

DANC A225: YOGA FOR DANCERS 2

Item	Value
Curriculum Committee Approval Date	12/04/2024
Top Code	100810 - Commercial Dance
Units	1-2 Total Units
Hours	36-72 Total Hours (Lecture Hours 9-18; Lab Hours 27-54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)

Course Description

This course will introduce students to intermediate/advanced yoga postures (asanas), breathing techniques (pranayama), meditation, and Yogic philosophies. This course will guide students to create a rigorous daily practice designed to improve their individual fitness and overall health. Designed for dancers, athletes, and anyone interested in the integration of mind, body and spirit. ADVISORY: DANC A115. Transfer Credit: CSU; UC.

Course Level Student Learning Outcome(s)

1. Understand and perform intermediate/advanced level yoga asanas, pranayama, and meditation techniques, using correct terminology.
2. Understand the history of Yoga and its various philosophies.
3. Design an intermediate/advanced personal yoga practice incorporating asanas, pranayama, and meditation techniques.

Course Objectives

- 1. Demonstrate intermediate/advanced level back, hip, leg, abdominal, and arm strength aimed at improving physical endurance.
- 2. Demonstrate correct body alignment and coordination in order to execute intermediate/advanced level standing postures and inversions.
- 3. Demonstrate intermediate/advanced range of motion in all joints, while also maintaining stability.
- 4. Understand an intermediate/advanced correlation of breath to movement, with particular focus on the length and control of breath.
- 5. Design an intermediate/advanced personal yoga practice based on individual health goals to improve overall mental, physical and emotional balance.
- 6. Learn to engage in a consistent meditation practice.
- 7. Understand and incorporate intermediate/advanced level pranayama (breathing) techniques into a yoga practice.
- 8. Understand various Yogic philosophies based on the Yoga Sutras of Patanjali.

Lecture Content

Class requirements/objectives syllabus Student goals and assessment Intermediate/ advanced Yoga terminology Proper sequencing and modifications Intermediate/ advanced concept of peak poses and counter poses Alignment and safety Variations in practice themes Yogic history and philosophies Pranayama techniques Meditation techniques

Lab Content

I. Evaluation of student strength, flexibility, and familiarity with basic material based on observation and written assessmentII. Utilize Intermediate/ advanced principles of breathing and postural alignment a. Special attention to the integration of mindful and appropriate breathing with all asanas. b. Deepening of breath and control of breath in more difficult posturesIII. Introduce intermediate/advanced asanas a. Identify poses which will address areas crucial to building strength and flexibility required for specific aspects of dance technique and overall healthIV. Utilize intermediate/advanced meditation exercises a. Sit with strength and stillness in a seated position for extended periods of timeV. Introduce intermediate/advanced versions of restorative sequencesVI. Safely perform correct sequence of supine, prone, standing, and inverted movements with modificationsVII. Practice correct use of Pranayama techniques, including Brahmari Pranayama, Alternate Nostril Breathing, and Retention of Breath A BVIII. Evaluation and testing/written assignmentIX. Advanced skill level in form and technique in: a. Sun Salutations A, B, C and Standing Pose Series b. Breathing technique skills of Udiyana, Agnisara, and Kapalabati c. Intermediate/advanced back bending and inverted postures with variations d. Intermediate/advanced balancing poses with variations e. Hand balancing poses including Bakasana, Adho Mukho Vrksasana, and Pinchmyrasana, transition from Shirshasana into Bakasana.X. Understand the basic principles of Yogic philosophies and incorporate them into a personal Yoga practice and healthy lifestyle

Method(s) of Instruction

- Lecture (02)
- Lab (04)

Instructional Techniques

Lecture-lab/physical movement Instructor demonstration of physical movement Discussion Small group exercises Peer feedback Video viewing Written assignments Video taping of student s movement

Reading Assignments

Students will spend approximately 1 hour a week reading handouts and assigned chapters.

Writing Assignments

Students will spend approximately 1 hour a week writing in their journal and another half hour a week on their written assignment.

Out-of-class Assignments

Students will spend approximately 1 hour a week practicing skills learned in class.

Demonstration of Critical Thinking

1. Testing of skills and conditioning level (skills test)2. Final skills test3. Written test of terminology4. Written assignments5. Class participation and attendance6. Video taping, pre-evaluation, and final evaluation

Required Writing, Problem Solving, Skills Demonstration

Journal, written exam (short answer), skills test, written paper

Eligible Disciplines

Dance: Master's degree in dance, physical education with a dance emphasis, or theater with dance emphasis, OR bachelor's degree in any of the above AND master's degree in physical education, any life science, physiology, theater arts, kinesiology, humanities, performing arts, or music OR the equivalent. Master's degree required.

Textbooks Resources

1. Required Iyengar, B.K.S. Tree of Yoga, ed. Boston, MA: Shambhala Publications, Inc., 2002 Rationale: Seminal text - author developed Iyengar yoga techniques 2. Required Iyengar, B.K.S.. Light on Yoga , ed. Emmaus, Pennsylvania: Rodale Press, Inc, 2006 Rationale: Author developed Iyengar techniques of yoga.