

**Course Outline of Record**

1. Course Code: KINE-018
2.
  - a. Long Course Title: Yoga Teacher Training Essentials
  - b. Short Course Title: YOGA TEACHER I
3.
  - a. Catalog Course Description:
 

This course serves as an introduction to the fundamental concepts of yoga necessary to further one's personal practice and to instruct beginner level yoga classes. Students will investigate and develop an in-depth understanding of the eight limbs of yoga, with a specific focus on the yamas, niyamas, asanas and pranayama as a foundation for teaching yoga. Additional topics in this course include, but are not limited to: history and philosophy of yoga, introduction to Sanskrit, anatomy and biomechanics of yoga, asana classification, types of yoga, introduction to the yoga sutras and basic alignment principles. This course is intended for students completing the Yoga Teacher Training Certificate Program.
  - b. Class Schedule Course Description:
 

This course serves as an introduction to the fundamental concepts of yoga necessary to further one's personal practice and to instruct beginner level yoga classes. Students will learn proper biomechanics, alignment principles, and breathing techniques as they relate to the performance and instruction of beginning yoga postures. This course is intended for students completing the Yoga Teacher Training Certificate.
  - c. Semester Cycle (if applicable): N/A
  - d. Name of Approved Program(s):
4. Total Units: 3.00      Total Semester Hrs: 90.00  
 Lecture Units: 2      Semester Lecture Hrs: 36.00  
 Lab Units: 1      Semester Lab Hrs: 54.00  
 Class Size Maximum: 36      Allow Audit: No  
 Repeatability 0x  
 Justification 0
5. Prerequisite or Corequisite Courses or Advisories:
 

*Course with requisite(s) and/or advisory is required to complete Content Review Matrix (CCForm1-A)*

Advisory: KINE 098A or a minimum of six month yoga practice.
6. Textbooks, Required Reading or Software: (List in APA or MLA format.)
  - a. Dharma Mittra (2003). *Asanas 608 Yoga Poses* (2nd/e). Novato California New World Library. ISBN: 1-57731-402-8  
 College Level: Yes  
 Flesch-Kincaid reading level: 10
  - b. Mira, Silva & Mehta, Shyam (2001). *Yoga, The Iyengar Way* (2nd/e). New York Alfred A. Knopf. ISBN: 0-679-72287-4  
 College Level: Yes  
 Flesch-Kincaid reading level: 11.3
  - c. Ansley, W., G. N. (2017). *Positive Vibes* Palm Desert Self-published.  
 College Level: Yes  
 Flesch-Kincaid reading level: N/A
  - d. Stephens, Mark (2010). *Teaching Yoga, Essential Foundations and Techniques* Berkely, California North Atlantic Books. ISBN: 978-I-55643-I  
 College Level: Yes  
 Flesch-Kincaid reading level: 13.2
7. Entrance Skills: *Before entering the course students must be able:*

**Advisory skills:**

a.

The students should have a six month yoga practice or have a foundational understanding of basic concepts and benefits of Yoga.

- KINE 098A - Develop knowledge of fundamental yoga postures
- KINE 098A - Understand the benefits of fundamental yoga postures for the body

## 8. Course Content and Scope:

### Lecture:

- I. Foundations of Yoga
  - A. History of yoga and important historical figures
  - B. Philosophical principles of yoga
  - C. Yoga sanskrit and terminology for more beginning yoga postures (asanas)
  - D. Yamas and niyamas
  - E. Sanskrit language
- II. Understanding Anatomy and Human Movement
  - A. Major muscles
  - B. Joint actions
  - C. The body as a kinetic chain
  - D. Movement analysis of postures (asanas)
- III. Pranayama Exploration
  - A. Importance of breath in a yoga practice
  - B. How to integrate pranayama with postures (asanas)
  - C. Nadi shodhana breathing
- IV. Posture (Asana) Benefits, Analysis and Classification of Postures
  - A. Warm up, sun salutations
  - B. Standing
  - C. Seated
  - D. Arm balancing
  - E. Leg balancing
  - F. Spinal twists
  - G. Backward bending
  - H. Hip openers
  - I. Supine

