

**KINES 70 Course Outline as of Fall 2017****CATALOG INFORMATION**

Dept and Nbr: KINES 70 Title: YOGA TECHNIQUES I

Full Title: Yoga Techniques, Training, and Practice I

Last Reviewed: 8/14/2023

Units	Course Hours per Week		Nbr of Weeks		Course Hours Total	
Maximum	3.00	Lecture Scheduled	3.00	17.5	Lecture Scheduled	52.50
Minimum	3.00	Lab Scheduled	0	5	Lab Scheduled	0
		Contact DHR	0		Contact DHR	0
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 105.00

Total Student Learning Hours: 157.50

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:**

This course covers beginning-level 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:****Recommended Preparation:**

Eligibility for ENGL 100 or ESL 100

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

Description: This course covers beginning-level 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:

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:
---------------	----------------------	------------	-----------

<b>CSU Transfer:</b>	Transferable	Effective:	Fall 2017	Inactive:
----------------------	--------------	------------	-----------	-----------

<b>UC Transfer:</b>		Effective:		Inactive:
---------------------	--	------------	--	-----------

**CID:**

**Certificate/Major Applicable:**

Not Certificate/Major Applicable

## **COURSE CONTENT**

### **Outcomes and Objectives:**

1. Categorize and practice beginning-level yoga asanas using correct technique.
2. Demonstrate knowledge of physical alignment, anatomical focus, modifications and variations for various beginning 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 beginning-level asanas, pranayamas, and meditation techniques.
5. Identify and verbally cue asanas and pranayamas using English and Sanskrit names with correct pronunciation.
6. Analyze different students practicing beginning-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 beginning-level students.

### **Topics and Scope:**

- I. Foundations of asana practice
  - A. Qualities and definition of yoga asana
    1. Yoga Sutra description
      - a. Ease
      - b. Effort
    2. Asana definition
    3. General guidelines for asana practice
  - B. Applications of yoga asana
    1. Original
    2. Contemporary
  - C. Styles of yoga asana
    1. Influencing styles of Asana
      - a. T. Krishnamacharya
      - b. B.K.S. Iyengar
      - c. K. Pattabhi Jois

d. T.K.V. Desikachar

2. Alignment-based vs. non-alignment based

3. Individual practitioner's lineage

## II. Practicing and teaching beginning 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. Knowledge, skills, and abilities for teaching beginning 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 a beginning-level class sequence

12. Teaching a beginning-level class sequence

## III. Practicing and teaching beginning-level pranayama

A. Introduction to pranayama

1. Pranayama definition

2. General guidelines for practice

3. Guidelines for teaching

B. Beginning-level pranayama

1. Diaphragmatic breathing

2. Sama vritti breathing

3. Durga pranayama (three-part breath)

## IV. Practicing and teaching meditation techniques

A. Introduction to meditation

1. Definition of meditation

2. General guidelines for practice

3. General guidelines for teaching

B. Beginning-level meditation techniques

1. Mindfulness of breathing

2. Guided meditation

3. Mantra meditation

## V. Practicing and teaching mantra

A. Introduction to Sanskrit mantra

1. Definition and purpose

2. General guidelines for practice

3. General guidelines for teaching

B. Beginning-level mantra practices

1. Om

2. Shanti mantra
3. So Ham mantra
4. Kirtan

### Assignment:

1. Read 25-35 pages per week from textbooks and instructor-prepared materials
2. Written assignments based on readings (3-5)
3. Practice journal entries (weekly)
4. Observation reports of on-campus and off-campus yoga classes (2-4)
5. Quizzes (2-3)
6. Exams (1-2)
7. Assisting in demo classes during training (1-2)
8. Teaching a beginning-level yoga sequence (1)
9. Media-based yoga project (1)
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, Weekly journal, Observation reports	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.

Assisting in demo classes, Teaching a beginning sequence	Skill Demonstrations 10 - 30%
--	----------------------------------

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

Quizzes and Exams; Multiple choice, True/false, Essay	Exams 10 - 30%
---	-------------------

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

Participation, punctuality, attendance and weekly reading, media-based yoga project	Other Category 40 - 50%
---	----------------------------

### Representative Textbooks and Materials:

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

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