

CATALOG INFORMATION

Dept and Nbr: ATHL 2

Title: YOGA FOR ATHLETES

Full Title: Yoga for Intercollegiate Athletes

Last Reviewed: 8/14/2023

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.50	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.50	Lab Scheduled	0	6	Lab Scheduled	0
		Contact DHR	3.00		Contact DHR	52.50
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 26.25

Total Student Learning Hours: 78.75

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 34 - 4 Enrollments Total

Also Listed As:

Formerly:

Catalog Description:
Students will learn yoga techniques related to sport performance, injury prevention, and mental skills. Students will use Hatha yoga asanas (postures) which will emphasize sport-specific flexibility, strength, balance, and coordination. Students will utilize yoga techniques for mind-body connection and centering, which will include breathing and relaxation methods.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:
Description: Students will learn yoga techniques related to sport performance, injury prevention, and mental skills. Students will use Hatha yoga asanas (postures) which will emphasize sport-specific flexibility, strength, balance, and coordination. Students will utilize yoga techniques for mind-body connection and centering, which will include breathing and relaxation methods.
(Grade or P/NP)

Prerequisites/Corequisites:
Recommended:
Limits on Enrollment:
Transfer Credit: CSU;UC.
Repeatability: 4 Enrollments Total

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	Area			Effective:	Inactive:
CSU GE:	Transfer Area			Effective:	Inactive:
IGETC:	Transfer Area			Effective:	Inactive:
CSU Transfer:	Transferable	Effective:	Spring 2018	Inactive:	
UC Transfer:	Transferable	Effective:	Spring 2018	Inactive:	

CID:

Certificate/Major Applicable:

Both Certificate and Major Applicable

COURSE CONTENT

Student Learning Outcomes:

At the conclusion of this course, the student should be able to:

1. Demonstrate Hatha yoga asanas and techniques.
2. Create a beginning level yoga practice designed to improve sport-specific flexibility, muscular strength, balance, and coordination.
3. Describe relaxation, breathing and centering yoga methods.

Objectives:

At the conclusion of this course, the student should be able to:

1. Apply principles of movement and body awareness during Hatha yoga postures.
2. Demonstrate beginning level Hatha yoga asanas including floor, seated, kneeling, and standing postures.
3. Integrate proper breathing techniques during yoga asanas.
4. Design and perform personal practices based on sport-specific flexibility, muscular strength, balance, and coordination.
5. Apply yoga techniques and benefits into sport practices, competition, and daily life practices.
6. Repeating students must demonstrate an increased depth and breadth of related skills, with new learning objectives.

Topics and Scope:

I. Yoga Principles

A. Movement principles

1. Sagittal flexion, extension, and elongation
2. Lateral flexion, extension, and elongation
3. Rotation
4. Inversion

- 5. Centering
- B. Body awareness
 - 1. Alignment
 - 2. Balance
 - 3. Integration
- II. Beginning Level Hatha Yoga Asanas
 - A. Beginning seated asanas
 - 1. Easy pose
 - 2. Seated spinal twist
 - 3. Cobbler/Butterfly pose
 - 4. Head to knee forward bend
 - 5. Seated forward fold
 - 6. Staff pose
 - B. Beginning floor asanas
 - 1. Happy baby/Dead bug
 - 2. Corpse (Savasana)
 - 3. Bridge
 - 4. Legs up the wall
 - 5. Sphinx
 - 6. Reclining hand to big toe
 - 7. Downward facing dog
 - C. Beginning kneeling asanas
 - 1. Modified plank
 - 2. Modified side plank
 - 3. Gate pose
 - 4. Cat-cow
 - 5. Low lunge (knee down)
 - 6. Child's pose
 - 7. Kneeling back bend
 - D. Beginning standing asanas
 - 1. High lunge
 - 2. Standing back bend
 - 3. Warrior I & II
 - 4. Standing forward fold
 - 5. Mountain
 - E. Beginning balance asanas
 - 1. Tree pose
 - 2. One leg chair pose
 - F. Modifications
- III. Pranayama (Breathing) Techniques
 - A. Integration with yoga asanas
 - B. Relaxation and meditation
 - C. Cleansing and clearing
- IV. Yoga Practice
 - A. Designing a sport-specific personal yoga practice
 - B. Integrating yoga practice into athletic competition and daily living
 - C. Benefits of yoga
 - D. Using yoga techniques functionally
 - E. Meditation practices
- V. Repeating students must demonstrate increased depth and breadth of related skills, with new learning objectives.

Assignment:

Students are expected to spend an additional one and one-half (1.5) hours per week outside of class on one or more of the following activities:

Writing Assignments, such as:

1. Journal entries
2. Written personal yoga goals (1 page)
3. Reading assignment responses
4. Written discussion of reading assignments
5. Reflective analysis of personal growth, experience, and progress (1-2 per semester)

Skill Demonstration Assignments, such as:

1. Personal sport-specific yoga and/or meditation practice
2. Skill performance examination of proper techniques and beginning level yoga asanas
3. Repeating students demonstrate an increased level of performance.

Exam Assignments, such as:

1. Midterm and final exams
2. Quizzes

Other Methods of Evaluation:

1. Attendance
2. Participation

Methods of Evaluation/Basis of Grade:

Writing: Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Writing assignments

Writing
10 - 30%

Problem Solving: Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None

Problem solving
0 - 0%

Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Skill demonstration assignments

Skill Demonstrations
20 - 40%

Exams: All forms of formal testing, other than skill performance exams.

Exam assignments

Exams
10 - 30%

Other: Includes any assessment tools that do not logically fit into the above categories.

Attendance and participation

Other Category 40 - 60%

Representative Textbooks and Materials:

Yoga for Athletes: 10-Minute Yoga Workouts to Make You Better at Your Sport. Pohlman, Dean and Starrett, Kelly. Alpha. 2021.

Instructor Prepared Materials