#### KFIT 6.1 Course Outline as of Fall 2012

### **CATALOG INFORMATION**

Dept and Nbr: KFIT 6.1 Title: YOGA Full Title: Yoga Last Reviewed: 4/13/2020

Units		Course Hours per Week	ľ	Nbr of Weeks	<b>Course Hours Total</b>	
Maximum	2.00	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.00	Lab Scheduled	4.00	3	Lab Scheduled	70.00
		Contact DHR	0		Contact DHR	0
		Contact Total	4.00		Contact Total	70.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 0.00

Total Student Learning Hours: 70.00

Title 5 Category:	AA Degree Applicable
Grading:	Grade or P/NP
Repeatability:	34 - 4 Enrollments Total
Also Listed As:	
Formerly:	PHYED 35

#### **Catalog Description:**

This course, using Hatha Yoga asanas (postures), will emphasize flexibility, strength, balance, and coordination. Yoga techniques for mind-body connection and centering will include breathing methods and relaxation methods.

**Prerequisites/Corequisites:** 

**Recommended Preparation:** 

**Limits on Enrollment:** 

#### **Schedule of Classes Information:**

Description: This course, using Hatha Yoga asanas (postures), will emphasize flexibility, strength, balance, and coordination. Yoga techniques for mind-body connection and centering will include breathing methods and relaxation methods. (Grade or P/NP) Prerequisites/Corequisites: Recommended: Limits on Enrollment:

# **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

AS Degree: CSU GE:	Area Transfer Area	I.		Effective: Effective:	Inactive: Inactive:
<b>IGETC:</b>	Transfer Area	L		Effective:	Inactive:
CSU Transfer	:Transferable	Effective:	Spring 2005	Inactive:	
UC Transfer:	Transferable	Effective:	Spring 2005	Inactive:	

#### CID:

#### **Certificate/Major Applicable:**

Both Certificate and Major Applicable

## **COURSE CONTENT**

#### **Outcomes and Objectives:**

Upon completion of the course, the student will be able to:

- 1. Apply principles of movement and body awareness into Hatha yoga postures
- 2. Demonstrate basic Hatha yoga asanas including floor, seated, kneeling, and standing postures.
- 3. Demonstrate an understanding of breath integration with yoga asanas.

4. Perform a personal Yoga practice based on flexibility, muscular strength, balance, and coordination.

5. Apply Yoga techniques and benefits into daily life practices.

6. Repeating students must demonstrate increased depth and breadth of related skills, with new learning objectives.

#### **Topics and Scope:**

- I. Yoga Principles
  - A. Movement Principals
    - 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 fundamentals
  - A. Asanas
    - 1. Seated asanas
    - 2. Floor asanas
    - 3. Kneeling

- 4. Standing asanas
- 5. Resting/Restoration
- 6. Modifications
- B. Pranayama (breathing) techniques
  - 1. Breath integration with yoga asanas
  - 2. Breath for relaxation/meditation
  - 3. Breath for cleansing/clearing

#### III. Yoga practice

- A. Designing a personal practice
- B. Integrating yoga practice into daily living
- C. Experiencing Yoga benefits
- D. Using Yoga techniques functionally
- E. Meditation practices

IV. Repeating students must demonstrate increased depth and breadth of related skills, with new learning objectives.

#### Assignment:

May include any or all of the following:

- 1. Written assessment of personal growth and experience in yoga class, includes analysis of asanas/postures.
- 2. Reflective journal.
- 3. Practice and demonstration of yoga asanas/postures
- 4. 1 to 3 quizzes.
- 5. Design of personal yoga practice.

6. Repeating students must demonstrate increased depth and breadth of related skills, with new learning objectives.

#### 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 assessment, journal

**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None

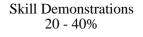
**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Class performances,	Performance exams,	Demonstration	of
asana			

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

Writing 5 - 10%
Problem solving

0 - 0%



Com	pletion.	Essav/	'short	answer,	Ouizzes
Com	protion,	Lobuy	Short	unswer,	Zaizzes

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

Attendance and participation

# **Representative Textbooks and Materials:** Instructor prepared materials

Ez	xams
10	- 30%

Other Category 40 - 60%