

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	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 examine yoga philosophies and traditional texts, the history of yoga, yoga lifestyle, yoga’s relationship with Ayurveda, and ethics for yoga practitioners and teachers involving code of conduct, scope of practice, and equity in yoga.

**Prerequisites/Corequisites:**

**Recommended Preparation:**

**Limits on Enrollment:**

**Schedule of Classes Information:**  
Description: Students will examine yoga philosophies and traditional texts, the history of yoga, yoga lifestyle, yoga’s relationship with Ayurveda, and ethics for yoga practitioners and teachers involving code of conduct, scope of practice, and equity in yoga. (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. Identify and describe the key historic events, philosophical and ethical principles, and lifestyle components of yoga.
2. Incorporate yoga philosophy, lifestyle, and ethics into yoga practice and teaching.

### **Objectives:**

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

1. Describe the main historical events and influences of yoga from its 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. Lyengar 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. Yoga Alliance Ethical Commitment
  - A. Scope of practice
  - B. Code of conduct
  - C. Equity in yoga
- VI. Ayurveda
  - A. Overview of ayurveda
  - B. Ayurveda's relationship to yoga
  - C. Ayurvedic doshas
  - D. Ayurvedic nutrition
  - E. Ayurvedic daily routine (dinacharya)
- VII. 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 textbooks and instructor prepared materials (10-20 pages weekly)
- 2. Written assignments (e.g. journals, short papers) based on reading
- 3. Oral presentations
- 4. Quizzes
- 5. Exam
- 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

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.

Oral presentations; designing and teaching a theme

Skill Demonstrations  
10 - 30%

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

Quizzes; exam

Exams  
10 - 30%

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

Service project; Attendance, participation, and punctuality; weekly reading

Other Category  
40 - 50%

## Representative Textbooks and Materials:

The Kleshas: Exploring the Elusiveness of Happiness. Adele, Deborah. On-Word Bound Books. 2023.

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