

**Course Outline**

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

**TERM EFFECTIVE:** Fall 2011                      **Inactive Course**

**SHORT TITLE:** YOGA

**LONG TITLE:** Yoga

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

**COURSE DESCRIPTION:**

Coeducational activity designed for beginning and intermediate yoga students. A program designed to improve flexibility and reduce stress by learning a series of poses and focusing on proper breathing techniques. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass. This course is now listed as Kinesiology 62, effective Fall 2011.

**PREREQUISITES:**

**COREQUISITES:**

**CREDIT STATUS:** D - Credit - Degree Applicable

**GRADING MODES**

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

**REPEATABILITY:** R - Course may be repeated  
 Maximum of 3 times

**SCHEDULE TYPES:**

- 04 - Laboratory/Studio/Activity

**STUDENT LEARNING OUTCOMES:**

1. The student will demonstrate a series of yoga poses.  
 ILO: 2, 7, 6  
 Measure: performance test, observation

2. The student will execute proper breathing techniques specific to yoga.

ILO: 2, 7, 6

Measure: demonstration, observation

3. The student will describe the benefits of yoga as a stress reducer.

ILO: 1, 2, 4

Measure: discussion, written exam,  
written self evaluation

4. The student will discuss the benefits of including yoga as a lifelong activity.

ILO: 1, 2, 5, 6, 7

Measure: written exam, group discussion

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

Inactive Course: 11/08/2010

This course is now listed as Kinesiology 62, effective Fall 2011.

Curriculum Approval Date: 04/28/2008

6 - 12 Hours

Course overview, including learning outcomes, course requirements, and grading. Students will be introduced to basic spinal movements: twists, forward flexion, hyperextension, and lateral flexion in seated, standing, prone, supine, balancing, or inverted positions. This may include: Cat, Dog, Child, Down Dog, Plank, Mountain, Straddle, Half Straddle, and Cobbler. A glossary of terms will be presented to familiarize students with yoga terminology. An explanation will be given regarding pose benefits and the benefits of yoga as a stress reducer. Beginning yoga breathing techniques will be introduced, such as Dirga Pranayama, Ujjayi Breath, and Kapalabhati Breath. Introduction to basic flow techniques, linking poses together with simple sequencing will be taught. Meditation techniques presented will include the beginning levels of Savasana. A progressive relaxation series will be explored within the context of Savasana.

SPO: Students will explain the benefits of yoga and be able to demonstrate correct alignment in basic poses such as Plank, Mountain, and Downward Facing Dog. They will describe and perform yoga breathing (paranayama) techniques.

6 - 12 Hours

More complicated flows will be introduced, including a warm-up flow which could be used as an introduction to each class. 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 Forward Fold, Chatteranga, Cobra, Extended Dog, Boat (upper and lower), Bridge, Tree, Pigeon, Squats, and Happy Baby. Students will be introduced to the use of props to modify movement, such as straps, blocks, and bolsters.

SPO: Students will be able to correctly demonstrate Ujjayi Breath and Dirga Pranayama. Forward Bend, Boat, Bridge, Tree, and Airplane poses will be demonstrated. They will experience the use of exercise props.

6 - 12 Hours

A midterm covering pose identification, correct alignment, the benefits of yoga, and yoga terminology may be given. Students will continue to build upon poses and sequencing techniques, adding more difficult poses if appropriate. Students will be able to demonstrate modification of poses to accommodate limitations. Breathing techniques should be incorporated to synchronize with various poses. Stamina will be built as poses are held for longer durations.

SPO: Students will continue to perform the poses learned earlier in the class. They will utilize correct breathing techniques. They will demonstrate a variety of poses in a flowing sequence.

#### 7.5 - 15 Hours

Students will continue to build upon skills. Poses such as Camel, Bow, Warrior, and Triangle will be introduced. Half Moon, Reverse Half Moon, and Kingdancer may also be included. Additional sequencing techniques and meditation techniques, such as creative visualization will also be introduced. Review for final, including practicing correct pose alignment, sequencing, 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.

SPO: Students will demonstrate a variety of poses, including the Camel, Bow, and Warrior. They will perform a sequencing of poses. The student will describe two types of meditation techniques.

#### 2 Hours

Final. Could be a practicum: demonstration of correct pose alignment, sequencing, and breath work, written: reflective paper on course experience, and/or written test.

This is a skill building class. The student's skills or proficiencies will be enhanced by supervised repetition and practice in class.

#### **METHODS OF INSTRUCTION:**

Demonstration, Lecture, Discussion

#### **METHODS OF EVALUATION:**

The types of writing assignments required:

Other: Journal, written self-assessment

The problem-solving assignments required:

None

The types of skill demonstrations required:

Performance exams

The types of objective examinations used in the course:

Multiple choice

True/False

Matching items

Completion

Other category:

Requires student participation

The basis for assigning students grades in the course:

Writing assignments: 10% - 20%

Problem-solving demonstrations: 0% - 0%

Skill demonstrations: 35% - 60%

Objective examinations: 0% - 10%

Other methods of evaluation: 35% - 60%

#### **REPRESENTATIVE TEXTBOOKS:**

**ARTICULATION and CERTIFICATE INFORMATION**

Associate Degree:

GAV E1, effective 199830

CSU GE:

CSU E1, effective 199830

IGETC:

CSU TRANSFER:

Transferable CSU, effective 199830

UC TRANSFER:

Transferable UC, effective 199830

**SUPPLEMENTAL DATA:**

Basic Skills: N

Classification: A

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department: PE

CSU Crosswalk Course Number: 62

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: CCC000090710

Sports/Physical Education Course: Y

Taxonomy of Program: 083500