

BUTTE COLLEGE

COURSE OUTLINE

I. CATALOG DESCRIPTION

KIN 42 - Yoga I

1.5 Unit(s)

Prerequisite(s): NONE

Recommended Prep: NONE

Transfer Status: CSU/UC

17 hours Lecture

34 hours Lab

This course introduces the fundamental principles of yoga. Students will learn basic poses (asana), basic breathing techniques (pranayama), and relaxation techniques. Students will also develop knowledge of personal restraints (yamas) and meditation (dhyana).

II. OBJECTIVES

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

- A. identify yoga postures by name through pictures, demonstrations, and observations.
- B. demonstrate basic yoga postures with proper form and technique.
- C. list and explain the different techniques of pranayama.
- D. identify relaxation techniques used in basic yoga practice.
- E. analyze the benefits of yoga practices towards overall health.
- F. identify and apply the personal restraints (yamas) according to yoga philosophy.

III. COURSE CONTENT

A. Unit Titles/Suggested Time Schedule

Lecture

<u>Topics</u>	<u>Hours</u>
1. Introduction and Orientation	1.00
2. Safety Procedures	2.00
3. Use of Props	2.00
4. Breathing Techniques	2.00
5. Asana Techniques and Form	4.00
6. Relaxation Exercises and Techniques	1.00
7. Yoga Philosophy: Yamas - Personal Restraints	1.00
8. Chakra Energy Centers	2.00
9. Principles of Meditation	2.00
Total Hours	17.00

Lab

<u>Topics</u>	<u>Hours</u>
1. Introduction and Orientation	2.00
2. Safety Procedures	4.00
3. Use of Props	4.00
4. Breathing Techniques	4.00
5. Asana Technique and Form	8.00
6. Relaxation Exercises and Techniques	2.00

7. Yoga Philosophy: Yamas - Personal Restraints	2.00
8. Chakra Energy Centers	4.00
9. Principles of Meditation	4.00
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

V. **METHODS OF EVALUATION**

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

VI. **EXAMPLES OF ASSIGNMENTS**

- A. Reading Assignments
 1. Read an article on the personal restraints (yamas) and be prepared to discuss in small groups in class.
 2. Read an overview on safety, contraindications, modifications in basic asana practice and be prepared to apply the information during class.
- B. Writing Assignments
 1. Write a one page essay explaining your goals and expectations for applying yoga practices toward an area targeted for self-improvement.
 2. Based on your course goals, write a two page reflection on the positive effects you have gained.
- C. Out-of-Class Assignments
 1. Create a basic yoga practice of 10 asanas. List and illustrate the poses chosen and place them into the appropriate order for practice.
 2. Choose one chakra and design a yoga program to improve circulation to the physiological area symbolic to the chakra using asanas, colors, and or music as they relate to the chosen chakra.

VII. **RECOMMENDED MATERIALS OF INSTRUCTION**

Textbooks:

- A. Swenson, David. Ashtanga Yoga: The Practice Manual. 2nd Edition. Ashtanga Yoga Productions, 2007.

Materials Other Than Textbooks:

- A. Athletic apparel
- B. Yoga mat

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Date: 03/04/2013