

KINE 098B: YOGA II-BEGINNING 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

098B

Full Course Title

Yoga II-Beginning Yoga

Short Title

BEGINNING YOGA

Discipline**Disciplines List**

Physical Education

Modality

Face-to-Face

Catalog Description

This is the second of four levels of classes relating to yoga. This course includes beginning yoga practices and principles. Instruction includes beginning yoga postures, guided relaxations, breathing practices, and basic stress reduction techniques. This course is designed for students interested in utilizing beginning yoga postures, practices, and stress reduction techniques to help increase their health and longevity.

Schedule Description

This is the second of four levels of classes relating to yoga. The course presents beginning yoga postures and principles to improve personal health and wellness. Advisory: KINE 098A or equivalent of Fundamentals of Yoga

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

Prerequisite Course(s)

Advisory: KINE 098A or equivalent of Fundamentals of Yoga

Class Size Maximum

30

Entrance Skills

The students should have a knowledge and understanding of fundamental yoga postures.

Requisite Course Objectives

KINE 098A-Develop knowledge of fundamental yoga postures

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

Course Content

1. Yoga techniques and modifications utilizing proper form and alignment for safety and success
2. Warm up postures and (asanas) for beginning yoga students
3. Benefits of beginning seated postures (asanas)
4. Benefits of beginning prone postures (asanas)
5. Benefits of beginning spinal twist postures (asanas)
6. Benefits of beginning forward and backward bend postures (asanas)
7. Benefits of beginning hip openers
8. Benefits of shoulder openers
9. Benefits of beginning modified inversions
10. Benefits of beginning balance and strength yoga postures (asanas)
11. Cool down postures (asanas)
12. Beginning relaxation postures (asanas)
13. Yoga success stories that inspired the world of fitness and healthy living
14. Historical and philosophical aspects of yoga
15. The art of personal and meaningful set intentions to improve your overall beginning yoga practice; physically, mentally and spiritually

Lab Content

1. Yoga techniques utilizing proper form and alignment for safety and success
2. Beginning warm up postures (asanas) and beginning sun salutations
3. Beginning standing yoga postures (asanas) and beginning stages for the following; triangle, reverse triangle, warrior I, warrior II, extended angles and some beginning wraps
4. Beginning seating postures (asanas), pigeon, hero, thunderbolt, boat, lotus, bound angle, beginning stages of I-sit
5. Beginning prone postures (asanas) downward facing dog, upward facing dog, beginning variations of sun salutations, cobra, beginning stages of high, low push-ups, bow, beginning prone core work
6. Beginning forward and backward bend postures (asanas) and beginning stages of the following; forward fold, standing wide forward fold, camel, upward bow, bridge, supine thunderbolt.
7. Beginning supine postures (asanas) and beginning stages of the following; corpse, fish, bridge, lying down tree, upward bow
8. Beginning balance postures (asanas) and stages of the following; tree, dancer's pose, eagle, extended hand to big toe posture, and half moon
9. Beginning inversion postures (asanas) and stages of plow, shoulder stand and half head stand
10. Meditation and beginning relaxation postures (asanas)

Course Objectives

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

Student Learning Outcomes

Upon satisfactory completion of this course, students will be able to:	
Outcome 1	Classify, define and execute beginning yoga postures including some basic inversions, taking into consideration proper body alignment.

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 Activity	Power points and videos are sometimes used to enhance teaching
Technology-based instruction	The course is based upon active yoga posture movement and exploration
Self-exploration	Power points and video are sometimes showed to enhance teaching
Participation	Personal reflection and flexibility will be assessed
Observation	Daily active participation is included and expected
Journal	Students participate in partner yoga observations to learn appropriate form and technique
	Personal journal reflection

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 critique 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 peer assessments analyzing flexibility and mobility.	In Class Only
Group activity participation/observation	Students will participate in partner yoga posture analysis and observations.	In and Out of Class
Portfolios	Students will personally reflect upon physical and mental benefits of yoga since start of the class.	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 assessments
3. Partner or group yoga posture evaluation

Other Out-of-class Assignments

1. Article critiques
2. Personal journal, reflection, thoughts and observations, the role of nutrition and healthy living
3. Personal beginning yoga 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

CCC000605950

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/>)