

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:**  
This class will introduce intercollegiate athletes to yoga techniques related to sport performance, injury prevention, and mental skills. Using Hatha yoga asanas (postures), students will emphasize sport-specific flexibility, strength, balance, and coordination. Yoga techniques for mind-body connection and centering will include breathing and relaxation methods.

**Prerequisites/Corequisites:**

**Recommended Preparation:**

**Limits on Enrollment:**

**Schedule of Classes Information:**  
Description: This class will introduce intercollegiate athletes to yoga techniques related to sport performance, injury prevention, and mental skills. Using Hatha yoga asanas (postures), students will emphasize sport-specific flexibility, strength, balance, and coordination. Yoga techniques for mind-body connection and centering 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:**

<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:
<b>CSU Transfer:</b>	Transferable	Effective:	Spring 2018	Inactive:	
<b>UC Transfer:</b>	Transferable	Effective:	Spring 2018	Inactive:	

**CID:**

**Certificate/Major Applicable:**

Both Certificate and Major Applicable

## **Approval and Dates**

Version:	01	Course Created/Approved:	3/13/2017
Version Created:	9/23/2016	Course Last Modified:	8/17/2023
Submitter:	Andrea Thomas	Course last full review:	8/14/2023
Version Status:	Approved New Course (First Version)	Prereq Created/Approved:	8/14/2023
Version Status Date:	3/13/2017	Semester Last Taught:	Fall 2022
Version Term Effective:	Spring 2018	Term Inactive:	Fall 2024

## **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 hours per week outside of class on one or more of the following activities:

May include any or all of the following:

1. Written personal yoga goals (1 page)
2. Reflective analysis of personal growth, experience and progress (1-2 per semester)
3. Journal entries (4-10 per semester)
4. Personal sport-specific yoga practice
5. Skill performance examination of proper techniques and beginning level yoga asanas
6. Exams and/or quizzes (1-3)

Repeating students demonstrate an increased level of performance.

### 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.

Personal goals, journal entries, analysis, personal practice

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 performance examination

Skill Demonstrations  
20 - 40%

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

Exams and Quizzes (Multiple choice, True/false, Matching items, Completion)

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:**

Power Yoga for Athletes. Vigue, Sean. Fair Winds Press. 2015  
The Athletes Guide to Yoga. Rountree, Sage. VeloPress. 2008 (classic)

Instructor Prepared Materials

## **OTHER REQUIRED ELEMENTS**

### **STUDENT PREPARATION**

Matric Assessment Required:	X	Exempt From Assessment
Prerequisites-generate description:	NP	No Prerequisite
Advisories-generate description:	NA	No Advisory
Prereq-provisional:	N	NO
Prereq/coreq-registration check:	N	No Prerequisite Rules Exist
Requires instructor signature:	N	Instructor's Signature Not Required

### **BASIC INFORMATION, HOURS/UNITS & REPEATABILITY**

Method of instruction:	04	Laboratory
Area department:	PE	Kinesiology, Athletics, & Dance
Division:	78	Kinesiology, Athletics, & Dance
Special topic course:	N	Not a Special Topic Course
Program status:	1	Both Certificate and Major Applicable
Repeatability:	34	4 Enrollments Total
Repeat group id:		KAD-Eff F2016 Yoga

### **SCHEDULING**

Audit allowed:	N	Not Auditable
Open entry/exit:	N	Not Open Entry/Open Exit
Credit by exam:	N	Credit by examination not allowed
Budget code: Program:	0000	Unrestricted
Budget code: Activity:	6961	Intercollegiate Athletics

### **OTHER CODES**

Discipline:	Physical Education	
Basic skills:	N	Not a Basic Skills Course
Level below transfer:	Y	Not Applicable
CVU/CVC status:	N	Not Distance Ed
Distance Ed Approved:	N	
Emergency Distance Ed Approved:	Y	<a href="#">Fully Online</a> <a href="#">Partially Online</a> <a href="#">Online with flexible in-person activities</a>
Credit for Prior Learning:	N	Agency Exam
	N	CBE
	N	Industry Credentials
	N	Portfolio
Non-credit category:	Y	Not Applicable, Credit Course
Classification:	Y	Liberal Arts and Sciences Courses
SAM classification:	E	Non-Occupational
TOP code:	0835.50	Intercollegiate Athletics
Work-based learning:	N	Does Not Include Work-Based Learning
DSPS course:	N	Not a DSPS Course
In-service:	N	Not an in-Service Course
Lab Tier:	21	Credit Lab - Tier 1