

CATALOG INFORMATION

Dept and Nbr: KINES 74 Title: YOGA PHIL LIFE ETHICS
Full Title: Yoga Philosophy, Lifestyle, and Ethics
Last Reviewed: 8/28/2023

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.50	Lecture Scheduled	1.50	17.5	Lecture Scheduled	26.25
Minimum	1.50	Lab Scheduled	0	5	Lab Scheduled	0
		Contact DHR	0		Contact DHR	0
		Contact Total	1.50		Contact Total	26.25
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 52.50

Total Student Learning Hours: 78.75

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 introduces students to yoga philosophies and traditional texts, the history of yoga, yoga lifestyle, yoga’s relationship with Ayurveda, and ethics for yoga practitioners and teachers, such as those involving teacher–student relationships and community.

Prerequisites/Corequisites:

Recommended Preparation:
Eligibility for ENGL 100 or ESL 100

Limits on Enrollment:

Schedule of Classes Information:
Description: This course introduces students to yoga philosophies and traditional texts, the history of yoga, yoga lifestyle, yoga’s relationship with Ayurveda, and ethics for yoga practitioners and teachers, such as those involving teacher–student relationships and community. (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:

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:

Not Certificate/Major Applicable

COURSE CONTENT

Outcomes and Objectives:

1. Describe the main historical events and influences of yoga from origins to the present.
2. Differentiate between the types of yoga.
3. Identify and analyze yoga's philosophical systems.
4. Demonstrate and apply the yamas, niyamas, and teaching-specific ethical principles.
5. Describe fundamental Ayurvedic concepts and practices.
6. Analyze yoga lifestyle guidelines as they relate to one's own life.

Topics and Scope:

I. History of Yoga - Origins and Influences

- A. Evolution of yoga in India
- B. Expansion to the West
- C. Modern yoga in America
- D. Major influential yoga teachers

II. Types of Yoga

- A. Karma yoga
- B. Bhakti yoga
- C. Jnana yoga
- D. Raja yoga
- E. Hatha yoga
 1. Krishnamacharya lineage
 - a. Iyengar yoga
 - b. Ashtanga Vinyasa yoga
 - c. Viniyoga
 - d. Indra Devi
 2. Power Yoga
 3. Slow Flow yoga
 4. Yin yoga

- 5. Restorative yoga
- III. Yoga Philosophy
 - A. Ancient texts
 - B. Dualistic, non-dualistic, and tantric yoga philosophies
 - C. The Yoga Sutras
 - D. The eight-limbed path
 - E. Religion vs yoga
- IV. Yoga Ethics
 - A. Yamas
 - B. Niyamas
 - C. Ethics for teachers
 - D. Teacher-student relationships
 - E. Setting boundaries
 - F. Common ethical challenges in teaching
 - G. Being part of a yoga community
- V. Ayurveda
 - A. Overview of ayurveda
 - B. Ayurveda's relationship to yoga
 - C. Ayurvedic doshas
 - D. Ayurvedic nutrition
 - E. Ayurvedic daily routine (dinacharya)
- VI. Yoga Lifestyle
 - A. Creating a personal practice
 - 1. Asana
 - 2. Meditation
 - B. Self-care for teachers
 - C. Nutrition and other ingested substances
 - D. Relationship with nature and the environment
 - E. Self-knowledge and self-development
 - F. Spiritual and devotional practices
 - G. Seva

Assignment:

1. Reading (10-20 pages weekly) textbooks and instructor prepared materials
2. Written assignments (journals, short papers) based on reading (1-2)
3. Oral presentations (1)
4. Quizzes (1-2)
5. Exam (1)
6. Create and teach a presentation and class theme related to yoga philosophy, ethics, or lifestyle
7. Service project
8. Attendance, participation and punctuality at every class meeting

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, journals

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.

Designing and teaching a theme, oral presentations

Skill Demonstrations
10 - 30%

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

Quizzes, written exam

Exams
10 - 30%

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

Participation, punctuality, service project, attendance and weekly reading

Other Category
40 - 50%

Representative Textbooks and Materials:

The Yoga Sutras of Patanjali. Reprint ed. Satchidananda, Sri Swami. Integral Yoga Publications. 2012 (classic)

The Yamas and Niyamas. Adele, Adele. On-Word Bound Books. 2009 (classic)

Bringing Yoga to Life. Farhi, Donna. HarperCollins. 2005 (classic)

The Heart of Yoga. Revised ed. Desikachar, T.K.V. Inner Traditions. 1999 (classic)

Instructor prepared materials