

**KFIT 6.2 Course Outline as of Fall 2021****CATALOG INFORMATION**

Dept and Nbr: KFIT 6.2 Title: INTERMEDIATE YOGA

Full Title: Intermediate 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:**

This intermediate level class is designed for individuals with previous yoga experience. Using Hatha yoga asanas (postures), students will emphasize intermediate level flexibility, strength, balance, and coordination. Course covers the history of yoga, chakras, meditation, and the eight limbs of yoga.

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

Description: This intermediate level class is designed for individuals with previous yoga experience. Using Hatha yoga asanas (postures), students will emphasize intermediate level flexibility, strength, balance, and coordination. Course covers the history of yoga, chakras, meditation, and the eight limbs of yoga. (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:**

At the conclusion of this course, the student should be able to:

1. Demonstrate intermediate level Hatha yoga asanas and techniques.
2. Create an intermediate level yoga practice designed to improve flexibility, muscular strength, balance, and coordination.
3. Describe the historical origins of yoga and the eight limbs associated with a holistic yoga practice.

### **Objectives:**

At the conclusion of this course, the student should be able to:

1. Apply principles of movement and body awareness into Hatha yoga postures.
2. Demonstrate intermediate level Hatha yoga asanas including floor, seated, kneeling, and standing postures.
3. Describe the history of yoga.
4. Perform a personal intermediate level yoga practice based on flexibility, muscular strength, balance, and coordination.
5. List and describe the seven chakras.
6. Describe and apply types of meditation.
7. List and describe Pantanjali's eight limbs of yoga
8. Apply yoga techniques and benefits into daily life practices.

### **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. Intermediate Level Hatha Yoga Asanas
  - A. Intermediate seated asanas
    - 1. Wide leg forward fold
    - 2. Wide angle one leg forward bend
    - 3. Bound butterfly pose
  - B. Intermediate floor asanas
    - 1. Pigeon
    - 2. Fish pose
    - 3. One leg bridge
    - 4. Dolphin plank
    - 5. Cobra pose
    - 6. Upward plank
    - 7. Side plank
    - 8. Chaturanga (four limbed staff pose)
    - 9. One leg down dog
  - C. Intermediate kneeling asanas
    - 1. Extended puppy pose
    - 2. Intermediate Gate pose
    - 3. Low lunge
    - 4. Modified camel pose
  - D. Intermediate standing asanas
    - 1. Side angle
    - 2. Pyramid/Nose to knee
    - 3. Triangle
    - 4. Chair pose
  - E. Intermediate balance poses
    - 1. Garland pose/squat
    - 2. Hand to big toe
    - 3. One leg chair pose/standing pigeon
    - 4. Half Moon
    - 5. Dancer
    - 6. Warrior III
  - F. Modifications
- III. Pranayama (breathing) Techniques
  - A. Integration with yoga asanas
  - B. Relaxation and meditation
  - C. Cleansing and clearing
- IV. Yoga Practice
  - A. Designing an intermediate personal practice
  - B. Integrating yoga practice into daily living
  - C. Benefits of yoga
  - D. Using yoga techniques functionally
  - E. Meditation practices
- V. Chakras
  - A. Base or root (1st chakra)
  - B. Hips (2nd chakra)
  - C. Solar plexus or naval (3rd chakra)

- D. Heart (4th chakra)
- E. Throat (5th chakra)
- F. Third eye (6th chakra)
- G. Crown (7th chakra)
- VI. History and Philosophy of Yoga
- VII. Patanjali's Eight Limbs of Yoga
  - A. Yamas (limb one)
  - B. Niyamas (limb two)
  - C. Asanas (limb three)
  - D. Pranayama (limb four)
  - E. Pratyahara (limb five)
  - F. Dharana (limb six)
  - G. Dhyana (limb seven)
  - H. Samadhi (limb eight)
- VIII. Styles and Types of Yoga

### 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 intermediate level yoga practice
5. Skill performance examination of proper techniques and intermediate level yoga asanas
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, 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.

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
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Other Category 40 - 60%
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**Representative Textbooks and Materials:**

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

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

Instructor Prepared Materials