

KINE 092: YOGA FOR DANCERS

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Originator

wansley

Justification / Rationale

Code Alignment Project

Effective Term

Fall 2019

Credit Status

Credit - Degree Applicable

Subject

KINE - Kinesiology

Course Number

092

Full Course Title

Yoga for Dancers

Short Title

YOGA FOR DANCERS

Discipline**Disciplines List**

Physical Education

Modality

Face-to-Face

Catalog Description

This course is designed for the dancer to build and maintain balance, flexibility and strength through yoga postures. The yoga sequences will provide a methodical way for the dancer to condition, restore the body, and improve execution of dance movements. The yoga postures, creative sequences, proper breathing and relaxation techniques can play a role in calming the mind, reducing stress, improving confidence for audition and performance.

Schedule Description

This course will provide instruction in yoga postures to build and maintain balance, flexibility, strength and improve execution of movement of the dancer.

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

Class Size Maximum

30

Course Content

1. Yoga terminology and vocabulary
2. Yoga techniques for proper form and alignment for safety and personal success
3. Identify postures (asanas) that will address areas crucial to building strong dance technique
4. The role of integrating proper breathing with yoga postures
5. The benefits of Yoga for dancers to include mindfulness such as clarity of the mind and confidence
6. The role of standing postures (asanas) to improve balance, flexibility and strength in dancers
7. The importance of correct sequencing of yoga postures (asanas) to improve personal practice to provide the physical and mental benefits to dancers
8. Yoga postures (asanas) that improve core strength and posture in dancers
9. Breathing and mediation exercises to reduce stress and anxiety that could improve performance
10. The role of yoga and flexibility to improve hip and shoulder mobility to benefit dancers
11. The role of yoga to improve flexibility of the spine to benefit dancers
12. The benefits of a well conditioned body in balance, flexibility, core strength and restoration to improve execution of dance movements
13. The role of yoga and stress relief for dancers
14. The benefit of yoga to improved lung capacity for dancers
15. The benefits of yoga to improve stamina in dancers
16. The role of restorative postures (asanas) to improve regeneration, and positive mindfulness in dancers

Lab Content

1. Yoga techniques utilizing proper form and alignment for safety and success
2. Beginning warm-up postures (asanas) to improve mobility in shoulder, hip and back to benefit the dancer
3. Various sun salutations to properly warm up the dancer and improve lung capacity
5. Seated postures (asanas) to improve flexibility; hero, thunderbolt, forward fold, pigeon, lotus, bound angle
6. Postures (asanas) to improve core strength; boat, I-sit, numerous plank variations
7. Prone postures (asanas) downward facing dog, upward facing dog, sun salutations, beginning stages of high low pushups, prone core work to benefit the dancer
8. Forward and backward bend postures (asanas) to benefit the dancer; standing wide forward fold, camel, bridge, upward bow (wheel), bow, supine thunderbolt
9. Supine postures (asanas) to benefit the dancer; corpse, fish, bridge, lying down tree, upward bow (wheel)
10. Balance postures (asanas) various progressions and holds to improve balance and strength in the dancer to include; dancer's pose, tree, eagle, half moon, warrior III, extended hand to big toe
11. Specific flexibility postures (asanas) to benefit the dancer such as monkey pose (split stretches all variations and holds)
12. Sequences of yoga postures (asanas) designed to benefit dancers and improve their balance, strength, flexibility and restoration
13. Restorative and cool down postures (asanas) to improve regeneration and mental benefits specifically to dancers
14. Guided meditation and relaxation time to reduce stress and anxiety and improve performance

Course Objectives

	Objectives
Objective 1	Develop knowledge of fundamental concepts of Yoga postures that will benefit the dancer
Objective 2	Demonstrate correct body alignment and technique of Yoga postures
Objective 3	Demonstrate proper correlation of breath and movement in various yoga postures
Objective 4	Identify various standing yoga postures that will improve leg strength, flexibility and balance in dancers
Objective 5	Develop a set of yoga postures that could benefit the dancer in their own personal practice

Objective 6	Identify restorative poses that will benefit the dancer in regeneration and positive mindfulness
Objective 7	Analyze improvements in range of motion to the shoulders, back, and hips for dance from pre and post flexibility assessments
Objective 8	Recognize the importance of yoga for overall personal health and stress reduction
Objective 9	Identify various yoga postures to improve overall core strength and posture for dancers
Objective 10	Identify various arm balancing yoga postures that will improve conditioning levels in dancers

Student Learning Outcomes

Upon satisfactory completion of this course, students will be able to:

Outcome 1	Create a sequence of yoga postures for self practice to improve flexibility, balance, and strength to benefit the dancer both mentally and physically.
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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.
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Discussion

Collaborative/Team

Activity

Technology-based instruction

Self-exploration

Participation

Observation

Journal

Methods of Evaluation

Method	Please provide a description or examples of how each evaluation method will be used in this course.	Type of Assignment
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Written homework

Self-paced testing, Student preparation

Student participation/contribution

Self/peer assessment and portfolio evaluation

Group activity participation/observation

Self-paced testing, Student preparation

Portfolios

Guided/unguided journals

Critiques

Assignments

Other In-class Assignments

1. Personal flexibility assessment
2. Partner or group yoga posture evaluation specific to dancers
3. Students will engage in discussions on yoga concepts, postures and breathing techniques that may benefit the dancer

Other Out-of-class Assignments

1. Article critiques, reference books on benefits of yoga for the dancer
2. Personal journal, reflection, thoughts and observations, the role of nutrition for optimal health
3. Create a yoga set of sequences from class designed to provide benefits for the dancer and improve their personal practice

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

6/1/2019

Course Control Number

CCC000605865

Programs referencing this courseYoga Teacher Training Certificate of Achievement (<http://catalog.collegeofthedesert.eduundefined?key=187>)Kinesiology AA-T Degree (<http://catalog.collegeofthedesert.eduundefined?key=8>)