

## CURRICULUM

**Subject Code and Course Number:** KINA 040A

**Division :** Kinesiology Health and Athletics

**Course Title :** BEGINNING YOGA

### **Summarize the need/purpose/reason for this proposal**

We are looking to enhance our curriculum to accommodate to a diverse student body as well as stay on top of current trends in Kinesiology. Yoga will be part of our local AA-Kinesiology and Wellness as well as our AA-T in Kinesiology.

### **SLOs (Student Learning Outcomes)**

1. Demonstrate and identify basic Hatha Yoga Poses with correct form/application
2. Evaluate and engage in relaxation and breathing techniques for personal benefits towards wellness
3. Identify how Yoga can enhance physical wellness and longevity

### **SPOs (Student Performance Objectives)**

- 1a. Put into list principles of safe alignment and asana postures.
- 1b. Perform basic hatha yoga poses safely and efficiently.
- 1c. Construct a basic yoga routine targeting a specific muscle group.
- 2a. Distinguish various breathing (pranayama), visualization (dharana), and meditation (dhyana) skills.
- 2b. Create an individual meditation routine utilizing basic yoga relaxation practice techniques
3. Examine the mental and physical effects of yoga practice

### **CCOs (Course Content Outline)**

1. Basic Terminology
2. Posture and correct skeletal alignment.
  - a. Basic anatomy
  - b. Basic alignment positions
3. Basic relaxation techniques
  - a. Enhance personal awareness
  - b. Increase personal awareness
  - c. Stress reduction techniques

- d. Holistic well being
- 4. Yoga Flow
  - a. Internal core strength
  - b. Internal core balance

#### **Methods of Instruction**

This course will require active participation as students learn various yoga poses accompanied by relaxation techniques. Student application will be facilitated through verbal explanation and demonstration from the instructor. Verbal and physical feedback may also be provided during class on an individual basis.

#### **Methods of Evaluation of Student Performance**

Students will be evaluated through active participation, verbal identification and demonstration of poses and practices. Yoga routines will be submitted for evaluation to assess comprehension.

#### **Assignments**

You will be required to design a 5 min yoga warm-up routine. A 1-2 page hardcopy will be submitted with the yoga flow. Correct identification and selling is required.

Each desired move will be accompanied with a visual cue (either drawn or photo insert) to show proper understanding.

You will assume the role of the instructor and take the class through the yoga flow that you have designed. You will provide points of emphasis that the students need to be focused on.

### **TECHNICAL DETAILS**

#### **Catalog Description**

Introductory course exploring the principles of hatha yoga. Fundamental skills of the ancient techniques of yoga to enhance wellness and well-being. Development of body alignment, posture, balance, and flexibility through a series of yoga poses and routines. Meditational tools and practices to improve stress reduction and personal growth. Total of 54 hours laboratory.

*Transfer Credit: CSU: UC credit limitations. See counselor.*

**Grade Mode:** L, P

#### **Prerequisite(s)**

#### **Corequisite(s)**

#### **Recommended Preparation**



**Enrollment Limitations**

**Instructional Activities associated with TBA**

**Units : 1.0**

<b>CREDIT COURSE OUTLINE</b>
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**Credit Type :** D Credit – Degree Applicable

<b>Maximum Course Units :</b>	1
<b>Minimum Course Units:</b>	1
<b>Computed Total Carnegie Units :</b>	1.00
<b>Course Unit Totals in Agreement? :</b>	No
<b>Course Units Carnegie Compliant by Type and Mode? :</b>	Yes
<b>Course Units Carnegie Compliant in Total?:</b>	Yes

**Total Course Hours by Type and Mode**

COURSE HOURS	LECTURE	LAB	ACTIVITY
Scheduled Class Meetings	0	54	0
TBA Hours, Determinate Schedule	0	0	0
*Other Arranged Hours, Variable Schedule	0	0	0

(\*Student is required to meet the same number of arranged hours each day or each week)

**Override Computed Course Units if Necessary**



<b>COURSE HOURS</b>	<b>LECTURE</b>	<b>LAB</b>	<b>ACTIVITY</b>
<b>Scheduled Class Meetings</b>	0	1	0
<b>TBA Hours, Determinate Schedule</b>	0	0	0
<b>*Other Arranged Hours, Variable Schedule</b>	0	0	0

**Projected Student Registration and Attendance**

**COURSE ATTENDANCE**

Registration Capacity	35
Projected Census Enrollment [Total]	35
Projected Census Enrollment [Resident]	0
Projected Census Enrollment [NonResident]	1
Projected PA Hours [Total]	46
Projected PA Hours [Resident]	0
Projected PA Hours [NonResident]	46

**COURSE VALUES (TOTAL)**

	Scheduled Class Hours			Regular TBA Hours			Variable Arranged Hours			TOTALS
	LEC	LAB	ACTV	LEC	LAB	ACTV	LEC	LAB	ACTV	
<b>Course Hours</b>	0	54	0	0	0	0	0	0	0	54
<b>Course Units</b>	0	1	0	0	0	0	0	0	0	1
<b>Load Factor</b>	1	0.75	0.7143	1	0.75	0.7143	1	0.75	0.7143	
<b>LHE</b>	0	2.25	0	0	0	0	0	0	0	2.25
<b>FTEF</b>	0	0.15	0	0	0	0	0	0	0	0.15

