

KINE 018: YOGA TEACHER TRAINING ESSENTIALS

Originator

wansley

Justification / Rationale

This is a course modification to integrate innovative subject matter, revise the student learning objectives to benefit the students in Yoga Teacher Training and to continue to keep our integrity and standards with Yoga Alliance.

Effective Term

Spring 2023

Credit Status

Credit - Degree Applicable

Subject

KINE - Kinesiology

Course Number

018

Full Course Title

Yoga Teacher Training Essentials

Short Title

YOGA TEACHER I

Discipline**Disciplines List**

Physical Education

Modality

Face-to-Face

Hybrid

Catalog 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.

Schedule 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. Advisory: KINE 098A

Lecture Units

2

Lecture Semester Hours

36

Lab Units

1

Lab Semester Hours

54

In-class Hours

90

Out-of-class Hours

72

Total Course Units

3

Total Semester Hours

162

Prerequisite Course(s)

Advisory: KINE 098A

Required Text and Other Instructional Materials**Resource Type**

Book

Author

Ansley, W.

Title

Positive Vibes

City

Palm Desert

Publisher

Self-published

Year

2017

College Level

Yes

Resource Type

Book

Formatting Style

MLA

Author

Mark Stephens

Title

Teaching Yoga Essential Foundations and Techniques

City

Berkeley, California

Publisher

North Atlantic Books

Year

2010

College Level

Yes

Flesch-Kincaid Level

Yes

ISBN #

978-I-55643-885-I

For Text greater than five years old, list rationale:

This is an excellent book regarded as very important for Yoga Teachers. Yoga has a rich ancient tradition and older texts are excellent texts. As a professor I have studied with this author and apply many of his principles.

Class Size Maximum

25

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**I. Foundations of Yoga**

- A. History of yoga and important historical figures
- B. Various philosophies of Yoga
- C. Yoga introductory sanskrit and terminology for many widely practiced yoga postures (asanas)
- D. Yamas and niyamas and The Eight Limb path of Yoga

II. Understanding Anatomy and Human Movement

- A. Standard anatomical position
- B. Planes of motion
- C. Directional terms of movement
- D. Identify the Pelvic Hip girdle and movement into categories of external and internal rotation of standing postures
- E. Major muscle terminology and application
- F. Joint actions and joint health
- G. The body as a kinetic chain
- H. Movement analysis of postures (asanas)

III. Pranayama Exploration

- A. Importance of breath in a yoga practice
- B. Ujjayi pranayama
- C. How to integrate pranayama with postures (asanas)
- D. Nadi shodhana breathing

IV. Posture (Asana) Benefits, Analysis and Classification of Postures

- A. Warm up, sun salutations
- B. Standing postures
- C. Seated postures
- D. Arm balancing
- E. Standing 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 and analysis
 - A. Alignment principles
 - B. Preparatory postures
 - B. Safety considerations
 - C. Practical application of postures in one's personal practice
 - D. Counterposes
 - E. Integration
 - F. Teaching Cues
 - G. Modifications
- 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 and Setbacks and moving forward with yoga
 - A. Major and minor injuries, obstacles and set backs
 - B. Modifications
 - C. Prevention of injuries

Lab Content

1. Asana lab analysis of SET sequence, overview of anatomical benefits, preparatory postures, transition in and out of asana, teaching cues, modifications and use of props, tactile cues and integration
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, SET Sequence
4. Standing yoga postures (asanas) wide legged forward fold, triangle, revolved triangle, warrior I, II, extended and revolved crescent moon, and various integration of binds
5. Shiva Namaskara C, posture flow, history, modifications, continued exploration and growth for the Yoga practitioner
6. Backward bend postures (asanas) as part of our SET sequence glute bridge, upward bow, camel and variations, cobra and drop backs off of a wall
7. Beginning proper and safe stages for arm balancing postures (asanas) and teaching drills and cues to learn chaturanga dandasana and beginning stages of handstands and forearm stand to be integrated as future options in SET sequence
8. Standing balancing postures (asanas) from SET sequence extended foot to hand posture, dancer's pose and tree
9. Spinal twist postures (asanas) extended revolved side angle, various seated twists, half twist in sitting, lying down one knee to chest spinal twist, revolving twist
10. Integrational postures towards end of SET sequence, various variations of forward folds and other postures to promote calmness, benefits of flexibility before inversion practice
11. Beginning proper and safe inversion practice for plough, shoulder stand, head stand
12. Beginning pranayama and meditation practice and teaching strategies
13. Various Yin Yoga postures to improve joint flexibility primarily in the hips, lower back and sacrum

