

Las Positas College
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Course Outline for KIN 25A

YOGA TEACHER TRAINING 1

Effective: Fall 2019

I. CATALOG DESCRIPTION:

KIN 25A — YOGA TEACHER TRAINING 1 — 3.00 units

This course focuses on the fundamentals of yoga that are essential for both practice and teaching. Students learn proper body mechanics, introductory anatomy and physiology, alignment principles, and breathing techniques as they relate to the performance and instruction of beginning yoga poses. Topics include the history and philosophy of yoga, sanskrit terminology, injury prevention and rehabilitation, and vocational opportunities.

3.00 Units Lecture

Strongly Recommended

KIN YO1 - Yoga 1
with a minimum grade of C

Grading Methods:

Letter or P/NP

Discipline:

- Kinesiology

	MIN
Lecture Hours:	54.00
Total Hours:	54.00

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

III. PREREQUISITE AND/OR ADVISORY SKILLS:

Before entering this course, it is strongly recommended that the student should be able to:

A. KINYO1

IV. MEASURABLE OBJECTIVES:

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

- Evaluate the relevance of yogic philosophy and history to yoga practice and instruction.
- Relate principles of musculoskeletal anatomy and biomechanics to the performance and instruction of beginning yoga poses.
- Analyze various bodies in beginning yoga poses to determine which adjustments should be offered; demonstrate how to safely provide such adjustments.
- Discuss and describe major injuries, obstacles, prevention and modifications.
- Create a sequence of beginning yoga poses for an introductory yoga class.
- Discover vocational opportunities in the health industry for yoga instructors.

V. CONTENT:

- Explanation and discussion of the history of yoga
 - History
 - Philosophy
 - Sanskrit language
- Understand Musculoskeletal Anatomy and Biomechanics of Yoga
 - Platforms of the body
 - Anatomical positions
 - Biomechanics
 - Muscles, joints, bones and other tissues
- Identify and understand beginning poses (asanas) by category and proper adjustments
 - Standing
 - Balancing
 - Arm-balancing
 - Inversion
 - Backbends
 - Twists
 - Forward Bends
 - Seated and Supine

- 9. Reclining and Restorative
- D. Understand and differentiate common injuries
 - 1. Common injuries and obstacles
 - 2. Modifications
 - 3. Prevention
- E. How to teach a safe and effective yoga class
 - 1. Safety Issues
 - 2. Responsibilities
 - 3. Sequencing
 - 4. Offering/giving adjustments
- F. Research the business of yoga
 - 1. Certification requirements
 - 2. Continuing education
 - 3. Marketing and promotion
 - 4. Employment opportunities

VI. METHODS OF INSTRUCTION:

- A. **Demonstration** -
- B. **Lecture** -
- C. **Classroom Activity** -
- D. **Field Trips** -
- E. **Student Presentations** -
- F. **Individualized Instruction** -
- G. **Discussion** -
- H. **Observation and Demonstration** -
- I. **Guest Lecturers** -

VII. TYPICAL ASSIGNMENTS:

- A. Read assigned sections of course texts and handouts to prepare for class discussions.
- B. Practice yoga techniques and technique-training methods for class demonstrations and oral presentations.
- C. Observe an off-campus yoga class and write an evaluation of the sequencing.
- D. Complete writing assignments to prepare for class discussion and collaborative activities.
- E. Write a script for teaching an asana to other students.
- F. In an assigned group, prepare a sequence for a shoulder opening themed class.

VIII. EVALUATION:

Methods/Frequency

- A. Exams/Tests
 - At least once per semester.
- B. Quizzes
 - At least once per semester.
- C. Research Projects
 - At least once per semester.
- D. Oral Presentation
 - At least once per semester.
- E. Class Participation
 - At least once per semester.
- F. Final Class Performance
 - One time.

IX. TYPICAL TEXTS:

- 1. Stephens, Mark. *Yoga Adjustments, Philosophy, Principles and Techniques*. First ed., North Atlantic Books, 2014.
- 2. DeCurtins, Jennifer. *The Complete Guide to Yoga Inversions: Learn how to invert, float, & fly*. First ed., Fair Winds Press, 2015.
- 3. Kaminoff, Leslie, and Amy Matthew. *Yoga Anatomy*. Second ed., Human Kinetics, 2012.
- 4. Stephens, Mark. *Teaching Yoga Essential Foundations and Techniques*. First ed., North Atlantic Books, 2010.
- 5. Auman, Amy, and Lisa Purcell. *Anatomy, Stretching and Training for Yoga*. First ed., Skyhorse Publishing, 2013.
- 6. Tiganait, Pandit . *The Secret of the Yoga Sutra*. First ed., Himalayan Institute, 2014.
- 7. Lasater, Ph.D., P.T., Judith. *30 Essential Yoga Poses*. First ed., Rodmell Press, 2003.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Personal Yoga Mat