

Las Positas College
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Course Outline for KIN YOF

YOGA FITNESS

Effective: Fall 2015

I. CATALOG DESCRIPTION:

KIN YOF — YOGA FITNESS — 1.00 - 2.00 units

This yoga fitness course provides a unique combination of yoga and fitness principles. Discussion of the philosophy of yoga and the implications it has on one's health. Emphasis is on developing muscle endurance and strength, body alignment, balance, flexibility and core stability through a series of exercises and poses. Student will learn how to recognize their own individual strengths and limitations. Relaxation techniques will be taught for stress reduction and general well being.

1.00 - 2.00 Units Lab

Grading Methods:

Letter or P/NP

Discipline:

	<u>MIN</u>	<u>MAX</u>
Lab Hours:	54.00	108.00
Total Hours:	54.00	108.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

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

- Apply the philosophy of 'taking care of oneself' to daily life
- Describe the physical and mental benefits of yoga
- Exhibit knowledge of basic human anatomy and physiology with respect to yoga
- Demonstrate exercises and poses emphasizing strength and flexibility
- Use relaxation techniques for personal benefit
- Discuss the changes that have occurred in personal development

V. CONTENT:

- The philosophical importance of taking time for one's self
 - Time management discussion regarding how to fit your yoga practice into your life
 - Designing a personal yoga space
 - Balancing yoga practice with the other physical activities
- The concept of energy and energetic balance in life
 - Understanding the benefits of yoga in the systems of the body: cardiorespiratory, nervous, muscular, endocrine, immune and digestive
 - Compare and contrast the energetic effects of the categories of poses: backbend vs. forward bend, twists, supine, standing, inversions, and arm balances
 - Explanation and discussion of the chakra energy systems in the body and how yoga practice and breathing exercises affect these systems
- Exercises and poses to strengthen and stretch the body
 - Poses that open and strengthen the anterior anatomy of the body
 - Poses that open and strengthen the posterior anatomy of the body
 - Poses that open and strengthen the side anatomy of the body
 - Poses that open and strengthen the rotational movement of the body
- Exercises to increase awareness of individual strengths and limitations
 - Understand personal alignment and posture and how to modify poses for personal physique
 - Understand poses that will personally benefit improvement of posture
 - Understand poses that will personally benefit improvement in strength
- Movement patterns to focus on internal core strength and balance
 - Understand and demonstrate how to engage and move from the core in all poses
 - Identify abdominal muscle anatomy and internal organ anatomy to understand what poses activate and affect the organs and muscles
 - Promote safety in practice by demonstrating appropriate increase of level of difficulty
- Relaxation techniques for stress reduction and general well-being
 - Understand breathing patterns and how they can increase or decrease stress in the body
 - Describe the importance of both challenging the muscles to stretch and strengthen as well as relax
 - Recognize the increase of inappropriate muscular stress

VI. METHODS OF INSTRUCTION:

- A. **Individualized Instruction** -
- B. Class participation
- C. **Observation and Demonstration** -

VII. TYPICAL ASSIGNMENTS:

- A. Being attentive to small details when concentrating during a stretch pose.
- B. Coordinating breathing patterns to movement patterns.
- C. Using deep rhythmic breathing patterns while in relaxation poses
- D. Explain the chakra energy system of the body.
- E. Student will design their own personal yoga spece and practice yoga outside of class.
- F. Student will identify skeletal muscle and vital organ anatomy.

VIII. EVALUATION:

A. **Methods**

- 1. Class Participation
- 2. Other:
 - a. Student participation is evaluated daily
 - b. Demonstration of improved fitness as exercises become more difficult
 - c. Student's self-evaluation

B. **Frequency**

Frequency

- 1. 1-3 Tests per semester via written and/or physical skills
- 2. Daily evaluation of student's progress/participation by instructor
- 3. Student's self evaluation

IX. TYPICAL TEXTS:

- 1. Broad, J. (2012). *Science of Yoga* (1st ed.). , New York: Simon and Schuster.
- 2. Kominoff, L., & Matthews, A. (2012). *Yoga Anatomy* (2nd ed.). Champagne, Illinois: Human Kinetics.
- 3. DiTuro, D., & Yang, I. (2012). *Hatha Yoga Asanas* (First ed.). Champagne, Illinois: Human Kinetics.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Students will need to wear appropriate attire.
- B. No equipment is required, although students are encouraged to bring a yoga mat, blanket, or towel to sit on.