

**KFIT 6 Course Outline as of Fall 2024****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 students with no previous yoga experience. Students will use Hatha yoga asanas (postures) to practice introductory level flexibility, strength, balance, and coordination. Students will use yoga techniques including breath and relaxation methods for mind-body connection and centering.

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

Description: This introductory level class is designed for students with no previous yoga experience. Students will use Hatha yoga asanas (postures) to practice introductory level flexibility, strength, balance, and coordination. Students will use yoga techniques including breath and relaxation methods for mind-body connection and centering. (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:

Writing Assignments, such as:

1. Journal entries
2. Written personal yoga goals (1 page)
3. Reading assignment responses
4. Written discussion of reading assignments
5. Reflective analysis of personal growth, experience, and progress (1-2 per semester)

Skill Demonstrations Assignments, such as:

1. Personal yoga and/or meditation practice
2. Skill performance examination of proper techniques and beginning level yoga asanas
3. Repeating students demonstrate an increased level of performance.

Exam Assignments, such as:

1. Midterm and Final exams
2. Quizzes

Other Methods of Evaluation:

1. Attendance
2. Participation

### **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.

Writing assignments

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 demonstrations assignments

Skill Demonstrations  
20 - 40%

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

Exam assignments

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 for Every Body: A beginner's guide to the practice of yoga postures, breathing exercises and meditation. Ray, Luisa and Sutherland, Angus. Vital Life Books. 2022.

Instructor Prepared Materials