

Las Positas College
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Course Outline for KIN QYI
YOGA FOR FIFTY-PLUS- INTMED
Effective: Spring 2015

I. CATALOG DESCRIPTION:

KIN QYI — YOGA FOR FIFTY-PLUS- INTMED — 1.00 - 2.00 units

This course is designed to further the student's knowledge of the practice of Yoga. Included in this course is a continued discussion of the philosophy of Yoga, increased practice of Pranayama (breathing techniques) and meditation, and a variety of appropriate Asana (Yoga poses). Through continued practice of these techniques the student will continue to increase strength, flexibility, balance and introspection, as well as gain insight into personal strengths and challenges.

1.00 - 2.00 Units Lab

Strongly Recommended

KIN YO1 - Yoga 1

or

KIN QYO - YOGA FOR FIFTY PLUS

Grading Methods:

Discipline:

	MIN	MAX
Lab Hours:	54.00	108.00
Total Hours:	54.00	108.00

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
- B. KINQYO

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. Philosophy of Yoga
- B. Various styles of Yoga
- C. Selected postures to promote flexibility and strength
- D. Techniques of relaxation
- E. Techniques to increase introspection through controlled breathing patterns
- F. Modification of postures to meet individual needs
- G. Assessment of student's strengths and weaknesses and methods to improve

VI. METHODS OF INSTRUCTION:

- A. Verbal explanation
- B. Participatory learning
- 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 at home a challenging pose for one month, and report how your relationship with that pose has changed.

VIII. EVALUATION:

A. Methods

1. Class Participation
2. Other:
 - a. Methods
 1. Student participation
 2. Demonstrated proficiency of exercise movements

B. Frequency

1. Frequency
 - a. Student participation will be evaluated daily

IX. TYPICAL TEXTS:

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Sticky mat and block required, strap optional.
- B. Appropriate attire for class