**STUDENT AND FACULTY WORKLOADS (WEEKLY, FULL-TERM)**

Scheduled Class Hours	Regular TBA Hours	Variable Arranged Hours
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STUDENTS	LEC	LAB	ACTV	LEC	LAB	ACTV	LEC	LAB	ACTV	TOTALS
Instructional Hours	0	3.38	0	0	0	0	0	0	0	3.38
Study Hours	0	2.25	0	0	0	0	0	0	0	2.25
Total	0	5.63	0	0	0	0	0	0	0	5.63
<b>FACULTY</b>										
Instructional Hours	0	3.38	0	0	0	0	0	0	0	3.38
Preparatory Hours	0	1.69	0	0	0	0	0	0	0	1.69
Total	0	5.07	0	0	0	0	0	0	0	5.07

**Repeatability : Not Repeatable**

The repeatable restrictions apply for Credit Courses do not apply to Non-Credit Courses. Only Non-Credit Courses can be repeated on unlimited number of times.

**Reason for Repeatability:**

- Courses for which repetition is necessary to meet major requirements of CSU or UC for completion of a bachelor's degree.
- Intercollegiate academic or vocational competition
- Intercollegiate Athletics

**Methods of Delivery**

- Face-to-Face
- On-Line – Primarily taught via Internet
- Hybrid – Blend of On-Campus and On-Line
- ITV – Instructional T.V.

**Maximum Class Size (NCN) 30**

**Minimum Qualifications (Discipline)**

**Physical Education (Masters)  
 OR Dance (Masters)**

**Semester of First Offering Summer 2017**

**Default Grading Option**

**B - Course for grade or pass/no pass**

**Non-Default Grading Option**

- B - Course for grade or pass/no pass
- E - CE - By Exam
- U - NG - Non-Graded course
- N - Non-Credit course
- P - Course taken for pass/no pass
- L - Course taken for letter grade only
- A - Audit

**COURSE APPLICABILITY, TRANSFER AND ARTICULATION**

**Course Credit Status:**        **D Credit – Degree Applicable**

**State Transfer Code:**        **A Transferable, UC/CSU/Private**

**State Classification Code:**   **A Liberal Arts/Sciences Degrees**

**Basic Skills Status/Level:**   **Y NA**

Aligns with C-ID Descriptor

**Purpose of Course**

- UC Transferable
- IGETC Area: Specify Area
- Gen Ed. Local AA degree: Please specify
- AA/AS Diversity Requirement in:
  - Global Studies
  - Ethnic & Gender Studies
- Other: Please specify
- CareerTech Certificate: Indicate name of Certificate(s)

**REPRESENTATIVE TEXTBOOKS OR OTHER MATERIALS**

**Book 1**    Author :                Kaminoff, Leslie and Matthews, Amy  
                 Title :                    Yoga Anatomy  
                 Publisher:             Human Kinetics  
                 Date of Publication:   2014  
                 Edition:                 2nd

**Other materials and/or supplies required of students:**

Supplemental information and materials will be provided by instructor

Yoga Mats

**RESOURCES & DEPARTMENT PLANNING**

**Additional Resources Needed:**

Yoga Blocks, Yoga Straps to help with various levels of flexibility

Mirrors in workout space would be helpful to ensure proper form and provide student with visual feedback

**Facilities Needed to Teach this Course:**

W101, W102, W201

**Equipment Needed to Teach this Course:**

Yoga Mats

Yoga Blocks

Yoga Straps

**PROGRAM APPLICABILITY**

**Program Information**

- In an approved program.
- Part of a new program.
- Not part of an approved program.

**Program Category**

- General Education
- Career and Technical Education Program
- Noncredit Program

**Instructional Methods**

- Lecture
- Lab
- Lecture & Lab
- Distance Ed / Online Course
- Work Experience
- Independent Study
- TBA

**TOP Code Information**

Program title - TOP Code: **127000 Kinesiology**

**SAM Code**

- A - Apprenticeship course (Courses offered to apprentices only.)
- B - Advanced occupational (Courses taken in the advanced stages of an occupational program. Each "B" level course must have a "C" level prerequisite in the same program area.)
- C - Clearly occupational (Courses taken in the middle stages of an occupational program. Should provide the student with entry-level job skills.)
- D - Possibly occupational (Courses taken in the beginning stages of an occupational program.)
- E Non-occupational

**NON CREDIT ONLY**

**Funding Category**

- A English as a Second Language
- B Immigrant Education
- C Elementary & Secondary Education
- D Health & Safety Education
- E Education Programs for Persons with Substantial Disabilities
- F Parenting Education
- G Family & Consumer Sciences
- H Education Programs for Older Adults
- I Short-term Vocational Programs With High Employment Potential
- J Workforce Preparation Enhanced Funding
- K Other Non-Credit Enhanced Funding
- L Non-enhanced Funding