

Las Positas College
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Course Outline for KIN YO2

YOGA 2

Effective: Fall 2015

I. CATALOG DESCRIPTION:

KIN YO2 — YOGA 2 — 1.00 - 2.00 units

This is an intermediate Hatha Yoga course that emphasizes intense stretching, balancing, and building of muscular strength. A series of poses and breathing techniques will be practiced in order to create a more strenuous yoga experience. Emphasis will be on the principles of healthy living, along with proper posture, relaxation and meditation techniques.

1.00 - 2.00 Units Lab

Strongly Recommended

KIN YO1 - Yoga 1
with a minimum grade of C

Grading Methods:

Letter or P/NP

Discipline:

Family: Kinesiology Yoga

	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

IV. MEASURABLE OBJECTIVES:

Upon completion of this course, the student should be able to:

- A. Perform a series of yoga poses that are challenging in strength, flexibility, and balance.
- B. Perform movement patterns that focus on internal core strength and balance.
- C. Exhibit proper posture with correct body alignment.
- D. Use relaxation and breathing techniques for personal benefit.
- E. Discuss the benefits of how yoga contributes to maintaining a healthy lifestyle.

V. CONTENT:

- A. Intermediate/advanced exercises and poses to provide a more strenuous yoga experience.
- B. Challenging exercises to increase muscular strength, flexibility, balance.
- C. Importance of body alignment, core strength, and internal awareness.
- D. Philosophy and principles of a healthy and balanced life.

VI. METHODS OF INSTRUCTION:

- A. **Demonstration** - All exercises and poses will be introduced by verbal explanation and demonstration.
- B. **Individualized Instruction** - Individual assistance will be offered to students who have difficulty performing the intermediate exercises/poses.

VII. TYPICAL ASSIGNMENTS:

- A. Perform a flowing series of movements in a prescribed sequence, e.g. sun salutation.
- B. Building intense muscular strength for the legs, e.g. warrior poses.

C. Reflection paper on the benefits of relaxation and deep breathing techniques.

VIII. EVALUATION:

A. **Methods**

1. Class Participation
2. Class Work
3. Class Performance

B. **Frequency**

Daily assessment of participation and performance

IX. TYPICAL TEXTS:

1. Broad, W. J. *Science of Yoga*., Simon and Schuster, 2012.
2. Kaminoff, Leslie *Yoga Anatomy*. 2nd ed., Human Kinetics , 2011.
3. DiTuro, D., and I. Yang. *Hatha Yoga Asanas*. First ed., Human Kinetics, 2012.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Students should be wearing appropriate attire.
- B. Students should provide their own yoga mat, blanket, or towel to sit on.