

CATALOG INFORMATION

Dept and Nbr: KINES 72

Title: YOGA TEACHING METHOD

Full Title: Yoga Teaching Methodology

Last Reviewed: 8/28/2023

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 yoga teaching methods and styles, effective class management, communication skills, and addresses multi-level needs and special populations within a group setting.

**Prerequisites/Corequisites:**

**Recommended Preparation:**  
Eligibility for ENGL 100 or ESL 100

**Limits on Enrollment:**

**Schedule of Classes Information:**  
Description: This course covers yoga teaching methods and styles, effective class management, communication skills, and addresses multi-level needs and special populations within a group setting. (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. Identify personal teaching style and effective instruction techniques for various learning styles and participant levels.
2. Analyze the business aspects of the yoga profession and its relationship to building a successful career in the field.

### **Objectives:**

1. Identify effective communication skills and class management techniques for yoga instruction.
2. Demonstrate effective class organization techniques and time management.
3. Assess specific needs of individuals and special populations and apply modifications and variations in yoga poses. and sequences to address multi-levels and variable physical capabilities.
4. Describe the types of teaching and learning styles.
5. Identify effective demonstration, assisting, and correcting techniques.
6. Analyze the qualities of an effective teacher.
7. Describe the business aspects of yoga instruction.

### **Topics and Scope:**

- I. Communication skills
- II. Class environment management and organization
  - A. Class etiquette
  - B. Time management
- III. Multi-Level participants
  - A. Modifications, regressions, and progressions of postures and sequences
  - B. Effective demonstration, assisting, cueing, corrections, and feedback
  - C. Addressing special needs, injuries, and/or physical limitations
- IV. Qualities of a yoga teacher
- V. Teaching styles

- VI. Learning styles
- VII. Business aspects of yoga instruction
  - A. Yoga profession
  - B. Marketing
  - C. Teaching settings
  - D. Continuing education
  - E. Insurance and liability
  - F. CPR/AED and first aid certification
  - F. Regulation of the profession
  - G. Resources for yoga teachers

**Assignment:**

1. Read 10-20 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 (1-3)
6. Marketing project
7. 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, marketing project

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.

Practical demonstrations

Skill Demonstrations  
10 - 30%

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

Quizzes, written exams

Exams  
10 - 30%

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

Attendance, punctuatlity and participation

Other Category  
40 - 50%

**Representative Textbooks and Materials:**

Instructing Hatha Yoga. 2nd ed. Ambrosini, Diane. Human Kinetics. 2016

Teaching Yoga. Stephens, Mark and Hemingway, Mariel. North Atlantic Books. 2010 (classic)

Instructor Prepared materials