

**PHYED 35 Course Outline as of Fall 2007****CATALOG INFORMATION**

Dept and Nbr: PHYED 35 Title: YOGA

Full Title: Yoga

Last Reviewed: 4/13/2020

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
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 75

**Catalog Description:**

This class is designed for individuals of all fitness levels, dancers and athletes who want to improve posture and movement efficiency, increase strength and flexibility, develop mind/body awareness through yoga postures, and learn methods of stress reduction and relaxation. Students will be introduced to the hatha yoga principles of intention, connection, relaxation, breathing, detachment, anchoring, and elongation through postures or asanas.

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

Description: Based on hatha yoga postures, the course will emphasize coordination, balance, flexibility, strength, relaxation techniques, pranayama, or yoga breathing methods, rest-work cycle in exercise, and mind/body connection. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended:  
Limits on Enrollment:  
Transfer Credit: CSU;UC.  
Repeatability: 4 Enrollments Total

## **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:	Spring 2005	Inactive:
<b>UC Transfer:</b>	Transferable	Effective:	Spring 2005	Inactive:

**CID:**

**Certificate/Major Applicable:**  
Certificate Applicable Course

## **COURSE CONTENT**

### **Outcomes and Objectives:**

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

1. Demonstrate level one yoga postures/asanas, including floor, seated and standing postures.
2. Perform hatha yoga postures applying the principles of anchoring, elongation, and breathing in tandem with postures.
3. Demonstrate an understanding of breath integration with yoga postures/asanas.
4. Assess and evaluate personal experience with hatha yoga.
5. Demonstrate knowledge of the history, principles, and processes of yoga.
6. Discuss various approaches to yoga.

### **Topics and Scope:**

#### **I. Theoretical Information:**

##### **A. History of Yoga**

1. India
2. Introduction of yoga to the United States
3. Current styles and approaches to yoga in the United States

##### **B. Yoga philosophy**

1. Eight steps of the yoga path/process
2. Seven principles of yoga:
  - a. release or relaxation
  - b. mental detachment
  - c. integration of breathing into postures
  - d. intention or purpose
  - e. anchoring or rooting

- f. elongation or expansion
  - g. connection (both physical and body/mind/spirit connection)
- 3. The five yamas
- 4. The five niyamas
- 5. Hatha yoga in relation to other forms of yoga
- 6. Yoga compared/contrasted to current American cultural trends/standards
- II. Hatha yoga fundamentals
  - A. Asanas
    - 1. Seated asanas
      - a. stretches
      - b. forward bends
      - c. arches
      - d. twists
    - 2. Floor asanas
      - a. spine stretches
      - b. supported back stretches
      - c. floor twists
      - d. abdominal postures
      - e. inverted poses
    - 3. Standing poses
      - a. balances
      - b. wide-stance poses
      - c. inverted poses
      - d. twists
    - 4. Asana and breath series
      - a. sun salutation
      - b. energizing exercises
      - c. reed series
      - d. variations of the above
  - B. Savasana or transforming/rest pose
  - C. Pranayama/breathing techniques
    - 1. complete breath
    - 2. cleansing breath
    - 3. alternate nostril breath
    - 4. double breath
    - 5. 3-fold breath
- III. Life integration of hatha yoga
  - A. Diet and nutrition
  - B. Adaptation of postures as required by body type, level of fitness, injuries, exercise or personal goals
  - C. Yoga postures/asanas as a benefit to other forms of exercise
  - D. Developing a personal practice
- IV. Meditation
  - A. Process
  - B. Methods

### **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 postures/asanas.
4. 1 to 3 quizzes.
5. Design of personal yoga practice.

### 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

Writing  
5 - 10%

**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.

Class performances, Performance exams, Demonstration of asana

Skill Demonstrations  
20 - 40%

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

Completion, Essay/short answer

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:

Instructor prepared materials