

# KIN A284: THEORY OF YOGA

Item	Value
Curriculum Committee Approval Date	11/04/2020
Top Code	083520 - Fitness Trainer
Units	3 Total Units
Hours	54 Total Hours (Lecture Hours 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)

## Course Description

A survey of the origins of Yoga, including ancient to modern traditions, and exploration of the principal ancient texts of Yoga. This course includes the evolution of yoga from its earliest development to its current integration into modern culture. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these HLED, KIN, PE Theory courses combined: maximum credit, 8 units.

## Course Level Student Learning Outcome(s)

1. Examine the history of ancient and modern Yoga texts and traditions.
2. Analyze the circumstances and events by which Yoga became an important phenomenon in Western society.
3. Apply theoretical concepts to modern practices and lifestyles.
4. .

## Course Objectives

- 1. Examine the philosophies and traditional texts of Yoga
- 2. Explore the teachings of the main paths of Yoga
- 3. Compare and contrast the modern lineages of Yoga
- 4. Investigate the eastern healing modalities of Yoga
- 5. Discuss the application of ancient Yoga terminology to Western culture
- 6. Apply ancient yoga techniques to Western ideology
- 7. Identify the main historical figures and key leaders in Modern Yoga
- 8. Critically assess the possibilities and issues that the practice of Yoga presents in the contemporary world

## Lecture Content

A. Overview of the ancient texts of Yoga 1. Vedas 2. Upanishads 3. The Bhagavad Gita 4. Yoga Sutras 5. Hatha Yoga Pradipika B. Investigation of the principal traditions of Yoga 1. Hatha and the Yoga of effort 2. Raja and the Yoga of the mind 3. Karma and the Yoga of action 4. Bhakti and the Yoga of devotion 5. Tantra and the Yoga of dynamism 6. Jnana and the yoga of knowledge C. Examination of the creators and their lineages of Yoga A. Pattabi Jois and Ashtanga Yoga B. B.K.S.Iyengar and Iyengar Yoga C. Krishnamacharya and Vinyasa Yoga D. Baron Baptiste and Power Yoga E. Judith Hanson Lasater and Restorative Yoga F. T.K.V. Desikachar and Therapeutic Yoga D. Exploration of energetic healing

traditions, such as the chakras, meridians, and Panchamaya Kosha systems. E. Analyze Yoga theory for the improvement of Western modern lifestyles.

## Method(s) of Instruction

- Lecture (02)
- DE Live Online Lecture (02S)
- DE Online Lecture (02X)

## Instructional Techniques

Lecture and discussion; written assignments; participation; group presentations.

## Reading Assignments

Students will spend 2-3 hours per week on readings from textbooks and handouts.

## Writing Assignments

Students will spend approximately 1 hour per week on written assignments.

## Out-of-class Assignments

Students will spend 1 hour per week reading their texts and handouts.

## Demonstration of Critical Thinking

Tests, participation in class discussions; discussion of reading assignments; written paper; group presentations.

## Required Writing, Problem Solving, Skills Demonstration

Brief reflection papers; comparative and critical analysis of Yoga traditions

## 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.

## Textbooks Resources

1. Required Johnston, C.. The Yoga Sutras of Patanjali, ed. North Charleston, SC: Createspace, 2016
2. Required Horton, C., Harvey, R.. 21st Century Yoga: Culture, Politics Practice, ed. Chicago, IL: Kleio Books, 2012