

Las Positas College  
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## Course Outline for KIN YO

### YOGA

Effective: Spring 2008

#### I. CATALOG DESCRIPTION:

KIN YO — YOGA — 0.50 - 2.00 units

This course provides a unique exercise system based on the principles of Hatha Yoga. Emphasis is on developing a controlled awareness of inner strength, body alignment, balance, and flexibility through a series of exercises and poses. The importance of controlled breathing and mental relaxation are also emphasized.

0.50 - 2.00 Units Lab

#### Grading Methods:

#### Discipline:

**Family:** Kinesiology Yoga

	<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:**

- Apply the philosophy of 'taking care of oneself' to daily life;
- Describe the physical and mental benefits of yoga;
- Demonstrate knowledge of elementary human anatomy and physiology;
- 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
- The concept of energy and energetic balance in life
- Exercises and poses to strengthen and stretch the body
- Exercises to increase awareness of individual strengths and limitations
- Movement patterns to focus on internal core strength and balance
- Relaxation techniques for stress reduction and general well-being

#### VI. METHODS OF INSTRUCTION:

- Verbal explanation accompanied by demonstration
- Individual assistance given when needed
- 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**

- Class Participation
- Other:
  - Student participation is evaluated daily
  - Demonstration of improved fitness as exercises become more difficult
  - 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.