping students differentiate effective and proper technique.
2. Instructor will introduce how to format a complete Yoga class. Sequencing to include: warm up; preparatory poses; progression; asanas (ie strength and heat builders, balance); flow; warm down and relaxation/meditation. Students will be asked to create a 65 minute class in writing including the stated format.

Typical Out of Class Assignments Reading Assignments

1. Read Teaching Yoga: The Teacher-Student Relationship, by Donna Farhi and be prepared to discuss in class.
2. Read select chapters, as

assigned by instructor, from Heart of Yoga: Developing a Personal Yoga Practice, by TKV Desikachar and be prepared to discuss in class. Report on all readings assignments.

Writing, Problem Solving or Performance

1. Students will be assigned to start and keep a Journal on all reading assignments. 2. Students will be assigned to start and keep a Journal on all yoga videos.

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

1. Read and study anatomy for yoga books.

Required Materials

- Yoga Adjustments: Philosophy, Principles, and Techniques
 - Author: Stephens, Mark
 - Publisher: North Atlantic Books
 - Publication Date: 2014
 - Text Edition: 1st
 - Classic Textbook?:
 - OER Link:
 - OER:
- The Key Muscles of Yoga: Scientific Keys
 - Author: Long, Ray
 - Publisher: BandhaYoga
 - Publication Date: 2009
 - Text Edition: 3rd
 - Classic Textbook?:
 - OER Link:
 - OER:
- Teaching Yoga: Exploring the Teacher-Student Relationship
 - Author: Farhi, D
 - Publisher: Rodmell Press
 - Publication Date: 2006
 - Text Edition: 1st
 - Classic Textbook?:
 - OER Link:
 - OER:

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