

# KIN A228: HATHA YOGA LEVEL II

| Item   | Value   |
|--|---|
| Curriculum Committee Approval Date                                     | 12/08/2021  |
| Top Code   | 083500 - 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   | Standard Letter (S),<br>• 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

Yoga postures, breathing, concentration/meditation, and relaxation techniques will be presented as a method of personal development encompassing body, mind, and spirit. Intermediate yoga poses will be introduced and practiced. ADVISORY: KIN A128 or instructor permission. 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. Develop increased awareness of the mind/body/spirit connection while performing yoga postures, meditation, relaxation, and breathing techniques
2. Develop a personal yoga program including techniques to gain flexibility, strength, stamina, balance, coordination, and to achieve greater health and an overall sense of well-being
3. Develop the ability to consciously control tension and relaxation of the body.

## Course Objectives

- 1. Perform a variety of intermediate yoga postures and techniques involving breathing, concentration/meditation, and relaxation.
- 2. Increase awareness of body and breath while moving into and holding a pose
- 3. Basic understanding of Sanskrit terminology establishing a standard continuity among classes
- 4. Develop awareness of the skeletal/musculature system and its relationship to yoga poses
- 5. Design a personal yoga program and establish a practice schedule outside of class time.

- 6. Apply selected yoga principles for stress reduction and to enhance their level of well being.
- 7. Evaluate their growth in the awareness of body consciousness and personal development.

## Lecture Content

I. Overview of class Student Goals Course Objectives Class requirement and procedures II. Warm-up exercises preparing the body for yoga will be presented each session III. Further history and philosophy of yoga, including Sanskrit terminology Introduction to intermediate postures, breathing, concentration and relaxation techniques Physiological benefits Stress reduction and the relaxation response IV. Continue to introduce techniques and practice techniques Biomechanics of diaphragmatic breath and the concept of pranayama Discussion of energy balance in the body Extended practice of concentration techniques V. Extended practice of techniques previously presented Continued basic meditation and techniques Work on advancing postures and progressions from basic to intermediate Discussion of developing personal yoga program VI. Discussion and practice of intermediate balance and inverted postures Presentation of posture variations and modifications Extended pranayama techniques including ujjayi breathing VII. Intermediate postures and pranayama Presentation and discussion of the 8 limbs of yoga Yoga resources and materials shared in class VIII. Introduction to partner yoga Continue practice of intermediate postures and techniques

## Lab Content

see course content

## Method(s) of Instruction

- Lecture (02)
- Lab (04)

## Instructional Techniques

Demonstration of techniques; lecture; discussion; instructor feedback; work with classroom mirrored wall for feedback on poses

## Reading Assignments

Students will spend approximately 1 hour a week reading from instructor handouts or self directed readings related to the topic.

## Writing Assignments

Student will write a self-assessment paper. Student will display proficiency in basic and intermediate yoga techniques by demonstrating variations of poses with advancement to intermediate levels of participation. Student will demonstrate a minimum level of proficiency in yoga practice techniques by designing a personal yoga program and practicing that program outside of class for a minimum of 6-8 weeks.

## Out-of-class Assignments

Students will spend approximately 3 hours a week completing conditioning programs outside of class meetings.

## Demonstration of Critical Thinking

Class participation; demonstration of selected techniques and poses; observation of performance and progress assessed; personal yoga plan; self-assessment

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

Student will write a self-assessment paper. Student will display proficiency in basic and intermediate yoga techniques by demonstrating variations of poses with advancement to intermediate levels of participation. Student will demonstrate a minimum level of proficiency in yoga practice techniques by designing a personal yoga program and practicing that program outside of class for a minimum of 6-8 weeks.

**Eligible Disciplines**

Physical education: Masters degree in 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. Masters degree required.

**Other Resources**

1. Selected handouts will be provided by the instructor.