

KINE 019: YOGA TEACHER TRAINING PROGRESSIVE METHODOLOGIES

Originator

wansley

Justification / Rationale

This is a minor course modification to reflect the 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

019

Full Course Title

Yoga Teacher Training Progressive Methodologies

Short Title

YOGA TEACHER II

Discipline**Disciplines List**

Physical Education

Modality

Face-to-Face

Hybrid

Catalog Description

This course provides students with the class blueprint and teaching tools from which to develop and implement all-levels yoga classes. There will be a focus on instructional methods and students will explore and practically apply the concept of intelligent sequencing, for leading purposeful vinyasa-based yoga class experiences. Additional topics include, but are not limited to: verbal and non-verbal communication strategies, understanding student learning styles, integration of pranayama and meditation, yoga philosophies, asana progressions and regressions, introduction to physical adjustments, principles of functional anatomy, the subtle energy systems of the chakras, lifestyle and ethics for yoga teachers, and the business of yoga. This course is intended for students completing the Yoga Teacher Training Certificate Program.

Schedule Description

This course provides students with the blueprint and teaching tools from which to develop and implement all-level yoga classes. There will be an emphasis placed on instructional methods, intelligent sequencing for leading purposeful vinyasa-based yoga class experiences. This course is intended for students completing the Yoga Teacher Training Certificate Program. Prerequisite: KINE 018

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)

KINE 018

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

Book

Author

Ansley, W.

Title

Positive Vibes

Publisher

Self-published

Year

2017

College Level

Yes

Resource Type

Book

Author

Mark Stephens

Title

Yoga Sequencing

City

Berkeley

Publisher

North Atlantic Books

Year

2012

College Level

Yes

ISBN #978-1-58394-497-4

Class Size Maximum

25

Entrance Skills

Students need to be able to analyze and evaluate proper form for various beginning yoga postures to determine what adjustment could be offered.

Requisite Course Objectives

KINE 018-Analyze various individuals in beginning yoga postures to determine what adjustments could be offered; demonstrate how to safely provide adjustments.

Entrance Skills

Students need to demonstrate and teach with proper cueing Surya Namaskara A and Surya Namaskara B, standing grounding postures and modifications within the Shiva C Namaskara from the College of the Desert, Positive Vibes, SET sequence.

Requisite Course Objectives

KINE 018-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.

Entrance Skills

The students will have developed the ability to create a personal yoga practice to empower and transform their lives.

Requisite Course Objectives

KINE 018-Give example of how to create a personal yoga practice to empower and transform your life.

Course Content

- I. Class Construction and Teaching Methodologies
 - A. The Yoga Class Arc structure as a blueprint for vinyasa based yoga sequences
 - B. The principles of intelligent sequencing based upon the Yoga Class Arc structure that applies across the yoga asana families to include standing asanas, core wakening, arm support asanas, back bends, twists, forward bends, hip openers, and inversions
 - C. Enhancing verbal cueing for yoga postures to build upon confidence as a yoga teacher
 - D. Creating sequences and teaching to various diverse learning styles of students
 - E. Creating sequences for prenatal yoga
 - F. Creating sequences for seniors
- II. Asana Expansion
 - A. Continued learning and practice of diverse yoga asanas and have an understanding of anatomical and physiological benefits
 - B. Exploring appropriate asana progressions, regressions and modifications
 - C. Exploring and application of tactile cues in yoga postures
 - D. Analyzing diverse asana transitions to create flow in sequencing
 - E. Connecting pranyama with movement in yoga postures
 - F. Recognizing the benefits of inversions and how to integrate them safely in sequencing intermediate and advanced inversions
 - G. Exploring teaching approaches and diverse benefits of multiple arm balancing asanas
 - H. Incorporating the wall and yoga for diverse learning styles and integrity in yoga postures
 - I. Yoga props to improve upon asana, alignment form and variation of asana
 - J. Providing feedback to fellow teachers
 - K. Yoga asana building upon integration in sequencing
 - L. Yoga asana counterpostures to relieve tension and stress
- III. College of the Desert, Positive Vibes, SET Sequence and Doktor Yoga SET sequence
 - A. Continue to analyze the Vinyasa based sequences building upon progressive teaching methodologies
 - B. Utilize the SET sequences as a blueprint for multiple levels of yoga students and for reference as future vinyasa design and practice
 - C. Continue to explore postures and variations of postures within the sequence and how and why they can be integrated in future sequence design

IV. Anatomy in Yoga

- A. Pelvic Hip Girdle
- B. Muscular Skeletal Key Terms
- C. The Pillars of Stability, the Psoas, Quadratus Lumborum and Spinal Erectors in yoga postures
- D. Musculature of the Hip
- E. Musculature of the Knee
- F. Shoulder Girdle and Shoulder Stabilizers
- G. Analyzing diverse Joint Movements
- H. Superficial and Deep Musculature
- I. The Concept of Joint Mobility
- J. Yoga Asana Analysis Continued

IV. Introduction to Meditation

- A. Creating a personal meditation practice
- B. Incorporating meditation and pranayama breathing practices into one's personal practice and while teaching
- C. Mantra meditation
- D. Chanting
- E. The Use of Positive Affirmations and Meditation