- J. Prone
- K. Forward bending
- L. Reclining and relaxation
- V. Asana fundamentals
  - A. Alignment principles
  - B. Safety considerations
  - C. Practical application of postures in personal practice
- VI. College of the Desert, Positive Vibes, Yoga 80 SET Sequence
  - A. History and Philosophy of the SET Sequence
  - B. Benefits of the SET sequence
  - C. Asana analysis and introduction to beginning teaching cues
- VII. Introduction to Instructing Yoga
  - A. Teacher responsibilities and expectations
  - B. Class set up
  - C. Class Etiquette
  - D. Establishing rapport with students
  - E. Positive motivational teaching strategies
  - F. Safety issues
  - G. Introduction to offering and giving adjustments
  - H. Certification requirements
- VIII. Self Care
  - A. Benefits of nutrition for optimal health
  - B. Behavior modification strategies
  - C. Attitude of gratitude
- IX. Injuries
  - A. Major and minor injuries, obstacles and set backs
  - B. Modifications
  - C. Prevention of injuries

Lab: (if the "Lab Hours" is greater than zero this is required)

1. Posture Analysis and practice
2. Warm-up postures (asanas), sun salutations, surya namaskara A, surya namaskara B
3. Comprehensive posture overview of the College of the Desert, Positive Vibes, Yoga 80 SET Sequence
4. Standing yoga postures (asanas) wide legged forward fold, triangle, reverse triangle, warrior I, II, extended and reverse angles, various binds
5. Forward and backward bend postures (asanas) crescent moon, camel, advanced upward bow and variations, staff, bridge, supine thunderbolt, forward bend in sitting position
6. Supine postures (asanas), corpse, fish, bridge, upward bow, lying down tree, happy baby
7. Beginning proper and safe stages for arm balancing postures (asanas), crow, side crow, firefly, side plank, peacock
8. Leg standing postures (asanas) tree, dancer's pose, eagle, extended hand to big toe
9. Spinal twist postures (asanas) extended revolved side angle, lateral sitting twist, half twist in sitting, thunderbolt twist, lying down knee to chest, lying down both legs extended and rotated
10. Beginning proper and safe inversion practice for plow, shoulder stand, head stand
11. Beginning pranayama and meditation practice and teaching strategies
12. Various Yin Yoga postures to improve joint flexibility primarily in the hips, lower back and sacrum

## 9. Course Student Learning Outcomes:

1.  
Analyze and demonstrate beginner level postures (asanas) and explain proper form and alignment and appropriate teaching cues.
2.  
Analyze the physiological and health benefits of the postures (asanas) of the College of the Desert, Positive Vibes, Yoga 80 SET sequence.
3.  
Categorize various beginner level yoga postures (asanas) using proper Sanskrit terminology and pronunciation.

## 10. Course Objectives: *Upon completion of this course, students will be able to:*

- a. Identify and categorize various beginning yoga poses using proper Sanskrit terminology and pronunciation
- b. Evaluate the relevance of yogic philosophy and history to yoga practice and instruction
- c. Relate principles of musculoskeletal anatomy, neuroanatomy, and biomechanics to the performance and instruction of beginning yoga postures.

# KINE 018-Yoga Teacher Training Essentials

- d. Demonstrate how to integrate pranayama breathing with basic yoga postures.
- e. Analyze various individuals in beginning yoga postures to determine what adjustments could be offered; demonstrate how to safely provide adjustments.
- f. Demonstrate and teach with proper cueing Surya Namaskara A and Surya Namaskara B from the College of the Desert, Positive Vibes, Yoga 80 SET sequence
- g. Discuss and describe major and minor injuries, various health obstacles and setbacks and how modifications in yoga can be beneficial and lead to self practice and health improvements
- h. Give example of how to create a personal yoga practice to empower and transform your life.
- i. Explain benefits of basic inversions and how to properly cue and teach them

## 11. Methods of Instruction: (*Integration: Elements should validate parallel course outline elements*)

- a. Activity
- b. Collaborative/Team
- c. Demonstration, Repetition/Practice
- d. Discussion
- e. Individualized Study
- f. Journal
- g. Lecture
- h. Observation
- i. Participation
- j. Role Playing
- k. Technology-based instruction

## 12. Assignments: (*List samples of specific activities/assignments students are expected to complete both in and outside of class.*)

