

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.
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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	
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 courseYoga 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/>)