

CATALOG INFORMATION

Dept and Nbr: KINES 72 Title: YOGA TEACHING METHOD
Full Title: Yoga Teaching Methodology
Last Reviewed: 8/28/2023

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.00	Lecture Scheduled	1.00	17.5	Lecture Scheduled	17.50
Minimum	1.00	Lab Scheduled	0	4	Lab Scheduled	0
		Contact DHR	0		Contact DHR	0
		Contact Total	1.00		Contact Total	17.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 35.00

Total Student Learning Hours: 52.50

Title 5 Category: AA Degree Applicable
Grading: Grade Only
Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP
Also Listed As:
Formerly:

Catalog Description:
Students will learn yoga teaching methods, sequencing, pacing, and cueing techniques with effective class management and communication skills. Special emphasis will be placed on how to create a student-centered, inclusive, accessible, and equitable class environment to appropriately address the needs of a diverse population.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:
Description: Students will learn yoga teaching methods, sequencing, pacing, and cueing techniques with effective class management and communication skills. Special emphasis will be placed on how to create a student-centered, inclusive, accessible, and equitable class environment to appropriately address the needs of a diverse population. (Grade Only)
Prerequisites/Corequisites:

Recommended:
Limits on Enrollment:
Transfer Credit: CSU;
Repeatability: Two Repeats if Grade was D, F, NC, or NP

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: Fall 2017	Inactive:
UC Transfer:		Effective:	Inactive:

CID:

Certificate/Major Applicable:

Certificate Applicable Course

COURSE CONTENT

Student Learning Outcomes:

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

1. Identify personal teaching style and effective instruction techniques for various learning styles and participant levels.
2. Analyze the ethical commitment and business aspects of the yoga profession and its relationship to building a successful career in the field.

Objectives:

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

1. Identify effective communication skills and class management techniques for yoga instruction.
2. Demonstrate effective class organization techniques and time management.
3. Assess specific needs of individuals and special populations and apply modifications and variations in yoga poses and sequences to address multi-levels and variable physical capabilities.
4. Describe the types of teaching and learning styles.
5. Identify effective demonstration, assisting, and correcting techniques.
6. Analyze the qualities of an effective teacher and creating an inclusive, accessible, and equitable learning environment.
7. Describe the business aspects of yoga instruction.
8. Apply the three elements of Yoga Alliance's ethical commitment for scope of practice, code of conduct, and equity in yoga.

Topics and Scope:

- I. Communication Skills
- II. Class Environment Management and Organization
 - A. Class etiquette
 - B. Time management
- III. Multi-Level Participants

- A. Modifications, regressions, and progressions of postures and sequences
- B. Effective demonstration, assisting, cueing, corrections, and feedback
- C. Addressing special needs, injuries, and/or physical limitations for safety, inclusivity, and accessibility of practices
- IV. Qualities of a Yoga Teacher
- V. Teaching Styles
- VI. Learning Styles
- VII. Business Aspects of Yoga Instruction
 - A. Yoga related professional organizations and credentialing
 - B. Marketing and promotion
 - C. Teaching settings
 - D. Continuing education
 - E. Insurance and liability
 - F. Cardiopulmonary Resuscitation (CPR), automated external defibrillator (AED), and first aid certification
 - G. Regulation of the profession
 - H. Resources for yoga teachers
- VIII. Yoga Alliance Ethical Commitment
 - A. Scope of practice
 - B. Code of conduct
 - C. Equity in yoga position statement

Assignment:

1. Read from textbooks and instructor-prepared materials (10-20 pages per week)
2. Written assignments
3. Quizzes
4. Exams
5. Practical demonstrations
6. Marketing project
7. Attendance, punctuality, and participation at all class meetings.

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.

Written assignments; marketing project
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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.

Practical demonstrations

Skill Demonstrations 10 - 30%

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

Quizzes; exams

Exams
10 - 30%

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

Attendance, punctuality, and participation

Other Category
40 - 50%

Representative Textbooks and Materials:

The Professional Yoga Teacher's Handbook. Roundtree, Sage. The Experiment. 2020.

Instructing Hatha Yoga. 2nd ed. Ambrosini, Diane. Human Kinetics. 2016 (classic).

Teaching Yoga. Stephens, Mark. North Atlantic Books. 2010 (classic).

Yoga Sequencing: Designing Transformative Yoga Classes. Stephens, Mark. North Atlantic Books. 2012 (classic).

Instructor Prepared materials