

# BUTTE COLLEGE

## COURSE OUTLINE

### I. CATALOG DESCRIPTION

**KIN 41 - Gentle Yoga**

**1.5 Unit(s)**

**Prerequisite(s):** NONE

**Recommended Prep:** NONE

**Transfer Status:** CSU

17 hours Lecture

34 hours Lab

This course introduces students to the art and practice of gentle yoga, using postures which are gentle in nature and allow a vast majority of the population to perform them. The course includes an introduction to modified physical postures (asana) which stretch and move the spine and limbs as well as basic breathing techniques (pranayama), which refers to the expansion of the breath. Students will learn relaxation techniques for decreasing stress and physical discomforts.

### II. OBJECTIVES

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

- A. define terminology specific to yoga practice.
- B. explain the different branches of yoga.
- C. explain benefits of gentle yoga to health and wellness.
- D. demonstrate the complete three part breath.
- E. demonstrate asana positions using chairs, blankets, blocks, straps and wall space.

### III. COURSE CONTENT

#### **A. Unit Titles/Suggested Time Schedule**

##### Lecture

<u>Topics</u>	<u>Hours</u>
1. Introduction	1.00
2. Safety Procedures	1.00
3. Basic Breathing Techniques	2.00
4. Yoga Anatomy	3.00
5. Relaxation Exercises	3.00
6. Modified Asana	4.00
7. Introduction to Props	2.00
8. Branches of Yoga	1.00
Total Hours	17.00

##### Lab

<u>Topics</u>	<u>Hours</u>
1. Introduction	2.00
2. Safety Procedures	2.00
3. Basic Breathing Techniques	5.00
4. Yoga Anatomy	4.00
5. Relaxation Exercises	5.00
6. Modified Postures	10.00

7.	Introduction to Props	4.00
8.	Branches of Yoga	2.00
	Total Hours	34.00

#### **IV. METHODS OF INSTRUCTION**

- A. Lecture
- B. Class Activities
- C. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture
- D. Discussion
- E. Demonstrations
- F. Multimedia Presentations
- G. Drills/Practical

#### **V. METHODS OF EVALUATION**

- A. Demonstration
- B. Class participation
- C. Written Assignments
- D. Written or Oral Examinations
- E. Practical Evaluations

#### **VI. EXAMPLES OF ASSIGNMENTS**

- A. Reading Assignments
  - 1. Read an article that describes six branches of yoga. Be prepared to discuss in class.
  - 2. Read instructions for relaxation techniques and be prepared to practice in class.
- B. Writing Assignments
  - 1. Write a brief essay describing the benefits of Yoga to health and wellness. Include how Yoga can improve your own personal health and well-being.
  - 2. Describe in a brief paper two basic relaxation techniques used in Yoga and how to use chairs, straps or blocks.
- C. Out-of-Class Assignments
  - 1. Perform a guided meditation and analyze the process in a short essay.
  - 2. Create a personal practice to use at home based on individual needs.

#### **VII. RECOMMENDED MATERIALS OF INSTRUCTION**

Materials Other Than Textbooks:

- A. The student will be required to provide:
  - a. Athletic apparel b. Other materials and/or equipment will be provided by the department
  - c. Yoga mat d. Personal blankets and straps are recommended.

**Created/Revised by:** Mario Vela

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