KIN 73 Course Outline as of Summer 2025

CATALOG INFORMATION

Dept and Nbr: KIN 73 Title: ANAT & PHYSIO FOR YOGA
Full Title: Anatomy and Physiology for Yoga Teachers
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:	KINES 73

Catalog Description:
Students will learn the principles of human anatomy, physiology, and biomechanics as they relate to yoga practices.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:
Description: Students will learn the principles of human anatomy, physiology, and biomechanics as they relate to yoga practices. (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:

AS Degree:	**Area**	Effective:	Inactive:
CSU GE:	**Transfer Area**	Effective:	Inactive:
IGETC:	**Transfer Area**	Effective:	Inactive:

CSU Transfer:	Transferable	Effective:	Fall 2017	Inactive:
UC Transfer:		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. Apply concepts of yoga anatomy, physiology, and biomechanics to a yoga practice.

Objectives:
At the conclusion of this course, the student should be able to:
1. Identify basic human anatomy and body movement terminology.
2. Describe evidence-based physiological benefits of yoga practices.
3. Analyze breath anatomy and how it relates to yoga pranayama (breathing) exercises.
4. Analyze the physiology of the nervous system and stress response related to yoga mind-body practices.
5. Apply biomechanics principles to address common misalignments and effective joint stabilization and mobility, safe movement, balanced practices, and adaptations.

Topics and Scope:

I. Fundamentals of Anatomical Movement and Positions
   A. Anatomical directional and positional terminology
   B. Planes of motion
   C. Movements of the spine
   D. Types of joints
   E. General movement terms
II. The Musculoskeletal System
   A. Skeleton
   B. Types of joints
   C. Articular structure
   D. Muscles of the body, their action, and types of muscle contractions
   E. Attachments
   F. Muscle agonist, antagonist, and synergist in yoga movements
   G. Ligaments, tendons, and fascia
   H. Types of stretching
   I. Muscles involved in respiration

J. Common yoga injuries

III. Physiology of Yoga
- A. Scientific research
- B. Common injuries
- C. Injury prevention
- D. Adaptions in anatomy and physiology in response to yoga training
- E. Evidence-based physical and mental benefits of yoga
- F. Yoga for special populations/conditions (e.g. athletes, veterans, pregnancy, trauma-informed, kids, and seniors)

IV. Dynamics of Breathing

V. Biomechanics Principles
- A. Joint stability and mobility
- B. Safe movement
- C. Addressing common misalignments
- D. Balancing practices
- E. Adaptations

VI. The Nervous System
- A. Central nervous system
- B. Peripheral nervous system
- C. Vagus nerve
- D. Golgi tendon organs (GTOs) and muscle spindles

VII. Using Anatomy and Physiology for Yoga Instruction
- A. Theme-based classes
- B. Special populations
- C. Balancing planes of motion, movements of spine, muscles engaged and stretched
- D. Creating safe and effective practices
- E. Providing multi-level options with modfications, and progressions for deepening
- F. Properly warming up
- G. Protecting the joints, spinal discs, and common yoga injuries
- H. Addressing tight areas and injuries
- I. Common spinal conditions and cautions
- J. Sequences focused on therapeutic practices or specific conditions

Assignment:

1. Read from textbooks and instructor-prepared materials (10-25 pages per week)
2. Written yoga evidence-based scientific research assignment
3. Asana analysis
4. Quizzes and exams
5. Practical skill demonstrations
6. 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.

Research assignment; asana analysis	Writing 10 - 20%

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 skill demonstrations	Skill Demonstrations 10 - 30%

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

Quizzes and exams	Exams 20 - 30%

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

Attendance, punctuality, and participation	Other Category 40 - 50%

Representative Textbooks and Materials:
Yoga Anatomy 3rd ed. Kaminoff and Matthews. Human Kinetics, 2021.
Harvard Medical School Guide to Yoga, Wei. Publisher: Da Capo, 2017 (classic).
Instructor prepared materials