

# KIN A177: ADAPTED YOGA

Item	Value
Curriculum Committee Approval Date	12/08/2021
Top Code	083580 - Adapted Physical Education
Units	.5-1.5 Total Units
Hours	18-54 Total Hours (Lecture Hours 4.5-13.5; Lab Hours 13.5-40.5)
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	Pass/No Pass (B)
Associate Arts Local General Education (GE)	• OC Life Skills - Activity - AA (OE2)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

## Course Description

Course is designed for students with physical disabilities who can benefit from individualized yoga postures, meditation, breathing techniques, and visualization practices. Activities are conducted both from a sitting position such as a wheelchair and on mats. Emphasis is placed on the breath to movement technique. 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. Execute proper whole body relaxation and exercise techniques needed for improvement in muscle flexibility, strength and stress reduction.
2. Self-assess proper body alignment, identify the cause of muscle tension and implement relaxation techniques.

## Course Objectives

- 1. Demonstrate improved flexibility in pre-and post-flexibility assessments.
- 2. Demonstrate improved muscular endurance by increased repetitions of selected exercises.
- 3. Self-assess proper body alignment, identify the cause of muscle tension and implement relaxation techniques.

## Lecture Content

1. Introduction/Orientation/Pre-assessments a. Individual goal setting, pre-assessments b. Development of individualized student exercise program 2. Overview of posture, anatomy, major muscle groups, and why Yoga is practiced. 3. Diaphragm, Nervous System, Pranayama a. Demonstration and practice of pranayama (breathing) Asana (postures) from a sitting position b. Principles of postural alignment and remediation of imbalances 4. Yoga Philosophy a. Demonstration of the Eight Limbs of Yoga b. Demonstration and presentation of individual

yoga philosophies 5. Post-assessment of all students a. Evaluation of individual goals b. Determination of measurable progress. c. Repetition permitted or denied.

## Lab Content

Lab topics will include: Knowledge of the diaphragm, nervous system, and pranayama and their connection to one another. Development and improvement of flexibility: Internal focus on the mind and body connection as it relates to overall health. Understanding the importance of posture, anatomy, the major muscles joints, and the role they play in whole-body wellness. Reduction of physical stress techniques: Conscious deep breathing Breath to movement Relaxation techniques Spinal flexibility Specific postural positions General strengthening exercises

## Method(s) of Instruction

- Lecture (02)
- Lab (04)

## Instructional Techniques

Lecture and application of ideas. Demonstrate and explain in detail instructor lecture of ideas along with video lectures. Design the class around students needs and desired outcomes. Engage in effortless communication. As an instructor continuing to learn and evolve as an educator. Teach consciously, model behavior, be prepared for anything, keep a flexible plan, and learn the students levels.

## Reading Assignments

Material Handouts on proper stretching, breathing, and meditation techniques Approximately 30 minutes to 1 Hour a week

## Writing Assignments

1. Written analysis of the effects of increased flexibility upon activities of daily living 2. Demonstration of proper yoga postures and deepening exercises 3. Demonstration of proper breathing (pranayama), relaxation meditation techniques 4. Written objectives and subjective self-evaluation Approximately 30 minutes to 1 Hour a week

## Out-of-class Assignments

Material Handouts on proper stretching, breathing, and meditation techniques Approximately 30 minutes to 1 Hour a week

## Demonstration of Critical Thinking

Individual performance, skill demonstrations, written assignments, final self-evaluation, and pre-and post-assessments.

## Required Writing, Problem Solving, Skills Demonstration

1. Written analysis of effects of increased flexibility upon activities of daily living 2. Demonstration of proper stretching and strength exercises 3. Demonstration of proper breathing and relaxation techniques 4. Written objectives and subjective self-evaluation

## Eligible Disciplines

Kinesiology: Masters degree in kinesiology, physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education OR Bachelors degree in any of the above AND Masters degree in any life science, dance physiology, health education, recreation administration or physical therapy OR the equivalent.

## **Textbooks Resources**

1. Required Kristen McGee. Chair Yoga , ed. HArperCollins US, 2017 2.  
Required Lyengar B.K.S . Light On Yoga , ed. Allen Unwin, 1979 Rationale:  
Optional reading.

## **Other Resources**

1. Selected handout materials to be provided and distributed by the  
instructor.