

Las Positas College  
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## Course Outline for KIN YOF

### YOGA FITNESS

Effective: Spring 2008

#### I. CATALOG DESCRIPTION:

KIN YOF — YOGA FITNESS — 0.50 - 2.00 units

This course provides a unique combination of yoga and fitness principles. Emphasis is on developing muscle endurance, muscle strength, body alignment, balance, flexibility and core stability through a series of exercises and poses.

0.50 - 2.00 Units Lab

#### Grading Methods:

#### Discipline:

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

#### II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 4

#### III. PREREQUISITE AND/OR ADVISORY SKILLS:

#### IV. MEASURABLE OBJECTIVES:

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

- A. Apply the philosophy of 'taking care of oneself' to daily life;
- B. Describe the physical and mental benefits of yoga, pilates, and other exercise series;
- C. Demonstrate knowledge of elementary human anatomy and physiology;
- D. Demonstrate exercises and poses emphasizing strength and flexibility;
- E. Use relaxation techniques for personal benefit;
- F. Discuss the changes that have occurred in personal development.

#### V. CONTENT:

- A. The philosophical importance of taking time for one's self
- B. The concept of energy and energetic balance in life
- C. Exercises and poses to strengthen and stretch the body
- D. Exercises to increase awareness of individual strengths and limitations
- E. Movement patterns to focus on internal core strength and balance
- F. Relaxation techniques for stress reduction and general well-being

#### VI. METHODS OF INSTRUCTION:

- A. Verbal explanation accompanied by demonstration
- B. Individual assistance given when needed
- C. Class participation

#### VII. TYPICAL ASSIGNMENTS:

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

#### 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**

#### IX. TYPICAL TEXTS:

#### 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.