V. Energetic anatomy

- A. Pranayama exploration
- B. Chakra integration and exploration
- C. Bandhas

VI. Yoga for Regeneration

- A. Benefits of Yin Yoga
- B. Myofascial release and yoga
- C. Integrational aspects within sequencing and longer holds in vinyasa based classes
- D. Integrating mobility concepts in yoga to promote joint health

VII. The Business of Yoga

- A. Yoga Alliance as a professional organization for teachers
- B. Building your personal brand
- C. Identifying your niche
- D. Leveraging social media
- E. Continued education requirements for yoga alliance

VIII. Lifestyle and Ethics of Yoga Teachers

- A. Professional ethics and expectations as a yoga teacher
- B. Living your yoga
- C. Service to others through yoga
- D. Self reflection and personal growth
- E. Self Care
- F. Yoga as Transformation
- G. Yoga as a vehicle and method to promote diversity and inclusiveness on and off the mat

Lab Content

1. Analyzing and application of Vinyasa variations and sequencing into the College of the Desert, Positive Vibes, SET sequence
2. Analyzing and application of the blueprint and diverse postures of the Doktor Yoga SET sequence
3. Analyze and apply sequencing variations in standing postures (asanas) for the following: extended triangle, reverse triangle, warrior I, II and III, extended angle, reverse crescent moon, and various of binds in standing postures
4. Analyze, apply teach and develop sequencing options for variations of numerous forward bend postures and hip openers to include from the following: such as forward fold, head of the knee posture, three limb, one foot rest stretching posture, Marichy A, hanumanasana, supine knees to chest, hero pose, vajarasana, cow face, cobblers pose, pigeon, lying down hand to big toe, firelog pose, lotus variations, and wide legged forward fold
5. Analyze, apply, teach and begin developing sequencing numerous core awakening postures and variations such as planks, boat, preparatory drills, L-Sit, and hollow body hold

6. Analyze, apply, teach and begin developing sequencing options for numerous back bend postures and variations such as locust, cobra, upward facing dog, sphinx, bridge, camel, bow and upward facing bow
7. Analyze, apply and teach numerous sequencing options for standing balance postures such as balancing half moon, dancer's pose, standing foot to hand posture, tree, and eagle.
8. Analyze, apply and teach integration, inversions and finishing postures in yoga sequences such as legs up the wall, plough, supported shoulder stand, ear squeezing pose, headstand, child's pose, lotus and savasana
9. Demonstrate and have an understanding of Classical C Surya Namaskara and how to integrate sequencing variation options in sun salutations
10. Analyze arm balancing postures and drills to assist in learning arm balances such as crow, side crow, firefly, plank variations, one leg sage pose and variations, forearm stand and handstands
11. Identify and demonstrate spinal twist postures (asanas) such as: lateral sitting twist, half twist in sitting, lying down knee to chest grab bottom foot, lying down both legs extended and rotated spinal twist and creatively sequence in vinyasa development of yoga classes
12. Recognize and identify sanskrit terminology for the postures of the College of the Desert, Positive Vibes SET sequence
13. Explore yoga postures that promote regeneration with use of diverse props
14. Exploration of Yin yoga postures and categories of postures and sequencing options
15. Asana exploration of modifications for women during their pregnancy journey
16. Asana exploration of modifications for postures when teaching seniors, and those with limited mobility, flexibility and strength

Course Objectives

Objectives	
Objective 1	Compare, contrast, and demonstrate yoga postures along with knowledge of preparatory, counter and transitional postures and integration for future sequencing development.
Objective 2	Identify and demonstrate the College of the Desert, Positive Vibes, SET Sequence as related to one's current level of practice with ideas and progressive methodologies for continued growth in one's yoga practice.
Objective 3	Analyze various bodies in diverse yoga postures and build upon teaching skills to determine which verbal cues, tactile adjustments and modifications could be offered to improve alignment and form for diverse students needs and ages.
Objective 4	Differentiate among the Iyengar, Ashtanga, Vinyasa and Dharma history and philosophies of yoga and analyze their strengths of various postures for one's own yoga personal practice.
Objective 5	Design a sequence of postures based upon the Yoga Class Arc Structure for a 60 to 90 minute yoga class.
Objective 6	Analyze and integrate aspects of functional anatomy for integrity of asanas, alignment principles, teaching cues and promotion of kinesthetic learning.
Objective 7	Identify and demonstrate the Doktor Yoga SET sequence to match current level of practice with ideas on progressive methodologies for continued growth.
Objective 8	Identify anatomical directional terms, planes of motion and terms of movement that can be useful and applicable when teaching yoga postures safely and developing and creating sequences.
Objective 9	Recognize the value and guidance of the eight limb path of yoga transcending to living with purpose and meaning and integrating aspects of this path into teaching methodologies.
Objective 10	Differentiate different methods of pranayama and how to integrate and teach foundational aspects of pranayama to promote calming the mind, reduction of stress, improved power of concentration and meditation.
Objective 11	Value the role of ethics and lifestyle for yoga teachers as well as the opportunity to promote diversity, inclusiveness, and self transformation in others
Objective 12	Identify professional development, professional essentials and continuing educational requirements of Yoga Alliance
Objective 13	Implement a sequence with yoga postures and possible modifications to benefit women during the ever changing pregnancy journey

Student Learning Outcomes

Upon satisfactory completion of this course, students will be able to:	
Outcome 1	Demonstrate teaching skills and verbal cues that build off of the blueprint of the postures learned in the Positive Vibes SET sequence and the Doktor Yoga SET sequence.
Outcome 2	Demonstrate an understanding of sequencing principles within and across yoga asana families.
Outcome 3	Create a personally designed sequence based off of the elements of the Yoga Class Arc Structure.

