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**Course Outline for KIN Yo Ath**  
**YOGA FOR ATHLETES-SPORTS CONDITIONING**  
**Effective: Fall 2014**

**I. CATALOG DESCRIPTION:**

KIN Yo Ath — YOGA FOR ATHLETES-SPORTS CONDITIONING — 0.50 - 2.00 units

Designed to prepare potential and current athletes for intercollegiate competition. Presents a combination of strength, flexibility and balance control, combined with breathing techniques, to increase focus and mind-body awareness for athletic competition.

0.50 - 2.00 Units Lab

**Grading Methods:**

Letter Grade

**Discipline:**

	<b>MIN</b>	<b>MAX</b>
<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:**

1. Explain the fundamental principals of physical conditioning.
2. Identify and explain conditioning vocabulary.
3. Identify correct muscle groupings when demonstrating yoga postures.
4. Exhibit the strength, flexibility, and balance skills related to physical conditioning.
5. Demonstrate breathing technique in relation to yoga postures.
6. Explain nutritional principles and goal setting to help improve performance.

**V. CONTENT:**

1. Fundamentals of strength, flexibility, balance conditioning for competition.
2. Proper breathing techniques.
3. Identification of appropriate muscles and muscle groups.
4. Sport specific skill activities to improve sport performance.
5. Body conditioning that specializes in preventative sports injury techniques, as well as rehabilitation and training for athletes.
6. Nutritional principles and goal setting to improve performance.
7. Post-workout stretching sequence that involves three areas—hips, hams, and lower back.

**VI. METHODS OF INSTRUCTION:**

- A. **Classroom Activity** - Yoga poses to improve physical conditioning.
- B. **Demonstration** - Demonstration activities to improve balance and flexibility.
- C. **Simulations** - How the mind and body prepare for focusing
- D. **Written exercises and case studies** - Written personal journals
- E. **Guest Lecturers** - Invited guest to expand on the knowledge, benefits of yoga for athletes.

**VII. TYPICAL ASSIGNMENTS:**

- A. Muscle identification and recognition work sheets
- B. Personal journal on progress throughout the class regarding nutrition, strength, and goals
- C. Participation in physical fitness assessments: pre and post testing of strength, flexibility and balance
- D. Visualization exercises

**VIII. EVALUATION:**

- A. **Methods**

1. Exams/Tests
2. Papers
3. Simulation
4. Class Participation
5. Class Performance

**B. Frequency**

Everyday participation in class activities. Weekly journal entries. Assessment testing at beginning and end of semester. Final exam on poses and muscle recognition.

**IX. TYPICAL TEXTS:**

1. Christensen , A. *American Yoga Association's Yoga for Sports*. 2nd ed., McGraw-Hill, 2000.
2. Brandon , L. *Anatomy of Yoga*. 1st ed., McGraw-Hill, 2010.

**X. OTHER MATERIALS REQUIRED OF STUDENTS:**

- A. Appropriate athletic attire and personal yoga mat
- B. Selected handouts related to yoga conditioning for athletes provided by instructor.