

# KINE 098A: YOGA I-FUNDAMENTALS OF YOGA

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**Originator**

amsimmons

**Justification / Rationale**

Effective date update

**Effective Term**

Spring 2020

**Credit Status**

Credit - Degree Applicable

**Subject**

KINE - Kinesiology

**Course Number**

098A

**Full Course Title**

Yoga I-Fundamentals of Yoga

**Short Title**

FUNDAMENTALS OF YOGA

**Discipline****Disciplines List**

Physical Education

**Modality**

Face-to-Face

**Catalog Description**

This is the first of four levels of classes relating to Yoga. This course is an introduction to fundamental yoga practices and principles. Instruction includes learning the fundamentals of yoga postures and proper form and alignment. The students will also gain an understanding of the practices of relaxation techniques and breathing practices. This course is designed for students who want to utilize fundamental yoga practices to increase their health and longevity.

**Schedule Description**

This is the first of four levels of classes relating to Yoga. This course is an introduction to fundamental yoga postures and principles for personal health and wellness.

**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 techniques and modifications utilizing proper form and alignment for safety and success.
2. Benefits of fundamental warm up postures (asanas)
3. Benefits of fundamental seated yoga postures (asanas)
4. Benefits of fundamental prone postures (asanas)
5. Benefits of fundamental yoga forward and backward bends (asanas)
6. Benefits of fundamental yoga spinal twist postures (asanas)
7. Benefits of fundamental hip openers
8. Benefits of fundamental shoulder openers
9. Benefits of fundamental balance and strength, yoga standing postures(asanas)
10. Benefits of fundamental inversion postures (asanas)
11. Cool down postures (asanas)
12. Fundamental relaxation postures (asanas)
13. Yoga success stories that have inspired the world of fitness and health
14. Historical and philosophical aspects of yoga
15. The art of personal and meaningful set intentions to improve your overall fundamental yoga practice; physically, mentally and spiritually

**Lab Content**

1. Yoga techniques utilizing proper form and alignment for safety and success.
2. Fundamental warm up postures (asanas), and fundamental sun salutations
3. Fundamental standing yoga postures (asanas), mountain, upstretched arms, triangle, extended lateral angle, warrior
4. Fundamental sitting postures (asanas), pigeon, hero, thunderbolt, cat, child's pose, boat, lotus, staff, bound angle
5. Fundamental prone postures (asanas), downward facing dog, upward facing dog, sun salutations, cobra, bow
6. Fundamental forward and backward bend postures (asanas), standing forward fold, standing wide legged forward fold, crescent moon, camel, wheel, bridge, and supine thunderbolt
7. Fundamental supine postures (asanas), corpse, fish, bridge, lying down tree, wheel
8. Fundamental balance postures (asanas), tree, dancer's pose, eagle, extended hand to big toe posture, and half moon
9. Fundamental inversion postures (asanas), plow and shoulder stand
10. Meditation and fundamental relaxation postures (asanas)

**Course Objectives**

Objectives	
Objective 1	Develop knowledge of fundamental yoga postures
Objective 2	Understand the benefits of fundamental yoga postures for the body
Objective 3	Understand the importance of breathing for fundamental yoga postures
Objective 4	Analyze proper form, technique and modifications in fundamental yoga postures
Objective 5	Evaluate personal flexibility and balance levels at pre beginning and post completion of the class
Objective 6	Understand the importance of relaxation techniques for fundamental postures and the benefits both physically and mentally
Objective 7	Develop a set of fundamental postures from class that could inspire personal yoga practice outside of the class

**Student Learning Outcomes**

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

Outcome 1 Evaluate improvement levels in pre and post measurements of muscle flexibility, balance and strength based on foundational levels of yoga postures as measured in individual assessment.

**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

Technology-based instruction

Observation

Demonstration, Repetition/Practice

Activity

Lecture

Individualized Study

**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

Field/physical activity observations

Portfolios

Guided/unguided journals

Critiques

**Assignments**
**Other In-class Assignments**

1. Personal fitness assessment
2. Personal flexibility analysis
3. Personal fitness assessments

**Other Out-of-class Assignments**

1. Article critiques
2. Personal journal, reflection, thoughts and observations
3. Personal program design

**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**

CCC000605866

**Programs referencing this course**Fitness Specialist Certificate of Achievement (<http://catalog.collegeofthedesert.eduundefined?key=148/>)Yoga Teacher Training Certificate of Achievement (<http://catalog.collegeofthedesert.eduundefined?key=187/>)Kinesiology AA-T Degree (<http://catalog.collegeofthedesert.eduundefined?key=8/>)Personal Trainer Certificate of Achievement (<http://catalog.collegeofthedesert.eduundefined?key=80/>)