

CURRICULUM**Subject Code and Course Number:** KINT 181**Division :** Kinesiology Health and Athletics**Course Title :** PHILOSOPHY OF YOGA**Summarize the need/purpose/reason for this proposal**

This will be one of the required courses in the Yoga teacher Training Certificate. This course will introduce students to the philosophy and practices of Yoga to prepare them to become Certified Yoga instructors.

SLOs (Student Learning Outcomes)

1. Compare and contrast yoga philosophy and practice in the major lineages.
2. Differentiate the philosophies behind the 8-limbs of yoga.
3. Compare and contrast bhakti, karma, jnana, and raja yoga practices.
4. Demonstrate teaching cues and principles for five meditation practices.

SPOs (Student Performance Objectives)

- 1a. Describe the origin of Yoga in India
- 1b. Identify the timeline of yoga within the United States
- 1c. Describe the differences of current Yoga instruction in the United States versus globally.
- 2a. Explain each of the 8 limbs of Yoga (Yama, Niyama, Asanas, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi)
- 2b. Identify yoga poses and postures within the 8 limbs of yoga.
- 2c. Explore individual yoga theories and philosophies
- 3a. Describe the correlations of a variety of Yoga practices
- 3b. Demonstrate various styles of yoga
- 4a. Describe the importance of teaching cues in a yoga class
- 4b. Identify ways to create a safe and relaxing environment
- 4c. Research and describe transitional cues for best practices for Yoga instruction

CCOs (Course Content Outline)

- I. History of yoga traditions
 - A. Examination of yoga within Indian history
 1. Origins
 2. Important figures
 3. Impact of cultural influences (invasions, trade, migrations)
 - B. Globalization of yoga
 - C. Yoga within the United States
 1. Yoga and transcendentalism

2. Yoga and religion

3. Yoga and exercise culture

4. Yoga as a retreat

II. Major Lineages of yoga

A. Ashtanga Vinyasa

B. Iyengar

C. Bikram

D. Kundalini

E. Yin

F. Tantric

III. Major forms of yoga

A. Raja ("kingly yoga"; control and structure)

B. Bhakti (heart)

C. Jnana (mind)

D. Karma (action)

IV. 8-Limbed yoga

A. Yama (control)

B. Niyama (observances)

C. Asana (physical practice)

D. Pranayama (breath)

E. Pratyahara (senses)

F. Dharana (concentration)

G. Dhyana (meditation)

H. Samadhi (enlightenment)

V. Mythology of asanas

A. Stories of origin

B. Influences of major Hindu deities

VI. Yoga traditional texts

- A. Rig Veda
- B. Mahabharata
- C. Yoga Sutras of Patanjali
- D. Bhagavada Gita
- E. Ramayana
- F. Hatha Yoga Pradipika

VII. Meditation and mantras

- A. Pranayama (breathwork)
- B. Seeds and chanting
- C. Practices of meditation
- D. Setting intentions
- E. Mudras

VIII. Subtle body and energetic pathways

- A. Bandhas (traditional muscle locks)
- B. Three realms
- C. Nadis (energy channels in the body)
- D. Kriyas (cleansing techniques)
- E. Chakras and their principles

IX. Lifestyle and ethics of yoga

- A. Adaptations of the 8-limbs in 21st century life
- B. Personal and professional ethics
- C. Ayurveda
- D. Diet and nutrition
- E. Teaching yoga philosophy in different environments and settings

Methods of Instruction

Lectures and supplemental video, reading assignments, textbook assignments, and discussions will be used to facilitate open and diverse dialogue regarding various yoga styles and methods of teaching. Critical thinking discussion and reflections of readings, in small groups; writing prompts and peer discussion will all be used as we discuss the history of yoga.

Methods of Evaluation of Student Performance

Exams and quizzes are designed to assess the students' understanding the philosophy of teaching Yoga. Written assignments, group projects, presentations, case studies and discussions are designed to assess the student's knowledge, understanding and application, and enhance student's critical thinking through a variety of in class observations. A variety of skill demonstrations will be used to assess the physical and verbal demonstrations of major pranayama practices, bandhas, and kriyas.

