



## **KINE 098C: YOGA III-INTERMEDIATE YOGA**

## Originator

amsimmons

## Justification / Rationale

Effective date update

#### **Effective Term**

Spring 2020

#### **Credit Status**

Credit - Degree Applicable

#### Subject

KINE - Kinesiology

#### **Course Number**

098C

## **Full Course Title**

Yoga III-Intermediate Yoga

#### **Short Title**

INTERMEDIATE YOGA

## **Discipline**

## **Disciplines List**

**Physical Education** 

## Modality

Face-to-Face

## **Catalog Description**

This is the third of four levels of classes relating to yoga. This course will introduce intermediate yoga practices and principles including some intermediate inversions. Instruction includes intermediate yoga postures, guided relaxations, basic and intermediate inversions, breathing practices, basic partner yoga, stress reduction techniques, and nutritional analysis. The students will learn the benefits of practicing intermediate yoga postures to help increase their health, longevity, flexibility, balance, and strength.

## **Schedule Description**

This is the third of four levels of classes relating to yoga. This course presents intermediate yoga postures and principles to improve personal health, flexibility, balance, and strength. Advisory: KINE 098B or equivalent of Beginning Yoga

## **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

#### Prerequisite Course(s)

Advisory: KINE 098B or equivalent of Beginning Yoga

#### Class Size Maximum

30

#### **Course Content**

- 1. Yoga techniques and modifications utilizing proper form and alignment for safety and success
- 2. Warm up intermediate postures (asanas)
- 3. Benefits of intermediate seated yoga postures (asanas)
- 4. Benefits of intermediate prone postures (asanas)
- 4. Benefits of intermediate standing postures (asanas)
- 5. Benefits of intermediate prone postures (asanas)
- 6. Benefits of spinal twist postures (asanas)
- 7. Benefits of intermediate hip openers
- 8. Benefits of intermediate shoulder openers
- 9. Benefits of intermediate balance postures (asanas)
- 10. Continue to build yoga skills and variations to more progressive intermediate combinations
- 11. Benefits of intermediate inversions postures (asanas)
- 12. Benefits of cool down postures (asanas)
- 13. Intermediate relaxation postures (asanas)
- 14. Yoga success stories that have inspired the world in health and fitness
- 15. Historical and philosophical aspects of yoga
- 16. The art of personal and set intentions to improve your overall intermediate yoga practice; physically, mentally and spiritually

#### **Lab Content**

- 1. Yoga techniques utilizing proper form and alignment for personal safety and success.
- 2. Intermediate warm up postures (asanas) and intermediate sun salutations
- 3. Intermediate standing yoga postures (asanas) and intermediate stages for the following; triangle, reverse triangle, warrior I, warrior II, extended angles, and wraps
- 4. Intermediate seated postures (asanas), pigeon, hero, thunderbolt, boat, lotus, bound angle, intermediate core work, seated wraps, cobbler (middle splits), lotus
- 5. Intermediate forward and backward bend postures (asanas) crescent moon, camel, intermediate upward bow and variations, bridge, supine thunderbolt, forward bend in seated position, head to knee
- 6. Intermediate supine postures (asanas) corpse, fish, bridge, upward bow, lying down tree, happy baby
- 7. Intermediate balance postures (asanas) tree, dancer's pose, eagle, extended hand to big toe posture (intermediate variations), half moon, warrior III
- 8. Intermediate arm balancing postures (asanas), crow, side crow, firefly, side plank variations
- 9. Intermediate spinal twists, lateral twist in sitting, half twist in sitting, wraps in sitting, lying down opposite knee to chest with twist
- 10. Intermediate inversion postures (asanas) plow, shoulder stand, progressive head stand, intermediate peacock, crane series and counter postures (asanas) for inversions
- 11. Progressive yoga skill building and variations for intermediate levels
- 12. Meditation and intermediate relaxation postures (asanas)

## **Course Objectives**

	Objectives
Objective 1	Develop knowledge of intermediate yoga postures
Objective 2	Understand the physical benefits of intermediate yoga postures
Objective 3	Understand the importance of breathing for intermediate yoga postures



Objective 4	Analyze proper form, technique and modifications in intermediate 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 intermediate postures, and the benefits both physically and mentally
Objective 7	Develop a sequence 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 Create a set of intermediate yoga postures from our class that can be applied for personal practice.

## **Methods of Instruction**

Method	Please provide a description or examples of how each instructional method will be used in this course.
Discussion	
Demonstration, Repetition/Practice	
Activity	
Technology-based instruction	
Self-exploration	
Participation	
Observation	
Lecture	
Journal	
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
Written homework		
Self-paced testing, Student preparation		
Student participation/contribution		
Self/peer assessment and portfolio evaluation		
Field/physical activity observations		
Portfolios		
Guided/unguided journals		
Critiques		

## **Assignments**

## **Other In-class Assignments**

- 1. Personal fitness assessment
- 2. Personal flexibility analysis

## 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**

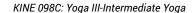
03/21/2019

## **Academic Senate Approval Date**

03/28/2019

## **Board of Trustees Approval Date**

05/17/2019





# **Chancellor's Office Approval Date** 06/05/2019

## Course Control Number CCC000605951

## 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/) Personal Trainer Certificate of Achievement (http://catalog.collegeofthedesert.eduundefined?key=80/)