

**KINES 71 Course Outline as of Summer 2019****CATALOG INFORMATION**

Dept and Nbr: KINES 71 Title: YOGA TECHNIQUES II

Full Title: Yoga Techniques, Training, and Practice II

Last Reviewed: 8/28/2023

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	2.00	Lecture Scheduled	2.00	17.5	Lecture Scheduled	35.00
Minimum	2.00	Lab Scheduled	0	4	Lab Scheduled	0
		Contact DHR	0		Contact DHR	0
		Contact Total	2.00		Contact Total	35.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 70.00

Total Student Learning Hours: 105.00

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:**

This course covers intermediate-level yoga asanas (postures), pranayamas (breathing practices), meditation and other traditional yoga techniques. Techniques are presented through analytical training and guided practice in how to teach and practice the techniques.

**Prerequisites/Corequisites:**

Course Completion of KINES 70

**Recommended Preparation:**

Eligibility for ENGL 100 or ESL 100

**Limits on Enrollment:****Schedule of Classes Information:**

Description: This course covers intermediate-level yoga asanas (postures), pranayamas (breathing practices), meditation and other traditional yoga techniques. Techniques are presented through analytical training and guided practice in how to teach and practice the techniques. (Grade Only)

Prerequisites/Corequisites: Course Completion of KINES 70

Recommended: Eligibility for ENGL 100 or ESL 100

Limits on Enrollment:

Transfer Credit: CSU;

Repeatability: Two Repeats if Grade was D, F, NC, or NP

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>	Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>	Effective:	Inactive:

<b>IGETC:</b>	<b>Transfer Area</b>	Effective:	Inactive:
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<b>CSU Transfer:</b>	Transferable	Effective:	Fall 2017	Inactive:
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<b>UC Transfer:</b>	Effective:	Inactive:
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**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. Use correct technique in intermediate-level traditional yoga practices including asanas (postures), pranayamas (breathing practices), meditation, and mantra.
2. Demonstrate proficiency in how to teach and practice intermediate-level yoga techniques.

### **Objectives:**

1. Categorize and practice intermediate-level yoga asanas using correct technique.
2. Demonstrate knowledge of physical alignment, anatomical focus, modifications and variations for various intermediate-level yoga asanas and pranayamas.
3. Describe the energetic focus of each asana, pranayama, meditation and mantra practice.
4. Explain the benefits and contraindications of intermediate-level asanas, pranayamas, and meditation techniques.
5. Identify and verbally cue asanas and pranayamas using English and Sanskrit names with correct pronunciation.
6. Analyze students practicing intermediate-level yoga asanas and demonstrate ability to use appropriate verbal cues and physical adjustments based on their physical capability.
7. Create and teach a class sequence for intermediate-level students.

### **Topics and Scope:**

- I. Practicing and teaching intermediate level yoga asanas
  - A. Standing postures
  - B. Balancing postures
  - C. Arm-balancing postures
  - D. Inverted postures
  - E. Backward-bending postures
  - F. Twisting postures
  - G. Forward-bending postures

- H. Sitting postures
- I. Reclining and relaxation postures
- J. Sun salutations
- K. Yin yoga postures
- L. Knowledge, skills, and abilities for teaching intermediate-level yoga asanas
  - 1. Physical alignment
  - 2. Anatomical focus
  - 3. Modifications
  - 4. Variations
  - 5. Energetic focus
  - 6. Benefits
  - 7. Contraindications
  - 8. English and Sanskrit names
  - 9. Verbal cueing
  - 10. Physical adjustments
  - 11. Creating an intermediate level class sequence
  - 12. Teaching an intermediate level class sequence
- II. Practicing and teaching intermediate level pranayama
  - A. Ujjayi pranayama
  - B. Nadi Sodhana pranayama
  - C. Kapalabhati pranayama
  - D. Sitali pranayama
- III. Practicing and teaching meditation techniques
  - A. Chakra meditation
  - B. Metta meditation
  - C. Yoga nidra
- IV. Practicing and teaching mantra
  - A. Gayatri mantra
  - B. Invocation to Ganesha
  - C. Mangala mantra
  - D. Om Mani Padme Hum mantra

### **Assignment:**

1. Read 10-25 pages per week from textbooks and instructor-prepared materials
2. Written assignments based on readings (1-2)
3. Practice journal entries (weekly)
4. Observation reports of on-campus and off-campus yoga classes (1-2)
5. Quizzes (1-2)
6. Exams (1-2)
7. Assisting in demo classes during training (1-2)
8. Teaching an intermediate-level yoga sequence (1)
9. Creating an instructional video
10. 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, journal, observation reports	Writing 10 - 30%
<b>Problem Solving:</b> Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.	
None	Problem solving 0 - 0%
<b>Skill Demonstrations:</b> All skill-based and physical demonstrations used for assessment purposes including skill performance exams.	
Assisting in demo classes during training, teaching an intermediate level yoga sequence, creating an instructional video	Skill Demonstrations 10 - 30%
<b>Exams:</b> All forms of formal testing, other than skill performance exams.	
Quizzes, written exams	Exams 10 - 30%
<b>Other:</b> Includes any assessment tools that do not logically fit into the above categories.	
Attendance, punctuatlity and participation	Other Category 40 - 50%

### Representative Textbooks and Materials:

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

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

Real Happiness The Power of Meditation. Salzberg, Sharon. Workman Publishing. 2010 (classic)

Hatha Yoga Illustrated. Kirk, Martin and Boon, Brooke and DiTuro, Daniel. Human Kinetics. 2005 (classic)

Instructor Prepared materials