Assignments

1. Please journal anything that comes to mind through your readings at home and in class which needs to include reflections, questions, and observations from your small group discussions. This will be checked at the end of each week and will be discussed throughout the semester.

2. Project Details:

History of Yoga Must include:

- Identify the time, place and reasons for the creation of Yoga.
- At least one reference is given to a great yoga master and 2 important texts.
- Current reasons for the practice of yoga up to modern day.
- Include the role of men and women in the past and in the present and the date it changed.
- Include the transition from India to North America, when it started, and why and by whom. (at least 2 people responsible and when)

The more creative you are the better! Feel free to use/create a time line, Power Point, pictorials, poster form, etc., is definitely a bonus. Include your picture representation of yoga.

~2 pages typed -500 words

Research the meaning of OM

- What does this mean?
- Why do we say it?
- What is the proper pronunciation?
- Include the Sanskrit symbol for Om.

~ ½ page typed-200 words

Research the meaning of Namaste

- Give at least four translations.
- Why does this have such special meaning in yoga?
- Then choose the translation that rings true to you.
- Explain why you prefer this translation over the others.

~½ page typed-200 words

Overall Reflection

- Why did you take this class? Has this assignment changed your view and thoughts on yoga? What stood out the most for you in this assignment? Why? Do you see this as being part of your future lifestyle or a possible career choice?

1 page- 400 words

TECHNICAL DETAILS

Catalog Description

Introduction to the philosophy of yoga through history, development of the asanas, and traditional

texts. Major lineages of yoga and related practices will be covered, with a focus on the integration of these ideas in contemporary teaching. Total of 54 hours lecture.

Grade Mode: L, P

Prerequisite(s)

Corequisite(s)

Recommended Preparation

Enrollment Limitations

Instructional Activities associated with TBA

Units : 3.0

CREDIT COURSE OUTLINE

Credit Type : D Credit – Degree Applicable

Maximum Course Units :	3
Minimum Course Units:	3
Computed Total Carnegie Units :	3.00
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	54	0	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	3	0	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	35
Projected Census Enrollment [Total]	35
Projected Census Enrollment [Resident]	30
Projected Census Enrollment [NonResident]	1
Projected PA Hours [Total]	1423
Projected PA Hours [Resident]	1377
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
Course Hours	54	0	0	0	0	0	0	0	0	54
Course Units	3	0	0	0	0	0	0	0	0	3

Load Factor	1	0.75	0.7143	1	0.75	0.7143	1	0.75	0.7143	
LHE	3	0	0	0	0	0	0	0	0	3
FTEF	0.2	0	0	0	0	0	0	0	0	0.2

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	3.38	0	0	0	0	0	0	0	0	3.38
Study Hours	6.75	0	0	0	0	0	0	0	0	6.75
Total	10.13	0	0	0	0	0	0	0	0	10.13
FACULTY										
Instructional Hours	3.38	0	0	0	0	0	0	0	0	3.38
Preparatory Hours	3.38	0	0	0	0	0	0	0	0	3.38
Total	6.76	0	0	0	0	0	0	0	0	6.76

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) 35

Minimum Qualifications (Discipline)

Physical Education (Masters)
Coaching (Non-Masters)



**Athletic Training (Non-Masters)
Dance (Masters)**

Semester of First Offering **Summer 2018**

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: **C1 Not Transferable, AA/AS Degree**

State Classification Code:

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)

Yoga Teacher Trainer

REPRESENTATIVE TEXTBOOKS OR OTHER MATERIALS

Book 1 Author : Nanette E Tummers
Title : Philosophy of Teaching Yoga for Life
Publisher: Human Kinetics
Date of Publication: 2013
Edition: 2nd

Other materials and/or supplies required of students:

RESOURCES & DEPARTMENT PLANNING

Additional Resources Needed:

none

Facilities Needed to Teach this Course:

Smart classroom

Equipment Needed to Teach this Course:

none

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 InformationProgram title - TOP Code: **083520 *Fitness Trainer****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