

Las Positas College  
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## Course Outline for KIN QYO

### YOGA FOR FIFTY PLUS

Effective: Spring 2015

#### I. CATALOG DESCRIPTION:

KIN QYO — YOGA FOR FIFTY PLUS — 1.00 - 2.00 units

This course is designed to present to the student a selection of exercises that will promote strength, flexibility, balance, and coordination in a calm and quiet atmosphere. Through continual practice of these exercises, the student will gain insight into personal strengths and weaknesses, will become aware of improved breathing patterns and methods of relaxation.

1.00 - 2.00 Units Lab

#### Grading Methods:

#### Discipline:

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

- A. Demonstrate improved flexibility and strength;
- B. Demonstrate improved balance;
- C. Demonstrate relaxation techniques with confidence.

#### V. CONTENT:

- A. Selected postures to promote flexibility and strength
- B. Techniques of relaxation
- C. Techniques to increase efficiency of controlled breathing patterns
- D. Modification of postures to meet individual needs
- E. Assessment of students' strengths and weaknesses and methods to improve them

#### VI. METHODS OF INSTRUCTION:

- A. Verbal explanation
- B. Student participation
- C. **Demonstration** -

#### VII. TYPICAL ASSIGNMENTS:

- A. Using learned techniques, offer adjustments to a partner that will increase their safety and comfort while holding a pose.
- B. Practice breathing and relaxation techniques regularly for one month. Report any changes regarding health and outlook on life.

#### VIII. EVALUATION:

##### A. **Methods**

- 1. Exams/Tests
- 2. Class Participation
- 3. Other:
  - a. Methods
    - 1. Class participation
    - 2. Demonstrate proficiency of exercise movements
    - 3. Final Exam

##### B. **Frequency**

- 1. Frequency
  - a. Daily evaluation of student's progress and participation
  - b. Demonstration of improvement
  - c. Student's self-evaluation

IX. TYPICAL TEXTS:

1. Stephens, Mark. *Yoga Adjustments: Philosophy, Principles, and Techniques.*, North Atlantic Books, Berkeley, CA , 2014.
2. Flamm, Sue. *Restorative Yoga: with Assists A Manual for Teachers and Students of Yoga.*, Self Published, 2014.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Sticky mat and block required, strap optional.
- B. Comfortable loose fitting garments.