

KINE 098C: YOGA III-INTERMEDIATE YOGA

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Originator

wansley

Justification / Rationale

Moving yoga activity courses to all lab

Effective Term

Fall 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

0

Lecture Semester Hours

0

Lab Units

1

Lab Semester Hours

54

In-class Hours

54

Out-of-class Hours

0

Total Course Units

1

Total Semester Hours

54

Prerequisite Course(s)

Advisory: KINE 098B or equivalent of Beginning Yoga

Class Size Maximum

30

Entrance Skills

The students should have developed a knowledge and understanding of proper form and technique in beginning yoga postures.

Requisite Course Objectives

KINE 098B-Develop knowledge of beginning yoga postures

KINE 098B-Analyze proper form, technique and modifications in beginning yoga postures

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)
5. Benefits of intermediate standing 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	Yoga postures are discussed and broken down with proper form, alignment and physical benefits
Demonstration, Repetition/Practice	The students should be able to demonstrate repetitively intermediate postures and intermediate variations of postures
Activity	The class is based upon active participation and personal exploration
Technology-based instruction	Power points and videos are sometimes used to enhance teaching
Self-exploration	Personal reflection and flexibility will be assessed
Participation	Daily active participation is included and expected
Observation	Students participate in partner yoga analysis observations to learn appropriate form and technique.
Lecture	Some lecture, discussion on yoga movement and technique
Journal	Personal reflection
Individualized Study	Personal reflection and flexibility will be assessed

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 goal setting, personal reflections and article critiques analysis	In and Out of Class
Student participation/contribution	Students will earn active participation points for student participation and efforts.	In and Out of Class
Self/peer assessment and portfolio evaluation	Students will participate in self peer flexibility and mobility assessments	
Field/physical activity observations	Students will participate in partner yoga posture analysis and clinics	In and Out of Class
Guided/unguided journals	Personal reflection on benefits of yoga	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 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

10/17/2019

Academic Senate Approval Date

10/24/2019

Board of Trustees Approval Date

11/13/2019

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/>)