

**KFIT 6.1 Course Outline as of Fall 2021****CATALOG INFORMATION**

Dept and Nbr: KFIT 6.1 Title: BEGINNING YOGA

Full Title: Beginning Yoga

Last Reviewed: 4/13/2020

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: PHYED 35

**Catalog Description:**

This beginning level class is designed for individuals with no previous yoga experience, Using Hatha yoga asanas (postures), students will emphasize beginning level flexibility, strength, balance, and coordination. Yoga techniques for mind-body connection and centering will include breathing and relaxation methods.

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

Description: This beginning level class is designed for individuals with no previous yoga experience, Using Hatha yoga asanas (postures), students will emphasize beginning level flexibility, strength, balance, and coordination. Yoga techniques for mind-body connection and centering will include breathing and relaxation methods. (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 2005	Inactive:
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<b>UC Transfer:</b>	Transferable	Effective:	Spring 2005	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 beginning level Hatha yoga asanas and techniques.
2. Create a beginning level yoga practice designed to improve flexibility, muscular strength, balance, and coordination.
3. Describe beginning relaxation, breathing and centering yoga methods.

### **Objectives:**

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

1. Apply principles of movement and body awareness during Hatha yoga postures.
2. Demonstrate beginning level Hatha yoga asanas including floor, seated, kneeling, and standing postures.
3. Integrate proper breathing techniques during yoga asanas.
4. Design and perform personal beginning level yoga practices 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. Sagittal flexion, extension, and elongation
2. Lateral flexion, extension, and elongation
3. Rotation
4. Inversion
5. Centering

##### **B. Body Awareness**

1. Alignment

- 2. Balance
- 3. Integration
- II. Beginning Level Hatha Yoga Asanas
  - A. Beginning seated asanas
    - 1. Easy pose
    - 2. Seated spinal twist
    - 3. Cobbler/Butterfly Pose
    - 4. Head to knee forward bend
    - 5. Seated forward fold
    - 6. Staff pose
  - B. Beginning floor asanas
    - 1. Happy Baby/Dead Bug
    - 2. Corpse (Savasana)
    - 3. Bridge
    - 4. Legs up the wall
    - 5. Sphinx
    - 6. Reclining hand to big toe
    - 7. Downward facing dog
  - C. Beginning kneeling asanas
    - 1. Modified plank
    - 2. Modified side plank
    - 3. Gate Pose
    - 4. Cat-Cow
    - 5. Low lunge (knee down)
    - 6. Child's pose
    - 7. Kneeling back bend
  - D. Beginning standing asanas
    - 1. High lunge
    - 2. Standing back bend
    - 3. Warrior I & II
    - 4. Standing forward fold
    - 5. Mountain
  - E. Beginning balance asanas
    - 1. Tree pose
    - 2. One leg chair pose
  - F. Modifications
- III. Pranayama (Breathing) Techniques
  - A. Integration with yoga asanas
  - B. Relaxation and meditation
  - C. Cleansing and clearing
- IV. Yoga Practice
  - A. Designing a beginning level personal practice
  - B. Integrating yoga practice into daily living
  - C. Benefits of yoga
  - D. Using yoga techniques functionally
  - E. Meditation practices

**Assignment:**

Students are expected to spend an additional one and one-half hours per week outside of class completing one or more of the following assignments:

1. Written personal yoga goals (1 page)
2. Reflective analysis of personal growth, experience and progress (1-2 per semester)
3. Journal entries (4-10 per semester)
4. Personal beginning level yoga practice
5. Skill performance examination of proper techniques and beginning level yoga asanas.
6. One to three exam(s) and/or quiz(zes)

### 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.

Personal goals, journal entries, analysis, personal practice

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.

Skill performance examination

Skill Demonstrations  
20 - 40%

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

Exam(s) and/or Quiz(zes)

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:

Yoga for the Joy of It. Kraines, Minda and Sherman, Barbara. Jones and Bartlett Publishers. 2009 (classic)

Beth Shaw's Yoga Fit. 3rd ed. Shaw, Beth. Human Kinetics. 2016 (classic)

Instructor Prepared Materials