



5055 Santa Teresa Blvd
Gilroy, CA 95023

Course Outline

COURSE: KIN 62A **DIVISION:** 40 **ALSO LISTED AS:** KIN 62 & PE 62

TERM EFFECTIVE: Fall 2022 **CURRICULUM APPROVAL DATE:** 12/13/2022

SHORT TITLE: YOGA - BEGINNING

LONG TITLE: Yoga - Beginning

| <u>Units</u> | <u>Number of Weeks</u> | <u>Type</u> | <u>Contact Hours/Week</u> | <u>Total Contact Hours</u> |
|--------------|------------------------|---------------------|---------------------------|----------------------------|
| .5 OR 1 | 18 | Lecture: | 0 | 0 |
| | | Lab: | 1.5 OR 3 | 27 OR 54 |
| | | Other: | 0 | 0 |
| | | Total: | 1.5 OR 3 | 27 OR 54 |
| | | Total Learning Hrs: | 27 OR 54 | |

COURSE DESCRIPTION:

Coeducational activity designed for beginning yoga students. The emphasis will be on physical alignment and form, accessing postures through the use of props. This is a program designed to improve flexibility and reduce stress by learning a series of poses and focusing on the proper breathing techniques. This course has the option of a letter grade or pass/no pass. Previously listed as KIN 62. Courses should be taken in sequential order.

PREREQUISITES:

COREQUISITES:

CREDIT STATUS: D - Credit - Degree Applicable

GRADING MODES

- L - Standard Letter Grade
- P - Pass/No Pass

REPEATABILITY: N - Course may not be repeated

SCHEDULE TYPES:

- 04 - Laboratory/Studio/Activity
- 04A - Laboratory - LEH 0.65
- 05 - Hybrid
- 71 - Dist. Ed Internet Simultaneous
- 73 - Dist. Ed Internet Delayed LAB
- 73A - Dist. Ed Internet LAB-LEH 0.65

STUDENT LEARNING OUTCOMES:

By the end of this course, a student should:

1. Perform a series of basic yoga poses (asanas) which demonstrate correct physical alignment and form while utilizing beginning yoga breathing techniques (pranayama).
2. Describe the benefits of yoga as a stress reducer, including discussing the benefits of including yoga as a lifelong activity.

COURSE OBJECTIVES:

By the end of this course, a student should:

1. Demonstrate a variety of poses which show improvement in their physical alignment and form as well as their yoga breathing techniques.
2. Demonstrate a variety of basic yoga poses while utilizing props.
3. Explain the benefits of yoga.
4. Demonstrate correct alignment in the basic poses presented in class.
5. Describe and perform beginning yoga breathing (pranayama) techniques.
6. Discuss and utilize basic yoga terminology.

CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS

Curriculum Approval Date: 12/13/2022

6 - 12 Hours:

Content: Course overview, including learning outcomes, course requirements, and grading. Students will be introduced to basic asanas (poses). Some of the poses which will be presented are Child's Pose, Cat Tilt, Dog Tilt, Mountain Pose, Standing Side Stretch, and Tree Pose. These basic spinal movements will include twists, forward flexion, hyperextension and lateral flexion in seated, standing, prone, supine, balancing, or inverted positions. A glossary of basic terms and principles will be presented to familiarize students with basic yoga terminology.

6 - 12 Hours:

Content: Review of basic asanas (poses). Students will be introduced to the use of props to modify movement, such as straps, blocks, and bolsters. Each pose will be performed individually and in isolation with the emphasis on physical alignment and form, accessing postures through the use of props. Beginning yoga breathing techniques (pranayama) will be introduced, such as 3-part breathing (Dirga Pranayama).

6 - 12 Hours:

Content: Poses moving through the various body planes (sagittal, coronal, and transverse) will be included, as will basic poses to open the hips, spine, and shoulders. This could include Standing Forward Fold, Cobra, Downward Dog, Plank, Cobbler's Pose, and Bridge. An explanation will be given regarding pose benefits and the benefits of yoga as a stress reducer. A midterm covering pose identification, correct alignment, the benefits of yoga and yoga terminology may be given.

7 - 16 Hours:

Content: Students will continue to build upon their skills. Improvement in their physical alignment and form for each pose will be

emphasized, as well as their yoga breathing techniques. Review for final, including practicing correct pose alignment and breath work. Students will be asked to complete a written personal reflection of their experience in the class. Points to include are personal and physical growth and change, body awareness, and stress reduction.

2 Hours:

Final. Could be a practicum: demonstration of correct pose alignment and beginning yoga breathing techniques; written: reflective paper on course experience, benefits of yoga as a stress reducer, and/or basic yoga terminology; and/or a combination of both

METHODS OF INSTRUCTION:

Demonstration, Discussion, Guided Practice

METHODS OF EVALUATION:

Writing assignments

Evaluation Percent 10

Evaluation Description

10% - 20%

Journal, written self-assessment

Skill demonstrations

Evaluation Percent 40

Evaluation Description

40% - 70%

Demonstration exams

Objective examinations

Evaluation Percent 10

Evaluation Description

0% - 10%

Multiple Choice;

True/False;

Matching Items;

Completion

Other methods of evaluation

Evaluation Percent 40

Evaluation Description

20% - 50% Requires student participation.

REPRESENTATIVE TEXTBOOKS:

No textbook required. Handouts will be provided as needed.

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

GAV E1, effective 201570

CSU GE:

CSU E, effective 201570

CSU E1, effective 201370

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201570

UC TRANSFER:

Transferable UC, effective 201570

SUPPLEMENTAL DATA:

Basic Skills: N

Classification: Y

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department:

CSU Crosswalk Course Number:

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours:

Minimum Hours:

Course Control Number: CCC000536780

Sports/Physical Education Course: Y

Taxonomy of Program: 127000