

# KINE 092: YOGA FOR DANCERS

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**Originator**

wansley

**Justification / Rationale**

Yoga activity classes change to lab

**Effective Term**

Fall 2020

**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**

0

**Lecture Semester Hours**

0

**Lab Units**

1.0

**Lab Semester Hours**

54

**In-class Hours**

54

**Out-of-class Hours**

0

**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**

	<b>Objectives</b>
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 and strength for the dancer.

### Methods of Instruction

Method	Please provide a description or examples of how each instructional method will be used in this course.
Discussion	Yoga postures are discussed and broken down with proper form, alignment and physical benefits
Collaborative/Team	Pre and post testing will be administered to analyze flexibility levels and improvement
Activity	The course is based upon active yoga posture movement and exploration
Technology-based instruction	Power points and video are sometimes showed to enhance teaching
Self-exploration	Yoga postures are practiced and encouraged for students to self explore and analyze
Participation	Active participation points are earned from participating in partner posture observation lab analysis
Observation	Students participate in partner yoga observations to learn appropriate form and technique
Journal	Yoga personal reflections analyzing improvements and changes physically and mentally

### Methods of Evaluation

Method	Please provide a description or examples of how each evaluation method will be used in this course.	Type of Assignment
Written homework	Individual personal reflection will be shared with students analyzing improvements both physically and mentally	In and Out of Class
Self-paced testing, Student preparation	Students will prepare personal reflection, article critique reviews, and personal sequence for self practice	In and Out of Class
Student participation/contribution	Students will earn active participation points for student participation and efforts	In Class Only
Self/peer assessment and portfolio evaluation	Partner yoga analysis and observation laboratories	In Class Only
Group activity participation/observation	Students will share and participate in small groups yoga self practice sequences that they developed to enhance flexibility and strength of a dancer	In and Out of Class
Guided/unguided journals	Yoga journal reflection	In and Out of Class
Critiques	Group discussion threads on article critiques on topics related to yoga	In and Out of Class

### 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 to perform optimally

**Other Out-of-class Assignments**

1. Read article critiques and reference books and participate in group discussion 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**

10/17/2019

**Academic Senate Approval Date**

10/24/2019

**Board of Trustees Approval Date**

11/13/2019

**Course Control Number**

CCC000605865

**Programs referencing this course**

Yoga Teacher Training Certificate of Achievement (<http://catalog.collegeofthedesert.eduundefined?key=187/>)

Kinesiology AA-T Degree (<http://catalog.collegeofthedesert.eduundefined?key=8/>)