

# KINE 098B: YOGA II-BEGINNING 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**

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**

.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 098A or equivalent of Fundamentals of Yoga

**Class Size Maximum**

30

**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**

|             | <b>Objectives</b>   |
|-------------|---|
| 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. |
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**Methods of Instruction**

| Method | Please provide a description or examples of how each instructional method will be used in this course. |
|--------|--|
|--------|--|

Discussion

Collaborative/Team

Activity

Technology-based instruction

Self-exploration

Participation

Observation

Journal

**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

Group activity participation/observation

Self-paced testing, Student preparation

Portfolios

Critiques

**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**

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**

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/>)