

**KFIT 25.1 Course Outline as of Fall 2021****CATALOG INFORMATION**

Dept and Nbr: KFIT 25.1 Title: VINYASA FLOW YOGA

Full Title: Vinyasa Flow Yoga

Last Reviewed: 4/13/2020

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:**

Vinyasa flow is a style of yoga where asanas/poses are performed in a sequence and synchronized with the breath. This style of yoga flows smoothly from one pose to the next, creating continuous movement that promotes cardiovascular and muscular conditioning. Flexibility, strength, balance, and coordination are also emphasized. This course covers the history and philosophy of yoga, breathing techniques and meditation.

**Prerequisites/Corequisites:****Recommended Preparation:****Limits on Enrollment:****Schedule of Classes Information:**

Description: Vinyasa flow is a style of yoga where asanas/poses are performed in a sequence and synchronized with the breath. This style of yoga flows smoothly from one pose to the next, creating continuous movement that promotes cardiovascular and muscular conditioning. Flexibility, strength, balance, and coordination are also emphasized. This course covers the

history and philosophy of yoga, breathing techniques and meditation. (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: Fall 2013	Inactive:
<b>UC Transfer:</b>	Transferable	Effective: Fall 2013	Inactive:

**CID:**

**Certificate/Major Applicable:**

Both Certificate and Major Applicable

## **COURSE CONTENT**

**Student Learning Outcomes:**

Upon completion of the course, students will be able to:

1. Perform vinyasa flow sequences integrating proper breathing techniques and body alignment.
2. Design a vinyasa flow sequence to improve cardiovascular endurance, flexibility, muscular strength, balance, and coordination.
3. Apply yoga techniques and benefits into daily life practices.

**Objectives:**

Students will be able to:

1. Demonstrate proper alignment and coordination while performing vinyasa flow sequences.
2. Describe the history and philosophy of yoga.
3. Demonstrate proper breathing techniques for vinyasa flow sequences.
4. Describe and apply types of meditation.

**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. Vinyasa Flow Sequences
  - A. Sun salutations
  - B. Moon salutations
  - C. Creating a sequence
  - D. Breath integration and synchronization
  - E. Progressions and modification for personal level
  - F. Coordination
- III. History and Philosophy of Yoga
  - A. Pantanjali's eight limbs
  - B. Styles and types of yoga
  - C. Origins and evolution
- IV. Pranayama (Breathing) Techniques
  - A. Integration with yoga asanas
  - B. Relaxation and meditation
  - C. Cleansing and clearing
- V. Yoga Practice
  - A. Designing personal practice
  - B. Integrating yoga practice into daily living
  - C. Benefits of yoga
  - D. Using yoga techniques functionally
  - E. Meditation practices
  - F. Mind/body connection

**Assignment:**

Students are expected to spend an additional one and one-half hours per week outside of class completing one or more of the following assignments:

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 vinyasa flow sequence and yoga practice
5. Skill performance examination
6. One to three exam(s) and/or quiz(zes)

**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, personal sequence and 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.

Exam(s) and/or Quiz(zes)

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:**

Yoga Mat Companion 1; Anatomy for Vinyasa Flow and Standing Poses. Long, Ray. Bandha Yoga. 2010 (classic)

Yoga for the Joy of It. Kraines, Minda and Sherman, Barbara. Jones and Bartlett. 2010 (classic)

Instructor Prepared Materials