

**CURRICULUM****Subject Code and Course Number:** KINA 040C**Division :** Kinesiology Health and Athletics**Course Title :** ADVANCED YOGA**Summarize the need/purpose/reason for this proposal**

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

**SLOs (Student Learning Outcomes)**

1. Demonstrate and identify advanced level yoga poses with a very solid understanding of basic yoga postures.
2. Engage and show mastery level of understanding of the relationship of breath and movement.
3. Identify how Yoga and relaxation techniques can enhance physical, spiritual and mental wellness.

**SPOs (Student Performance Objectives)**

1. Define and list, principles of safe alignment and correct execution of yoga poses.
- 2a. Describe and execute proper yoga flow from one move to the next utilizing breathing techniques to enhance relaxation and flexibility.
- 2b. Identify physical and mental benefits at an advanced level.
3. Describe and list relaxation techniques

**CCOs (Course Content Outline)**

1. Advanced Principles of Safe Alignment
2. Advanced Pranayama (Breathing)
3. Advanced Asana (Postures)
4. Advanced Dharana (Visualization)
5. Advanced Dhyana (Meditation)
6. Refine Skills and Demonstrations
  - a. Creating an Asana Practice for the beginning student
  - b. Inversions
  - c. Visualization
  - d. Meditation

**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 four advanced 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.

<b>TECHNICAL DETAILS</b>
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**Catalog Description**

Advanced practice of yoga and meditation. Vigorous vinyasa flow to improve concentration, physical endurance, flexibility, balance and posture. Integration of yoga philosophy and advanced breathing techniques to deepen the mind/body connection and reduce stress. 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**

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	30
Projected Census Enrollment [Total]	30
Projected Census Enrollment [Resident]	25
Projected Census Enrollment [NonResident]	1
Projected PA Hours [Total]	1194
Projected PA Hours [Resident]	1148
Projected PA Hours [NonResident]	46

### **COURSE VALUES (TOTAL)**

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

### **FACULTY**



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 material will be provided by the instructor

**RESOURCES & DEPARTMENT PLANNING****Additional Resources Needed:****No impact.****Facilities Needed to Teach this Course:****W101, W102, W201**

**Equipment Needed to Teach this Course:**

**Yoga Mats, Yoga Blocks Yoga Straps to help with various levels of skill level**

**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