

Las Positas College
3000 Campus Hill Drive
Livermore, CA 94551-7650
(925) 424-1000
(925) 443-0742 (Fax)

Course Outline for KIN YOATH
YOGA FOR ATHLETES-SPORTS CONDITIONING
Effective: Spring 2019

I. CATALOG DESCRIPTION:

KIN YOATH — 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:

- Physical Education

Family: Kinesiology Yoga

	MIN	MAX
Lab Hours:	27.00	108.00
Total Hours:	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. Explain the fundamental principals of physical conditioning.
- B. Identify and explain conditioning vocabulary.
- C. Identify correct muscle groupings when demonstrating yoga postures.
- D. Exhibit the strength, flexibility, and balance skills related to physical conditioning.
- E. Demonstrate breathing technique in relation to yoga postures.
- F. Explain nutritional principles and goal setting to help improve performance.

V. CONTENT:

- A. Fundamentals of strength, flexibility, balance conditioning for competition.
- B. Proper breathing techniques.
- C. Identification of appropriate muscles and muscle groups.
- D. Sport specific skill activities to improve sport performance.
- E. Body conditioning that specializes in preventative sports injury techniques, as well as rehabilitation and training for athletes.
- F. Nutritional principles and goal setting to improve performance.
- G. 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

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:

Methods/Frequency

- A. Exams/Tests
one time per semester
- B. Class Participation
assessed daily

IX. TYPICAL TEXTS:

1. Ambrosini, Diane. *Instructing Hatha Yoga*. 2 ed., Human Kinetics, 2017.
2. Cunningham, Ryanne. *Yoga for Athletes*. 1 ed., Human Kinetics, 2017.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

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