



5055 Santa Teresa Blvd
Gilroy, CA 95023

Course Outline

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

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

SHORT TITLE: YOGA - INTERMEDIATE

LONG TITLE: Yoga - Intermediate

<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 intermediate yoga students. Emphasis will be on strength, stamina, and flexibility. 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. Demonstrate a series of intermediate yoga asanas (poses) incorporated in a basic vinyasa (flow sequence) while utilizing intermediate level yoga breathing techniques.
2. Discuss and perform basic level meditation techniques.

COURSE OBJECTIVES:

By the end of this course, a student should:

1. Describe and utilize correct breathing techniques.
2. Demonstrate improvement in their breathing techniques as they perform a flow sequence.
3. Discuss the principles of alignment
4. Demonstrate a variety of intermediate poses and/or flow sequences which show improvement in their strength, stamina, and flexibility for each pose/sequence.
5. Discuss the importance of meditation and experience a progressive relaxation series.
6. Perform mudras and utilize drishti when demonstrating their poses.
7. Demonstrate the correct alignment for a variety of intermediate asanas (poses). Demonstrate strength, stamina, and flexibility when performing their poses.

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. Students will be introduced to intermediate asanas (poses) such as Upward Facing Dog, Triangle Pose, Side Angle Pose, Warrior 1, and Warrior 2. Emphasis will be on strength, stamina, and flexibility and as intermediate students they will be expected to flow more quickly between poses with fewer rests.

6 - 12 Hours:

Content: Mudras (hand postures) and drishti (gaze points) will be presented to accompany each pose. Introduction to basic flow techniques, linking poses together with simple sequencing will be taught. Intermediate level breathing techniques such as Kapalabhati (cleansing breath) and Ujjayi will be introduced. A discussion on the principles of alignment will be held.

6 - 12 Hours:

Content: Meditation techniques will be presented including the beginning levels of Savasana. A progressive relaxation series will be explored within the context of Savasana. More poses will be incorporated in a basic vinyasa, or flow sequence, and the poses will be held longer. Additional intermediate asanas (poses) will be introduced, such as Revolved Triange Pose, Reverse Warrior, Seated Straddle, Pigeon, Seated Twist, and Seated Forward Fold. A midterm covering intermediate asanas, intermediate level breathing techniques, meditation techniques, and/or basic vinyasa (flow sequences) may be given.

7 - 16 Hours:

Content: Students will continue to build upon their skills. Improvement in their poses, flow sequences, breathing techniques, and meditation will be emphasized. Students will be expected to flow more quickly between poses with fewer rests and demonstrate

strength, stamina, and flexibility with each pose and or flow sequence. Review for final. Students will be asked to complete a written personal reflection of their experience in the class. Points to include could be personal and physical growth and change.

2 Hours:

Final. Could be a practicum: demonstration of vinyasa flows - linking poses together with the use of breath/movement/poses and/or intermediate level breathing techniques, and/or meditation techniques; written: reflective paper on course experience - yoga the second time around, differences and changes, or the principles of alignment; 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: CCC000536781

Sports/Physical Education Course: Y

Taxonomy of Program: 127000