

# DANC A115: YOGA FOR DANCERS

- 7. Improve coordination.
- 8. Improve overall health.

Item	Value
Curriculum Committee Approval Date	12/08/2021
Top Code	100810 - Commercial Dance
Units	1-2 Total Units
Hours	36-72 Total Hours (Lecture Hours 9-18; Lab Hours 27-54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Associate Arts Local General Education (GE)	<ul style="list-style-type: none"> <li>• OC Active Participation - AA (OC2)</li> <li>• OC Life Skills - Activity - AA (OE2)</li> </ul>
Associate Science Local General Education (GE)	<ul style="list-style-type: none"> <li>• OCC Arts - AS (OSC1)</li> </ul>
California State University General Education Breadth (CSU GE-Breadth)	<ul style="list-style-type: none"> <li>• CSU E2 Activity Course (E2)</li> </ul>

## Course Description

Using traditional yoga postures and breathing techniques, this course is designed for the needs of the training dancer. Yoga postures to increase strength and flexibility, as well as restorative postures will be taught in order to bring about improvement in the execution of dance movements. Instruction at the beginning, intermediate, and intermediate/advanced levels is offered. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

## Course Level Student Learning Outcome(s)

1. Perform traditional yoga postures and breathing techniques.
2. Demonstrate the correct use of yoga terminology
3. Perform basic progressions of poses (asanas), including standing poses, inverted poses, twists and balancing poses.

## Course Objectives

- 1. Demonstrate back, hip, leg, abdominal, and arm strength.
- 2. Demonstrate correct body alignment for dance.
- 3. Improve range of motion in back, hips, and shoulders for dance.
- 4. Demonstrate proper correlation of breath and movement.
- 5. Demonstrate a personal yoga practice designed to keep the body conditioned for dance.
- 6. Demonstrate a personal yoga practice designed to provide restorative benefit to the body (potentially serving to lengthen an individuals active capacity).

## Lecture Content

Orientation Class requirements Student goals and assessment Course objectives – syllabus Yoga terminology

## Lab Content

Pre-evaluation of student strength, flexibility, and familiarity with basic material based on observation and written assessment Warm-up and review of basic postures Postures and breathing to prepare the body for activity Review basic principles of breathing and postural alignment Introduce yoga vocabulary to be used Identify poses which will address areas crucial to building strong dance technique: Introduce correct body alignment and basic asanas which will be practiced correlation between the strength and range built in the postures and the strength and flexibility required for specific aspects of dance technique The importance of correct sequencing of poses Variations in practice themes Breathing and meditation exercises Basic progression of asanas, including standing poses, inverted poses, twists, and balancing poses Addressing specific themes for yoga practice Special attention to the integration of breathing exercises with all the asanas Introduce the concept of counter posing specific purpose of poses and their variations Introduce more elaborate versions of deep relaxation The significance of twists The benefits of balancing poses The importance of integration of breath and movement, of mindful attention to practice Introduce additional meditation techniques Perform correct sequence of movements in Sun Salutations A, B and C Practice correct alignment in Warriors 1, 2 3 with arm and back variations Practice correct alignment in variations on inverted poses, including twists, splits, and balances Practice correct use of breath in Pranayama, including Full Yogic Breath A B, Alternate Nostril Breathing, and Retention of Breath A B P ractice correct correlation of breath and movement in Sun Salutation Sequences and in all flow sequences Practice restorative sequences with leg variations Evaluation and testing/written assignment Advanced skill level in form and technique on Sun Salutations A, B, C and Standing Pose Series Increase strength, flexibility, and flow of movements in static poses and vinyasa with several leg, back, and arm variations Breathing technique skills of Udiyana, Agnisara, and Kapalabati Hold poses longer, with a greater number of variations, while maintaining proficiency of breath Perform more difficult back bending and inverted postures with several arm and leg variations Evaluation and testing/written assignment Continue to improve form and technique on Marichyasana 1, 2, and 3 with additional arm locks Continue to improve strength in single leg balancing poses, holding poses for longer periods of time, and adding balancing difficulties Deepening of breath and control of breath in more difficult postures Perform hand balancing poses including Bakasana, Adho Mukho Vrksasana, and Pinchmyrasana, transition from Shirshasana into Bakasana and Scissors Sit with strength and stillness in lotus position for extended periods of time Evaluation and testing/written assignment

## Method(s) of Instruction

- Lecture (02)
- Lab (04)

## **Instructional Techniques**

Lecture-lab/physical movement Instructor demonstration of physical movement Discussion Small group exercises Peer feedback Video viewing Written assignments Video taping of students movement

## **Reading Assignments**

Students will spend approximately 1 hour a week reading handouts and assigned chapters.

## **Writing Assignments**

Students will spend approximately 1 hour a week writing in their journal and another half hour a week on their written assignment.

## **Out-of-class Assignments**

Students will spend approximately 1 hour a week practicing skills learned in class.

## **Demonstration of Critical Thinking**

1. Testing of skills and conditioning level (skills test)2. Final skills test3. Written test of terminology4. Written assignments5. Class participation and attendance6. Video taping, pre-evaluation, and final evaluation

## **Required Writing, Problem Solving, Skills Demonstration**

Journal, written exam (short answer), skills test, written paper

## **Textbooks Resources**

1. Required Iyengar, B.K.S. Tree of Yoga, ed. Boston, MA: Shambhala Publications, Inc., 2002 Rationale: Seminal text - author developed Iyengar yoga techniques 2. Required Iyengar, B.K.S.. Light on Yoga , ed. Emmaus, Pennsylvania: Rodale Press, Inc, 2006 Rationale: Author developed Iyengar techniques of yoga.