Course Objectives

Objectives	
Objective 1	Identify and categorize various widely used yoga postures from our SET sequence using Sanskrit terminology and pronunciation.
Objective 2	Evaluate the relevance of yogic philosophy and history to yoga practice and instruction.
Objective 3	Apply principles of functional anatomy, planes of motion and directional terms to yoga postures and teaching principles.
Objective 4	Demonstrate how to integrate pranayama breathing with basic yoga postures.
Objective 5	Analyze various individuals in beginning yoga postures to determine what verbal cues and tactile adjustments could be offered; demonstrate how to safely provide adjustments.
Objective 6	Demonstrate and teach with proper cueing Surya Namaskara A and Surya Namaskara B from the College of the Desert, Positive Vibes, SET sequence, grounding standing postures, and modifications within Shiva C Namaskara.
Objective 7	Discuss and describe major and minor injuries, muscular imbalances, various health obstacles and setbacks and how modifications can be applied in yoga postures from our SET sequence that can be beneficial to one's self practice and health.
Objective 8	Give example of how personal yoga practice can be empowering, life transformational and lead to improvements in teaching.
Objective 9	Explain basic anatomical and posture benefits of basic inversions and how to properly cue and teach them.
Objective 10	Demonstrate anatomical framework of movement of the pelvic hip girdle and our standing grounding postures in the SET sequence

Student Learning Outcomes

Upon satisfactory completion of this course, students will be able to:	
Outcome 1	Demonstrate the postures from our SET sequence along with teaching cues to develop form and alignment.
Outcome 2	Create a meaningful script of teaching cues for postures from our asana analysis laboratory.
Outcome 3	Categorize the yoga postures and their order of flow in our SET sequence.

Methods of Instruction

Method	Please provide a description or examples of how each instructional method will be used in this course.
Demonstration, Repetition/Practice	Students will demonstrate and refine yoga postures.
Collaborative/Team Activity	Students will teach in small groups the postures from our SET sequence
Role Playing	Students will actively participate and demonstrate teaching of yoga postures. Students will actively practice their postures outside of class and record their self practices.
Participation	Students will plan for diverse sequencing for special populations.
Observation	Students will participate in laboratory asana analysis and daily yoga activities.
Lecture	Students will observe, teach and refine yoga postures and learn how to utilize transitions to get in and out of postures.
Journal	Instructor will lecture on principles from various yoga books, resource manual, videos, articles and movement tutorials to enhance and develop optimal teaching strategies for our yoga teacher training students.
Individualized Study	Students will reflect on self care journal.
Discussion	Students will record their yoga practices and evaluate their self practices and teaching journey.
	Students will participate in interactive group discussions based on yoga philosophy, history and yoga functional anatomy.

Methods of Evaluation

Method	Please provide a description or examples of how each evaluation method will be used in this course.	Type of Assignment
College level or pre-collegiate essays	Discussion threads and reflective essays will be assigned.	In and Out of Class

Oral and practical examination	Teach in front of peers and instructor and be responsible for knowing and communicating the postures and how to transition in and out of the postures safely.	In and Out of Class
Self-paced testing	Prepare yoga script, yoga sequencing, interviews and observations.	In and Out of Class
Student participation/contribution	Participate in interactive laboratory asana analysis, and small group teaching assignments each week.	In and Out of Class
Tests/Quizzes/Examinations	Quizzes will be given regarding lecture and lab topics.	Out of Class Only
Self/peer assessment and portfolio evaluation	Assess and evaluate yoga postures and reflect upon individual teaching.	In and Out of Class
Group activity participation/observation	Participate in small group teaching diverse postures and discovering modifications for special populations.	In Class Only
Presentations/student demonstration observations	Demonstrate teaching our SET sequence and teaching other creative and safe sequences. Demonstrate student recorded videos of personal practice and teaching outside of class.	In and Out of Class
Field/physical activity observations	Observe and interview yoga teacher professionals.	Out of Class Only
Guided/unguided journals	Students will participate in journal writing for self care, teaching observations and interviews.	In and Out of Class
Critiques	Students will participate in article critiques regarding yoga theories and application.	Out of Class Only

