

CATALOG INFORMATION

Dept and Nbr: KFIT 6

Title: INTRODUCTION TO YOGA

Full Title: Introduction to Yoga

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	3.00	6	Lab Scheduled	52.50
		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: 26.25

Total Student Learning Hours: 78.75

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly:

**Catalog Description:**  
This introductory level class is designed for individuals with no previous yoga experience. Using Hatha yoga asanas (postures), students will practice introductory level 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 introductory level class is designed for individuals with no previous yoga experience. Using Hatha yoga asanas (postures), students will practice introductory level 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: 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:	Spring 2018	Inactive:	
<b>UC Transfer:</b>	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 introductory level Hatha yoga asanas and techniques.
2. Improve flexibility, muscular strength, balance, and coordination.
3. Properly demonstrate 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 introductory level Hatha yoga asanas
3. Integrate proper breathing techniques during yoga asanas.
4. Perform personal introductory level yoga practices based on flexibility, muscular strength, balance, and coordination.
5. Apply yoga techniques and benefits into daily life practices.

### **Topics and Scope:**

#### **I. Yoga Principles**

##### **A. Movement Principles**

1. Rotation
2. Inversion
3. Centering

##### **B. Body Awareness**

1. Alignment
2. Balance
3. Integration

#### **II. Introductory Level Hatha Yoga Asanas**

##### **A. Introductory seated asanas**

1. Easy pose
2. Seated spinal twist
3. Cobbler/Butterfly pose
- B. Introductory floor asanas
  1. Happy Baby/Dead Bug
  2. Corpse (Savasana)
  3. Bridge
- C. Introductory kneeling asanas
  1. Modified plank
  2. Modified side plank
  3. Gate pose
- D. Introductory standing asanas
  1. High lunge
  2. Standing back bend
  3. Warrior I & II
- E. Introductory 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

### 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:

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 introductory level yoga practice
5. Skill performance examination of proper techniques and introductory level yoga asanas
6. Exams and/or quizzes (1 - 3)

### 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
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Writing 10 - 30%
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**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None
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Problem solving 0 - 0%
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**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/or 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:**

Beth Shaw's Yoga Fit. 3rd ed. Shaw, Beth. Human Kinetics. 2016

Yoga for the Joy of It. Kraines, Minda and Sherman, Barbara. Jones and Bartlett Publishers. 2009 (classic)

Instructor Prepared Materials