



5055 Santa Teresa Blvd
Gilroy, CA 95023

Course Outline

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

TERM EFFECTIVE: Spring 2023 **CURRICULUM APPROVAL DATE:** 03/14/2023

SHORT TITLE: YOGA - ADVANCED

LONG TITLE: Yoga - Advanced

<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 advanced yoga students. Emphasis will be on linking the breath, drishti, and mudras with the appropriate pose. This is a program designed to improve flexibility and reduce stress by learning a series of poses and focusing on 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
- 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. Link the pranayama (breathing techniques), drishti (gaze points), and mudras (hand postures) with the appropriate asanas (pose) to flow through vinyasas (sequences) independently and with less visual cuing.
2. Explain and utilize self-guided meditation, including creative visualization.

COURSE OBJECTIVES:

By the end of this course, a student should:

1. Explain the benefits and demonstrate a variety of yoga breathing techniques.
2. Discuss and perform meditation techniques, such as creative visualization.
3. Demonstrate modification of poses to accommodate limitations.
4. Demonstrate the advanced asanas (poses) presented in class, such as Splits, Reclined Hero, Wheel, and Eagle.
5. Participate in the vinyasas (flow sequences) presented in class.
6. Demonstrate the advanced asanas (poses) presented in class, such as Warrior 3, Pyramid Pose, Twisted Pyramid Pose, Lower Plank, King Dancer, and Half Moon Standing Balance.

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

Curriculum Approval Date: 03/14/2023

6 - 12 Hours:

Content: Course overview, including learning outcomes, course requirements, and grading. More complicated flows will be introduced, including a warm-up flow which could be used as an introduction to each class. Students will be introduced to advanced asanas (poses) such as Warrior 3, Pyramid Pose, Twisted Pyramid Pose, Lower Plank, King Dancer, and Half Moon Standing Balance. A review of yoga breathing techniques will be presented.

6 - 12 Hours:

Content: More creative and demanding vinyasas (flow sequences) will be introduced, including arm balances and basic inversions. Meditation techniques such as creative visualization will also be introduced.

6 - 12 Hours:

Content: Additional advanced asanas (poses) will be introduced, such as Splits, Reclined Hero, Wheel, and Eagle. Students will be encouraged to progress and deepen their poses. A midterm covering advanced pose identification and/or performance, meditation, and/or vinyasas may be given.

7 - 16 Hours:

Content: Additional advanced asanas (poses) could be introduced, such as Shoulder Stand, Head Stand and Hand Stand. The advanced student will be turning inward using meditation techniques, breathwork, and creative visualization to raise self-awareness, cultivate inner strength and endurance, and promote deeper levels of concentration and balance. Review for final. Students will be asked to complete a written personal reflection of their experience in the class.

2 Hours:

Final. Could be a practicum: demonstration of advanced asanas (poses), performance of creative and demanding vinyasas

(flow sequences), and/or presentation on visualization; written: reflective paper on course experience and/or a paper on the yoga topic of their choice (for example, meditation/creative visualization, health benefits of yoga); and/or 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: CCC000536782

Sports/Physical Education Course: Y

Taxonomy of Program: 127000