

# KIN 0070 - YOGA PEDAGOGY LAB

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## Catalog Description

Prerequisite: Concurrent enrollment in or completion of KIN 66 with grade of "C" or better

Hours: 54 laboratory

Description: Designed as an introduction to the physical discipline of Hatha yoga. Students will learn alignment, adjustments, and cueing for yoga postures. Students will also develop and teach their own yoga class. (CSU)

## Course Student Learning Outcomes

- CSLO #1: Explain 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

0

## Total Student Learning Hours

54

## Course Objectives

1. Demonstrate the components needed to teach a beginning level Hatha yoga class, including: knowledge of applicable anatomy with proper stretching and movement designed to prevent injury.
2. Apply a class sequence of movement that meets the intended goals as a teacher of Hatha Yoga.
3. Demonstrate the correct physical movement involved in Hatha yoga positions.

## 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

- Objective Examinations
  - Example: Example: When working with the different areas of the spine, the cervical spine, the lower back and the S.I. (sacro-iliac) joint, how is it best to make a correction in proper form? Example: If a student is very flexible, especially if their joints hyper-extend, what type of poses would be preferred.
- Skill Demonstrations
  - Example: Each student will perform at least 2 Hatha Yoga Sutras and explain how they may be applied to daily lifestyle.

## Repeatable

No

## Methods of Instruction

- Laboratory

Lab:

1. Through discussion on the physical anatomy of the human body including safe movement that is beneficial, and introducing the Hatha Yoga positions that compliment those needs, students are expected to demonstrate these positions.
2. Student will be expected to perform a physical demonstration of proper Hatha Yoga positions and explain how and what is expected throughout the exercise.

## Typical Out of Class Assignments Reading Assignments

1. Read Teaching Yoga: The Teacher Student Relationship, by Donna Farhi and submit a report summarizing the assigned reading.
2. Read selected chapters from Heart of Yoga: Developing a Personal Yoga Practice, by TKV Desikachar and report on assigned reading.

## Writing, Problem Solving or Performance

1. Journal on all reading assignments.
2. Journal on all videos.

## Other (Term projects, research papers, portfolios, etc.) 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: Bandha Yoga
  - Publication Date: 2009

- Text Edition: 3rd
- Classic Textbook?:
- OER Link:
- OER:

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