

**CURRICULUM****Subject Code and Course Number:** KINA 040B**Division :** Kinesiology Health and Athletics**Course Title :** INTERMEDIATE 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 intermediate level yoga poses with correct form and application and begin to explore a wider variety of poses and styles.
2. Engage and show intermediate level of understanding of the relationship between breath and movement.
3. Identify how Yoga and relaxation techniques can enhance physical wellness and longevity

**SPOs (Student Performance Objectives)**

- 1a. Put into list and practice, principles of safe alignment and asana postures.
- 1b. Perform intermediate level poses and begin to identify higher level poses and work toward safe implementation of a wider range of yoga positions.
- 2a. Demonstrate proper yoga flow from one move to the next utilizing breathing techniques to enhance relaxation and flexibility
- 2b. Keep a weekly log of an individual meditation routine that will be practiced at the end of each class. Identify physical and mental benefits.
3. Provide a bi-weekly journal entry that shows improvements in wellness due to regular yoga practice.

**CCOs (Course Content Outline)**

1. Asana
  1. Foundational Movement
  2. Advanced Postures
2. Evolution of Yoga
  1. History review
  2. Paths of Development
  3. Hatha/Ashtanga
3. Acro/Partner Yoga
  1. Principles of Safe Alignment
    1. One partner
    2. Two or more partners
  2. Foundational Positions

1. Flyers
  2. Bases
  4. Mantra, Meditation & Visualization
    1. Incorporating vocal, breath, and imagery into movement practices.
      1. Chanting, Kirtan
      2. Ujjayi, Bee's Breath, Kapalabhati, Bhastrika
      3. Attentional Focus, Image Rehearsal
  5. Aerial Yoga
    1. Principles of Safe Alignment and Hammock Pressure
      1. Supported by Hammock
    2. Foundational Poses in the hammock
      1. Standing
      2. Prone
      3. Supine
      4. Side lying
      5. Inverted positions
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1. Shoulders, Mid-back, Ribs, Pelvis, Knees, Legs
    1. Off the Ground
  2. Shoulders, Mid-back, Ribs, Pelvis, Knees, Legs

### 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 routine specified to either upper body, lower body or core. A 1-2 page hardcopy will be submitted with the yoga flow. Basic yoga level poses will be used and a minimum of two intermediate level poses will be required. Correct identification and spelling 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

Intermediate level hatha yoga course emphasizing intense stretching, balancing, and building of muscular strength. A series of poses and breathing techniques will be practiced in order to create a more strenuous yoga experience. Emphasis will be on principles of healthy living, along with proper posture, relaxation and meditation techniques. 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

CREDIT COURSE OUTLINE
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Credit Type : D Credit – Degree Applicable

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

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

**Projected Student Registration and Attendance**

**COURSE ATTENDANCE**

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

**COURSE VALUES (TOTAL)**

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

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:**        **B Transferable, 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:**

No impact.

**Facilities Needed to Teach this Course:**

W101, W102, W201

**Equipment Needed to Teach this Course:**

Yoga blocks Yoga Straps to help with various levels of flexibility

**PROGRAM APPLICABILITY**

**Program Information**

**Program Category**

☒ In an approved program.

☒ General Education

☐ Part of a new program.

☐ Career and Technical Education Program

☐ Not part of an approved 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