

**KINES 73 Course Outline as of Summer 2022****CATALOG INFORMATION**

Dept and Nbr: KINES 73 Title: ANAT &amp; PHYSIO FOR YOGA

Full Title: Anatomy and Physiology for Yoga Teachers

Last Reviewed: 3/28/2017

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.00	Lecture Scheduled	1.00	17.5	Lecture Scheduled	17.50
Minimum	1.00	Lab Scheduled	0	4	Lab Scheduled	0
		Contact DHR	0		Contact DHR	0
		Contact Total	1.00		Contact Total	17.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 35.00

Total Student Learning Hours: 52.50

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 principles of human anatomy, physiology and energy anatomy as they relate to yoga practices.

**Prerequisites/Corequisites:****Recommended Preparation:**

Eligibility for ENGL 100 or ESL 100

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

Description: This course covers principles of human anatomy, physiology and energy anatomy as they relate to yoga practices. (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:**

Certificate Applicable Course

## **COURSE CONTENT**

### **Student Learning Outcomes:**

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

1. Apply concepts of yoga anatomy, physiology, and energy anatomy to a yoga practice.

### **Objectives:**

1. Identify basic human anatomy and body movement terminology.
2. Describe the therapeutic physiological benefits of yoga practices.
3. Explain the chakra energy system of the body and how it relates to the physical and spiritual practices of yoga.
4. Analyze breath anatomy and how it relates to yoga pranayama (breathing) exercises.

### **Topics and Scope:**

#### I. Anatomy

- A. Anatomical directional terminology
- B. Planes of motion
- C. Types of joints
- D. General movement terms
- E. Skeleton
- F. Ligaments, muscles, and tendons
- G. Biomechanics

#### II. Physiology

- A. Physical fitness components
- B. Adaptions in anatomy and physiology in response to yoga training
- C. Therapeutic benefits of yoga

#### III. The chakra system

#### IV. The kosha model

#### V. Dynamics of breathing

### **Assignment:**

1. Read 10-25 pages per week from textbooks and instructor-prepared materials

2. Written assignments (1-2)
3. Quizzes (1-2)
4. Exams (1-2)
5. Practical demonstrations (1-2)
6. 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	Writing 10 - 20%
---------------------	---------------------

**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.

Practical demonstrations	Skill Demonstrations 20 - 30%
--------------------------	----------------------------------

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

quizzes, written exams	Exams 20 - 30%
------------------------	-------------------

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

Attendance, punctuality and participation	Other Category 40 - 50%
---	----------------------------

**Representative Textbooks and Materials:**

- Yoga Anatomy. 2nd ed. Kaminoff, Leslie and Matthews, Amy. Human Kinetics. 2011 (classic)
- Wheels of Life: A User's Guide to the Chakra System. Judith, Anodea. Llewellyn Publications. 1987 (classic)
- Instructor Prepared materials