

**KFIT 26.1 Course Outline as of Fall 2021****CATALOG INFORMATION**

Dept and Nbr: KFIT 26.1 Title: GENTLE YOGA

Full Title: Gentle 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:**

Gentle yoga is based on hatha style yoga yet is less strenuous than other forms. This class benefits students that may have physical challenges, limited flexibility or those looking for a more relaxed, stress reducing yoga experience. The course progresses at a slower pace and focuses on stretching all areas of the body, while releasing stress and tension from joints and muscles. Yoga techniques for stress reduction, including breathing, meditation, and relaxation methods will be emphasized.

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

Description: Gentle yoga is based on hatha style yoga yet is less strenuous than other forms. This class benefits students that may have physical challenges, limited flexibility or those looking for a more relaxed, stress reducing yoga experience. The course progresses at a slower pace and

focuses on stretching all areas of the body, while releasing stress and tension from joints and muscles. Yoga techniques for stress reduction, including breathing, meditation, and relaxation methods will be emphasized. (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. Perform gentle yoga asanas based on individual flexibility and physical challenges.
2. Design a gentle yoga practice designed to improve flexibility, reduce muscle tension and stress.
3. Apply gentle yoga and stress management techniques and benefits into daily life practices.

**Objectives:**

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

1. Apply principles of movement and body awareness during gentle yoga postures.
2. Demonstrate gentle yoga asanas including floor, seated, kneeling, and standing postures.
3. Integrate proper breathing techniques during yoga asanas.
4. Describe meditation, breathing and relaxation methods.

**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. Gentle Yoga
- A. Modifications and progressions
  - B. Poses for backpain
  - C. Using props
- III. Pranayama (Breathing) Techniques
- A. Integration with yoga asanas
  - B. Types of breathing
  - C. Benefits of breathing techniques
- IV. Types of Meditation
- A. Visualization
  - B. Concentration
  - C. Mantra
  - D. Stream of consciousness
- V. Stress Reduction Techniques
- VI. Personal Gentle Yoga Practice
- A. Designing a gentle yoga personal practice based on level and physical challenges
  - B. Integrating yoga and meditation practice into daily living
  - C. Benefits of gentle yoga and relaxation methods
  - D. Using yoga techniques functionally

**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 gentle yoga practice
5. Skill performance examination of proper techniques and gentle 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

Other Category  
40 - 60%

**Representative Textbooks and Materials:**

Yoga for Pain Relief: Simple Practices to Calm Your Mind and Heal Your Chronic Pain.

McGonigal, Kelly. New Harbinger Publications. 2009 (classic)

The American Yoga Association's Easy Does It Yoga: The Safe and Gentle Way to Health and Well-Being. Christensen, Alice. Atria Books. 1999 (classic)

Instructor prepared materials