



KINE 130B - Intermediate Yoga Course Outline

Approval Date: 02/13/2020

Effective Date: 08/14/2020

SECTION A

Unique ID Number CCC000616644

Discipline(s) Physical Education

Division Kinesiology & Athletics

Subject Area KINESIOLOGY

Subject Code KINE

Course Number 130B

Course Title Intermediate Yoga

TOP Code/SAM Code 1270.00 - Kinesiology / E - Non-Occupational

Rationale for adding this course to the curriculum Changing subject code to KINE. Changing hours and units, no longer variable.

Units 1.5

Cross List N/A

Typical Course Weeks 18

Total Instructional Hours

Contact Hours

Lecture 0.00

Lab 0.00

Activity 54.00

Work Experience 0.00

Outside of Class Hours 27.00

Total Contact Hours 54

Total Student Hours 81

Open Entry/Open Exit No

Maximum Enrollment 30

Grading Option Letter Grade or P/NP

Distance Education Mode of Instruction On-Campus

SECTION B

General Education Information:

SECTION C

Course Description

Repeatability May be repeated 0 times

Catalog Description This course is an intermediate yoga class. The class will build on the beginning yoga postures and poses and will focus on developing flow, energy, and strength.

Schedule Description

SECTION D

Condition on Enrollment

1a. Prerequisite(s): *None*

1b. Corequisite(s): *None*

1c. Recommended

- KINE 130 with a minimum grade of C or better

1d. Limitation on Enrollment: *None*

SECTION E

Course Outline Information

1. Student Learning Outcomes:

- A. 1.Students will use basic principles of health and wellness to develop an informed personal approach to mental and physical health. 2.Students will understand the principles of lifetime fitness and will incorporate fitness activities into a healthy and active lifestyle. 3.Students will acquire knowledge and demonstrate skills to safely engage in physical activity. 4.Students will learn intermediate postures and will develop strength, endurance, and increased flexibility.

2. Course Objectives: Upon completion of this course, the student will be able to:

- A. 1. perform variations on poses/postures with greater strength and endurance.
2.demonstrate yoga postures for: a.energy b.power c.flexibility e.foundation poses for strength and stamina f. balancing poses for focus g. yoga practices for meditation.
3.apply yoga practices to daily life. 4.complete yoga activities. 5.describe yoga styles.

B.

3. Course Content

- A. Definiton of yoga styles
B. Benifets of yoga both physicallyand emotionally.
C. Introduction to intermediate yoga poses
D. Styles and poses for power
E. Styles and poses for energy
F. Styles and poses for strength and stamina
G. Styles and poses for focus
H. Styles and poses for flexibility
I. Styles and poses for meditation
J. Styles and poses for balance
K. Use of breath to enhance yoga practices
L. Safety while practicing yoga
M. How Yoga contributes to overall health

4. Methods of Instruction:

Activity:

Lecture:

Observation and Demonstration:

5. Methods of Evaluation: Describe the general types of evaluations for this course and provide at least two, specific examples.

Typical classroom assessment techniques

Exams/Tests -- multiple choice and true false

Papers -- research paper of yoga style or technique

Home Work -- readings will be provided for analysis

Final Exam --

Additional assessment information:

Students will be required to maintain a journal of yoga activities.

Letter Grade or P/NP

6. Assignments: State the general types of assignments for this course under the following categories and provide at least two specific examples for each section.

A. Reading Assignments

Students will be required to read text assignments and class handouts. Handouts may include Basic Asanas Illustrated.

Students will be required to read excerpts from the text, The Anusara Yoga Teacher Training Manual, on the Universal Principles of Alignment by John Friend.(handouts will be provided in class)

B. Writing Assignments

Students will be required to maintain a journal of yoga activity.

Students will be required to do a compare and contrast essay on yoga styles and techniques.

7. Required Materials

A. EXAMPLES of typical college-level textbooks (for degree-applicable courses) or other print materials.

Book #1:

Author: Brand, James

Title: The Science of Yoga, the risks and rewards

Publisher: Simon and Schuster

Date of Publication: 2012

Edition: 1st

B. Other required materials/supplies.