

CATALOG INFORMATION

Dept and Nbr: KFIT 6.3

Title: ADVANCED YOGA

Full Title: Advanced Yoga

Last Reviewed: 8/28/2023

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:**  
Students will use Hatha Yoga asanas (postures) to emphasize advanced 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: Students will use Hatha Yoga asanas (postures) to emphasize advanced 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:
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<b>CSU Transfer:</b>	Transferable	Effective:	Spring 2018	Inactive:
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<b>UC Transfer:</b>	Transferable	Effective:	Spring 2018	Inactive:
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**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 an understanding of and ability to perform advanced level asanas (postures) and yoga techniques.
2. Create an advanced level Yoga practice designed to improve flexibility, muscular strength, balance, and coordination.
3. Describe relaxation, breathing and centering methods used in Yoga.

### **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 advanced level Hatha yoga asanas including floor, seated, kneeling, and standing postures.
3. Demonstrate an understanding of breath integration with yoga asanas.
4. Perform a personal advanced level Yoga practice 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. Flexion
2. Extension/elongation
3. Lateral flexion/extension
4. Rotation
5. Inversion
6. Centering

##### **B. Body awareness**

1. Alignment

- 2. Balance
- 3. Integration
- II. Hatha Yoga Advanced Level Asanas
  - A. Advanced seated asanas
    - 1. Cow face
    - 2. Hero pose
    - 3. Revolved head to knee pose
  - B. Advanced floor asanas
    - 1. Chatarunga (Four Limbed Staff pose)
    - 2. Dolphin
    - 3. Bow
    - 4. Downward Facing Dog
    - 5. One Leg Down Dog
  - C. Advanced kneeling asanas
    - 1. Camel
    - 2. Twisted lunge
  - D. Advanced standing asanas
    - 1. Revolved side angle
    - 2. Standing split
    - 3. Revolved triangle
    - 4. Chair
  - E. Advanced balance poses
    - 1. Warrior III
    - 2. Dancer
    - 3. Half moon
  - F. Modifications
- III. Pranayama (Breathing) Techniques
  - A. Breath integration with yoga asanas
  - B. Breath for relaxation/meditation
  - C. Breath for cleansing/clearing
- IV. Yoga Practice
  - A. Designing an advanced personal practice
  - B. Integrating yoga practice into daily living
  - C. Benefits of Yoga
  - D. Using Yoga techniques functionally
  - E. Meditation practices
- V. Chakras
- VI. History and Philosophy of Yoga
- VII. Patanjali's Eight Limbs of Yoga
- VIII. Styles and Types of Yoga

### **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 Demonstration 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  
5 - 15%

**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 demonstration 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:

Beth Shaw's Yoga Fit. 3rd ed. Shaw, Beth. Human Kinetics. 2015 (classic).  
Instructor Prepared Materials