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, repeat practice and refine teaching yoga postures along with integration of teaching cues, modifications and tactile cues.
Collaborative/Team Activity	Students will teach and create yoga themed sequences in small groups. Students will actively participate and demonstrate teaching of yoga postures.
Self-exploration	Students will explore how their bodies move kinesthetically in various yoga postures and planes of motion.
Role Playing	Students will plan for diverse sequencing for multiple level courses and special populations.
Participation	Students will participate in laboratory asana analysis and daily yoga activities.
Observation	Students will record, observe, teach and refine yoga postures and also observe other yoga teachers
Lecture	Instructor will lecture on principles from various yoga books and resource manual to enhance and develop optimal teaching strategies for our yoga teacher training students.
Journal	Students will reflect upon self care journal and participate in creative sequencing journaling.
Discussion	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.	Out of Class Only
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 scripts, yoga sequencing, interviews and observations.	Out of Class Only
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 and exams will be given regarding important yoga postures and principles of sequencing. Several quizzes will be given over functional anatomy and yoga sequencing.	Out of Class Only
Self/peer assessment and portfolio evaluation	Assess and evaluate yoga postures, reflect upon individual teaching and participate in peer review feedback.	In and Out of Class
Group activity participation/observation	Participate in small group teachings of diverse postures and discovering modifications for special populations.	In and Out of Class
Presentations/student demonstration observations	Demonstrate teaching multiple postures and diverse sequencing.	In and Out of Class
Field/physical activity observations	Observe and interview yoga teacher professionals.	Out of Class Only
Guided/unguided journals	Participate in journal writing for self care, teaching observations and interviews.	In and Out of Class
Critiques	Participate in article critiques regarding yoga theories and application.	In and Out of Class

Assignments

Other In-class Assignments

1. In class assignments, discussions and application of Positive Vibes resource manual, articles and textbooks
2. Yoga asana analysis
3. Application, demonstration and practice of teaching yoga postures along with pranayama principles
4. Analyze the benefits of diverse styles of Pranayama applications to calm the body and mind, reduce stress and build upon integrating aspects of meditation
5. Demonstration and teaching of a Vinyasa based sequence to represent the Yoga Class Arc Structure
6. Demonstration of Vinyasa based progressive sequencing built off the blue print of our College of the Desert, Positive Vibes SET sequence and Doktor Yoga SET Sequence
7. Integrate yoga regenerative postures to promote rest and regeneration
8. Asana analysis and sequencing principles within and across the Yoga categories of asana families
9. Progressive teaching opportunities to alignment, transitions, verbal cues and adjustment principles and techniques with peers
10. Functional anatomy lab activities awakening the Psoas
11. Functional anatomy lab activity strengthening around the knee joint
12. Functional lab activity analyzing the shoulder girdle, healthy shoulder sequence, the hand dance as a foundation
13. Functional lab activity analyzing standing postures, the pelvic hip girdle and the musculature of the lower leg
14. Functional lab activity core awakening musculature and postures to the strengthen and stabilize the core
15. Pranayama integration and the subtle body awakening through chakra exploration

Other Out-of-class Assignments

1. Written script dialogue for teaching and utilizing verbal cues for yoga postures building upon progressive teaching methodologies and functional anatomy principles
2. Create a Vinyasa based class following the Yoga Class Arc Structure and template
3. Exploring social media as a means to enhance business opportunities, recording yourself in yoga flows and continued posture learning and application
4. Self Care, personal reflection journaling and discussion threads, incorporating aspects of nutrition, the role of yoga on mind, body and spirit and overall health and wellness
5. Written discussion threads, including peer evaluations, essays and observation reports, for the student's ability to contextualize and accurately communicate his/her understanding of yoga history and philosophies and application to one's own life
6. Yoga Teacher observations, continue to learn from others in yoga industry, sequencing and asana principles and teaching cues that help strengthen learning outside of class
7. Pranayama and meditation application, journaling, discussion threads and reflecting
8. Written interview with a practicing credentialed off campus Yoga instructor

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

If you use any other technologies in addition to the college LMS, what other technologies will you use and how are you ensuring student data security?

n/a

If used, explain how specific materials and resources outside the LMS will be used to enhance student learning.

effective student and faculty contact

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
Regular virtual office hours
Timely feedback and return of student work as specified in the syllabus
Video or audio feedback

External to Course Management System:

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

For hybrid courses:

Field trips
Library workshops
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 discussion and recorded movements on 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 option 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

CCC000583788

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