

**KINES 71 Course Outline as of Fall 2024****CATALOG INFORMATION**

Dept and Nbr: KINES 71 Title: YOGA TECHNIQUES II

Full Title: Yoga Techniques, Training, and Practice II

Last Reviewed: 8/28/2023

Units	Course Hours per Week		Nbr of Weeks		Course Hours Total	
Maximum	2.00	Lecture Scheduled	2.00	17.5	Lecture Scheduled	35.00
Minimum	2.00	Lab Scheduled	0	4	Lab Scheduled	0
		Contact DHR	0		Contact DHR	0
		Contact Total	2.00		Contact Total	35.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 70.00

Total Student Learning Hours: 105.00

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:**

Students will learn intermediate-level yoga asanas (postures), pranayamas (breathing practices), meditation, and other traditional yoga techniques. Techniques are presented through analytical training and guided practice in how to teach and practice the techniques.

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

Description: Students will learn intermediate-level yoga asanas (postures), pranayamas (breathing practices), meditation, and other traditional yoga techniques. Techniques are presented through analytical training and guided practice in how to teach and practice the techniques. (Grade Only)

Prerequisites/Corequisites:

Recommended:

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. Use correct technique in intermediate-level traditional yoga practices including asanas (postures), pranayamas (breathing practices), meditation, and mantra.
2. Demonstrate proficiency in how to teach and practice intermediate-level yoga techniques.

### **Objectives:**

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

1. Categorize and practice intermediate-level yoga asanas using correct technique.
2. Demonstrate knowledge of physical alignment, anatomical focus, modifications, and variations for various intermediate-level yoga asanas and pranayamas.
3. Describe the energetic focus of each asana, pranayama, meditation, and mantra practice.
4. Explain the chakras, koshas, and other subtle body concepts and how they relate to the physical and spiritual practices of yoga.
5. Explain the benefits and contraindications of intermediate-level asanas, pranayamas, and meditation techniques.
6. Identify and verbally cue asanas and pranayamas using English and Sanskrit names with correct pronunciation.
7. Analyze students practicing intermediate-level yoga asanas and demonstrate ability to use appropriate verbal cues and physical adjustments based on their physical capability.
8. Create and teach a class sequence for intermediate-level students.

### **Topics and Scope:**

- I. Practicing and Teaching Intermediate Level Yoga Asanas
  - A. Intermediate level asanas
    1. Garudasana (Eagle pose)
    2. Parighasana (Gate pose)
    3. Utthan Pristhasana (Lizard pose)

4. Matsayasana (Fish pose)
  5. Parshovottanasana (Pyramid or intense side stretch)
  6. Utthita parshvakonasana (Extended side angle)
  7. Parivrtta parshvakonasana (Revolved side angle)
  8. Purvottanasana (Reverse plank)
  9. Gomukhasana (Cow face or shoelace pose)
  10. Supta virasana (Reclined hero pose)
  11. Tolasana (Scale pose)
  12. Camatkarasana (Wild thing)
  13. Agnistambhasana (Fire log or double pigeon)
  14. Kakasana (Crow pose)
  15. Bakasana (Crane pose)
  16. Adho Muka Vrksahasana (Downward facing tree or yogi handstand pose)
  17. Salamba Matsayasana (Supported fish/Fish pose)
  18. Ustrasana (Camel pose)
  19. Danurasana (Bow pose)
  20. Urdhva Danurasana (Wheel)
  21. Paschimottasana (Seated forward fold)
  22. Upavista Konasana (Seated wide-legged forward fold)
  23. Hanumanasana (Monkey or split pose)
  24. Padmasana (Lotus pose)
  25. Salamba bhugasana (Sphinx pose)
  26. Chaturanga dandasana (Four limbs staff pose or low push-up)
  27. Urdhva mukha shvasana (Upward facing dog pose)
- B. Knowledge, skills, and abilities for teaching intermediate-level yoga asanas
1. Physical alignment
  2. Anatomical focus
  3. Modifications
  4. Variations
  5. Energetic focus
  6. Benefits
  7. Contraindications
  8. English and Sanskrit names
  9. Verbal cueing
  10. Physical adjustments
  11. Creating an intermediate level class sequence
  12. Teaching an intermediate level class sequence
- II. Practicing and Teaching Intermediate Level Pranayama
- A. Ujjayi pranayama
  - B. Nadi sodhana pranayama
  - C. Kapalabhati pranayama
  - D. Sitali pranayama
- III. Practicing and Teaching Meditation Techniques
- A. Chakra meditation
  - B. Metta meditation
  - C. Yoga nidra
- IV. Practicing and Teaching Mantra
- A. Gayatri mantra
  - B. Invocation to Ganesha
  - C. Mangala mantra
  - D. Om Mani Padme Hum mantra
- V. The Subtle and Energy Body

- A. Koshas
- B. Kleshas
- C. Chakras
- D. Bandhas
- E. Nadis
- F. Prana vayus

**Assignment:**

1. Read from textbooks and instructor-prepared materials (10-25 pages per week)
2. Written assignments based on readings
3. Practice journal entries (weekly)
4. Observation reports of on-campus and off-campus yoga classes
5. Quizzes
6. Exams
7. Assisting in demo classes during training
8. Teaching an intermediate-level yoga sequence
9. Creating an instructional video
10. 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; journal; observation reports	Writing 10 - 30%
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**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None	Problem solving 0 - 0%
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**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Assisting in demo classes during training; teaching an intermediate level yoga sequence; creating an instructional video	Skill Demonstrations 10 - 30%
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**Exams:** All forms of formal testing, other than skill performance exams.

Quizzes; exams	Exams 10 - 30%
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**Other:** Includes any assessment tools that do not logically fit into the above categories.

Attendance, punctuality, and participation	Other Category 40 - 50%
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**Representative Textbooks and Materials:**

The Professional Yoga Teacher's Handbook. Roundtree, Sage. The Experiment. 2020.

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

Yoga Sequencing: Designing Transformative Yoga Classes. Stephens, Mark. North Atlantic Books. 2012 (classic).

Real Happiness The Power of Meditation. Salzberg, Sharon. Workman Publishing. 2010 (classic).

Hatha Yoga Illustrated. Kirk, Martin and Boon, Brooke and DiTuro, Daniel. Human Kinetics. 2005 (classic).

Instructor prepared materials