Assignments

Other In-class Assignments

1. In class discussions from assigned reading textbooks, manual, words of the week article reviews, video and movement tutorials
2. Demonstrations of yoga postures
3. Asana lab analysis
4. Demonstration of the College of the Desert, Positive Vibes, SET sequence, Surya Namaskara A and Surya Namaskara B and warm-up asanas
5. Demonstration of the first set of standing grounding postures, from our College of the Desert, Positive Vibes, SET sequence
6. Analyze and practice the Shiva C Namaskara Sequence
7. Small group teaching session breakouts of SET sequence
8. Large group yoga teaching session of the College of the Desert, Positive Vibes, SET sequence
9. Functional anatomy workshops as related to yoga postures, alignment and form
10. Peer review feedback to classmates regarding their teaching assignments

Other 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 grounding standing postures, Shiva C Namaskara, standing balancing postures, integration and beginning inversions
3. Observation of yoga class off campus or from virtual reputable website
4. Encouraging written feedback of fellow classmates
5. Written report of yoga 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
7. Recorded personal practice and video submissions of College of the Desert Positive Vibes SET sequence
8. Review and reflection of virtual resources created to motivate learning of the Positive Vibes SET sequence

Grade Methods

Letter Grade Only

Distance Education Checklist

Include the percentage of online and on-campus instruction you anticipate.

Online %

20

On-campus %

80

Instructional Materials and Resources

Effective Student/Faculty Contact

Which of the following methods of regular, timely, and effective student/faculty contact will be used in this course?

Within Course Management System:

Chat room/instant messaging
Discussion forums with substantive instructor participation
Online quizzes and examinations
Private messages
Regular virtual office hours
Timely feedback and return of student work as specified in the syllabus
Video or audio feedback
Weekly announcements

External to Course Management System:

Direct e-mail
E-portfolios/blogs/wikis
Listservs
Posted audio/video (including YouTube, 3cm mediasolutions, etc.)
Synchronous audio/video
Teleconferencing
Telephone contact/voicemail

For hybrid courses:

Field trips
Orientation, study, and/or review sessions
Scheduled Face-to-Face group or individual meetings
Supplemental seminar or study sessions

Briefly discuss how the selected strategies above will be used to maintain Regular Effective Contact in the course.

There will be weekly discussions regarding topics related to Yoga Teacher Training with appropriate instructor feedback. Students will upload Yoga Teacher Training assignments. These assignments will receive appropriate instructor feedback.

If interacting with students outside the LMS, explain how additional interactions with students outside the LMS will enhance student learning.

With hybrid courses, students will meet weekly for lecture, demonstration, and laboratory activities.

Other Information

Provide any other relevant information that will help the Curriculum Committee assess the viability of offering this course in an online or hybrid modality.

This hybrid modality will allow us to provide excellent educational opportunities that align with industry standards such as Yoga Alliance but slight flexibility with an online component to enhance student success.

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

Transferable to CSU only

General Education Status

Y = Not applicable

Support Course Status

N = Course is not a support course

Allow Audit

No

Repeatability

No

Materials Fee

No

Additional Fees?

No

Approvals**Curriculum Committee Approval Date**

04/21/2022

Academic Senate Approval Date

04/28/2022

Board of Trustees Approval Date

06/16/2022

Chancellor's Office Approval Date

6/11/2020

Course Control Number

CCC000583783

Programs referencing this courseYoga Teacher Training Certificate of Achievement (<http://catalog.collegeofthedesert.eduundefined/?key=187>)