

CURRICULUM**Subject Code and Course Number:** KINT 180**Division :** Kinesiology Health and Athletics**Course Title :** INTRODUCTION TO TEACHING YOGA**Summarize the need/purpose/reason for this proposal**

This course will be one of the core courses in our new Yoga teacher trainer certificate. Students will learn how to teach and modify Yoga instruction to all levels. This will prepare them for certification through Yoga Alliance once they have completed the certificate program.

SLOs (Student Learning Outcomes)

1. Identify strategies for adapting yoga sequences for specific levels/groups of students.
2. Demonstrate and teach basic hatha yoga postures.
3. Explain and integrate modifications, adjustments, and levels of instruction for basic standing, seated, and supine yoga poses
4. Demonstrate foundational standing and balance postures with proper alignment.

SPOs (Student Performance Objectives)

- 1a. State the basic body anatomy and muscles used in yoga poses.
- 1b. Name six strategies for adapting yoga sequences to specific levels/groups of students (i.e., seniors, pregnancies, stress management, etc).
- 2a. Demonstrate and apply restorative poses and breathing techniques.
- 2b. Explain and integrate modifications, adjustments, and levels of instruction.
- 3a. Design and implement a Yoga program for beginning learners.
- 3b. Describe the anatomy and physiology as it applies to the intentional integration of breath, postures, and movement within the practice of yoga.
- 4a. Demonstrate foundational seated postures with proper alignment.

CCOs (Course Content Outline)

- I. Application of yoga philosophy in teaching and practice
 - A. Eight-limbed path
 - B. Teaching practices of yoga in India and the United States
 - C. Traditional texts
- II. Breathing techniques
 - A. Review anatomy of breath
 - B. Introduction to basic pranayama techniques
 - C. Application of basic pranayama practices
- III. Anatomy and technique of yoga for the understanding and integration of poses

- A. Foundation of key poses
- B. Asana points (cues)
- C. Alignment and muscular engagement
- D. Variations and use of props
- E. Adjustments and modifications
- F. Benefits of poses
- G. Injury prevention
- H. Counter poses and actions
- I. Introduction to the Bandhas
- IV. Application of the ten systems in teaching
 - A. Skeletal
 - B. Muscular
 - C. Circulatory
 - D. Respiratory
 - E. Digestive
 - F. Eliminative
 - G. Endocrine
 - H. Nervous
 - I. Pranic
 - J. Mental
- V. Analysis of beginning and intermediate yoga poses
 - A. Standing
 - B. Balancing
 - C. Forward-bends
 - D. Back-bends
 - E. Twists
 - F. Sitting

G. Supine

H. Inversions

I. Arm-balances

J. Reclined and restorative

VI. Introduction to meditation and stress reduction techniques

A. Setting intentions

B. Yoga postures and mental imagery to focus mind and body

C. Relaxation through basic yoga transitions

VII. Life skills management through teaching techniques

A. Creating a calm and safe environment

B. Teaching presence

C. Communication (verbal cueing, voice modulation and use of analogies)

VIII. Progression and transition of techniques for lifelong use

A. Sequencing: gentle, dynamic, multi-level, restorative

B. Teaching opportunities and venues

1. private studio vs. educational classroom

2. personal vs. public

3. health and wellness management vs. exercise culture

4. multi-level vs. defined population

C. Working with specific groups

1. Beginners

2. Seniors

3. Pregnancies

4. Stress and anxiety management

5. Children

6. PTSD

7. Injuries and illnesses

8. Special populations

Methods of Instruction

Lectures and supplemental video, reading assignments, textbook assignments, and discussions will be used to facilitate open and diverse dialogue. Critical thinking discussion and reflections of readings, in small groups; writing prompts and peer discussion will all be used to explain, demonstrate and teach basic yoga poses.

Methods of Evaluation of Student Performance

Exams and quizzes are designed to assess the students' understanding of yoga techniques. Written assignments, group projects, presentations, case studies and discussions are designed to assess the student knowledge, understanding application, and enhance student's critical thinking through a variety of in class observations focusing on developing skill for instructing Yoga.

Assignments

1. You will be placed in small groups as we go over correction and common mis-alignments of basic yoga poses. You will each take a turn and document the most frequent errors and provide verbal cues to correct alignment. This will be kept in your notebook and collected at the end of class. You will then present to the class your findings and identify the most common mistakes. This will be done multiple times throughout the semester.
2. Part 1. You will design a one-hour yoga sequence to a group of beginners. You will need to complete a flow chart design describing the poses, the correct body alignment and how much time is needed for each pose. You will need to submit your flow chart prior to your presentation for approval. Part 2. Once your flow chart has been approved you are ready to get started. You will demonstrate your hour long sequence in class. Once completed you will receive a grade from your peers as well as myself for your overall grade.

| |
|--------------------------|
| TECHNICAL DETAILS |
|--------------------------|

Catalog Description

Teaching techniques of yoga. Emphasis on variations, adjustments and modifications of basic yoga poses for teaching different levels in various settings. Focus on developing skill for instructing yoga, including verbal cueing for anatomically supportive sequences, and stress management techniques for healthier lifestyles. 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] | 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 | | | |
|---------------------|-----------------------|------------|-------------|-------------------|------------|-------------|-------------------------|------------|-------------|---------------|
| | 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)
Health (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)

REPRESENTATIVE TEXTBOOKS OR OTHER MATERIALS

Book 1

| | |
|----------------------|------------------------|
| Author : | Diane Ambrosini |
| Title : | Instructing Hatha Yoga |
| Publisher: | Human Kinestics |
| Date of Publication: | 2016 |
| Edition: | 2nd edition |

Other materials and/or supplies required of students:

Supplemental material may be provided by the instructor.

RESOURCES & DEPARTMENT PLANNING

Additional Resources Needed:

none

Facilities Needed to Teach this Course:

Smart classroom and floor space to practice poses and techniques.

Equipment Needed to Teach this Course:

No new equipment needed

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: **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