

**Course Outline**

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

**TERM EFFECTIVE:** Summer 2020                      **CURRICULUM APPROVAL DATE:** 05/12/2020

**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

**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:**

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.

Measure of assessment: demonstration

Year assessed, or planned year of assessment: 2017

Semester: Fall

2. Explain and utilize self-guided meditation, including creative visualization.

Measure of assessment: discussion, demonstration

Year assessed, or planned year of assessment: 2017

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

Curriculum Approval Date: 05/12/2020

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.

Student Performance Objectives: 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. Explain the benefits and demonstrate a variety of yoga breathing techniques.

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.

Student Performance Objectives: Participate in the vinyasas (flow sequences) presented in class. Discuss and perform meditation techniques, such as creative visualization.

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.

Student Performance Objectives: Demonstrate the advanced asanas (poses) presented in class, such as Splits, Reclined Hero, Wheel, and Eagle. Participate in class activities.

7.5 - 15 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.

Student Performance Objectives: Demonstrate modification of poses to accommodate limitations. Participate in class activities.

2 Hours:

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

**METHODS OF INSTRUCTION:**

Demonstration, Discussion, Guided Practice

**OUT OF CLASS ASSIGNMENTS:**

Required Outside Hours:

Assignment Description: As this is a lab class no out of class assignments are required.

**METHODS OF EVALUATION:**

Writing assignments

Percent of total grade: 10.00 %

10% - 20% Journal, written self-assessment

Skill demonstrations

Percent of total grade: 40.00 %

30% - 60% Demonstration exams

Objective examinations

Percent of total grade: 10.00 %

0% - 10% Multiple Choice; True/False; Matching Items; Completion

Other methods of evaluation

Percent of total grade: 40.00 %

10% - 40% Requires student participation.

**REPRESENTATIVE TEXTBOOKS:**

Recommended 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: KIN

CSU Crosswalk Course Number: 62C

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours: 1

Minimum Hours: .5

Course Control Number: CCC000536782

Sports/Physical Education Course: Y

Taxonomy of Program: 127000