

Las Positas College
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Course Outline for KIN YO1

YOGA 1

Effective: Fall 2013

I. CATALOG DESCRIPTION:

KIN YO1 — YOGA 1 — 0.50 - 2.00 units

This is an introductory course exploring the principles of Hatha Yoga and how they apply to achieving lifetime fitness. Emphasis is on developing awareness of body alignment, balance, and flexibility through a series of exercises and poses. Breathing exercises, relaxation and meditation techniques are learned and practiced throughout the course.

0.50 - 2.00 Units Lab

Grading Methods:

Letter or P/NP

Discipline:

Family: Kinesiology Yoga

	<u>MIN</u>	<u>MAX</u>
Lab Hours:	27.00	108.00
Total Hours:	27.00	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:

- A. Describe the physical and mental benefits of yoga
- B. Demonstrate basic Hatha Yoga poses designed to strengthen and tone the body
- C. Use relaxation and breathing techniques for personal benefit
- D. Demonstrate knowledge of elementary human anatomy
- E. Discuss the changes that have occurred in personal development

V. CONTENT:

- A. Exercises and poses to strengthen and stretch the body
- B. Exercises to improve posture and correct skeletal alignment issues
- C. Exercises to increase awareness of personal abilities or limitations
- D. Movement patterns to focus on internal core strength and balance
- E. Breathing exercises and relaxation techniques for stress reduction and general well-being

VI. METHODS OF INSTRUCTION:

- A. **Individualized Instruction** - Individual assistance given when needed
- B. **Demonstration** - Verbal explanation accompanied by demonstration
- C. **Classroom Activity** - Class participation

VII. TYPICAL ASSIGNMENTS:

- A. Being attentive to small details when concentrating during a stretch pose.
- B. Coordinating breath patterns to movement patterns.
- C. Using deep rhythmic breathing patterns while in relaxation pose.

VIII. EVALUATION:

A. **Methods**

- 1. Class Participation
- 2. Class Performance

B. Frequency

Daily assessment of participation

IX. TYPICAL TEXTS:

1. Hayler, C. *Yoga for Beginners*. 1st ed., Rosen Publishing, 2011.
2. Kraines, Minda Goodman *Yoga for the Joy of It!*. 1st ed., Jones and Bartlett, 2010.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. 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.