In Class Hours: 90.00

Outside Class Hours: 36.00

### a. In-class Assignments

1. In class discussion from assigned reading textbooks, manual, and journal articles
2. Demonstrations of yoga postures
3. Posture analysis and verbal cue practice
4. Demonstration of the College of the Desert, Positive Vibes, Yoga 80 SET sequence, Surya Namaskara A and Surya Namaskara B and warm-up asanas
5. Demonstration of the first set of standing postures, grounding sequence, from our College of the Desert, Positive Vibes, Yoga 80 SET sequence

### b. Out-of-class Assignments

1. Personal reflection essays on yogic philosophy topics such as Dharma, Iyengar, Ashtanga, Vinyasa and Yin Yoga
2. Written script for instructing warm-up, Surya Namaskara A, Surya Namaskara B, and our first set of standing postures
3. Observation report in essay form, objectively evaluating instructional sessions for off campus yoga
4. Written evaluations of fellow classmates, verbal instruction and asana demonstration
5. Written report of live interview with practicing credentialed yoga instructor who is off campus
6. Personal inventory of yoga postures, benefits of the posture, muscle groups they strengthen and analyze your own strengths and weaknesses of the posture

## 13. Methods of Evaluating Student Progress: *The student will demonstrate proficiency by:*

- College level or pre-collegiate essays
- Written homework
- Critiques
- Guided/unguided journals
- Portfolios

# KINE 018-Yoga Teacher Training Essentials

- Self-paced testing
- Field/physical activity observations
- Presentations/student demonstration observations
- Group activity participation/observation
- Self/peer assessment and portfolio evaluation
- True/false/multiple choice examinations
- Student participation/contribution
- Student preparation
- Oral and practical examination

14. Methods of Evaluating: Additional Assessment Information:

15. Need/Purpose/Rationale -- *All courses must meet one or more CCC missions.*

PO-GE C5 – Personal Growth and Development

Recognize and value the human body as an integrated organism with systemic functions such as movement, nutrition, growth, reproduction, and aging.

IO - Personal and Professional Development

Self-evaluate knowledge, skills, and abilities.

16. Comparable Transfer Course

University System	Campus	Course Number	Course Title	Catalog Year
-------------------	--------	---------------	--------------	--------------

17. Special Materials and/or Equipment Required of Students:

---

18. Materials Fees:  Required Material?

Material or Item	Cost Per Unit	Total Cost
------------------	---------------	------------

19. Provide Reasons for the Substantial Modifications or New Course:

supplemental text

20. a. Cross-Listed Course (*Enter Course Code*): *N/A*  
b. Replacement Course (*Enter original Course Code*): *N/A*

21. Grading Method (*choose one*): Letter Grade Only

22. MIS Course Data Elements

- a. Course Control Number [CB00]: CCC000583783  
b. T.O.P. Code [CB03]: 83520.00 - Fitness Trainer  
c. Credit Status [CB04]: D - Credit - Degree Applicable  
d. Course Transfer Status [CB05]: A = Transfer to UC, CSU  
e. Basic Skills Status [CB08]: 2N = Not basic skills course  
f. Vocational Status [CB09]: Clearly Occupational  
g. Course Classification [CB11]: Y - Credit Course  
h. Special Class Status [CB13]: N - Not Special  
i. Course CAN Code [CB14]: *N/A*  
j. Course Prior to College Level [CB21]: Y = Not Applicable  
k. Course Noncredit Category [CB22]: Y - Not Applicable  
l. Funding Agency Category [CB23]: Y = Not Applicable  
m. Program Status [CB24]: 2 = Stand-alone

Name of Approved Program (*if program-applicable*): *N/A*

# KINE 018-Yoga Teacher Training Essentials

*Attach listings of Degree and/or Certificate Programs showing this course as a required or a restricted elective.)*

23. Enrollment - Estimate Enrollment

First Year: 25

Third Year: 36

24. Resources - Faculty - Discipline and Other Qualifications:

a. Sufficient Faculty Resources: Yes

b. If No, list number of FTE needed to offer this course: *N/A*

25. Additional Equipment and/or Supplies Needed and Source of Funding.

N/A

26. Additional Construction or Modification of Existing Classroom Space Needed. (*Explain:*)

N/A

27. FOR NEW OR SUBSTANTIALLY MODIFIED COURSES

Library and/or Learning Resources Present in the Collection are Sufficient to Meet the Need of the Students Enrolled in the Course: Yes

I have contacted the library already and started a Yoga resource collection of textbooks to assist our students.

28. Originator Wendy Ansley Origination Date 09/08/17