

KIN A085N: YOGA METHODOLOGY NONCREDIT

Item	Value
Curriculum Committee Approval Date	12/08/2021
Top Code	083520 - Fitness Trainer
Units	0 Total Units
Hours	90 Total Hours (Lecture Hours 36; Lab Hours 54)
Total Outside of Class Hours	0
Course Credit Status	Noncredit (N)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	Yes; Repeat Limit 99
Open Entry/Open Exit	No
Grading Policy	P/NP/SP Non-Credit (D)

Course Description

This is a course designed for students to learn how to teach key poses in each category of Yoga for adults, teens, and children in a variety of settings. This class includes proper alignment, sequencing of postures, positive communication, verbal and physical cueing, precautions, and modifications for yoga clients. Noncredit. PREREQUISITE: Prior Yoga Experience as demonstrated in first week of enrollment. ADVISORY: KIN A128 and KIN A228. NOT DEGREE APPLICABLE. Not Transferable.

Course Level Student Learning Outcome(s)

1. Create an effective environment that enhances the student experience
2. Compare and contrast Yoga instruction and the impact on student engagement
3. Demonstrate teaching skills by properly instructing Yoga postures and Yoga modifications for a beginning and intermediate Yoga classes.

Course Objectives

- 1. Demonstrate correct basic movement principals, proper body alignment, and common points of complaint and injury.
- 2. Design a dynamic sequence of connected Yoga postures that warms up the body and achieves strength, flexibility, coordination, and endurance.
- 3. Evaluate and assess the specific needs and restrictions of clients in a Yoga class.
- 4. Create realistic goals for clients based on their specific needs.
- 5. Design and implement class sequences that demonstrate an awareness of class ability and class level.
- 6. Identify precautions and demonstrate modifications for clients.
- 7. Utilize effective communication required in teaching: clearly demonstrate the posture, verbally express proper alignment, explain the benefits of the posture, and properly cue the posture.
- 8. Demonstrate the use of Yoga props that provide greater effectiveness, ease, and stability

- 9. Examine comprehension of professionalism, including proper business conduct and attire, ethics of teaching, and how to best deal with emergencies.

Lecture Content

Vocabulary of terms used in Yoga class
Translating Popular English Postures Into Sanskrit
Physical and Energetic Anatomy
Popular Chants and Mantras
Styles and Features of Modern Yoga
Principles of Yoga
Demonstrating Postures with Variations Depending on Class Level
Breath Awareness
Linking Breath to Movement
Setting up Students for Success
Intelligent Sequencing
Cueing to Create Clarity
Modifications with Props
The Instructor's Role
Teaching styles
Making Corrections and Adjustments
Teaching with Purpose and Intent
Theming Children vs. Adult Yoga
Compare and Contrast Modern Schools of Yoga and Their Teaching
Creating a Music Playlist
Safety procedures
Understanding Alignment and Anatomy
Creating a Safe Environment
Promoting Instructor Safety
While Demonstrating Postures and Movements to Avoid Yoga for Special Ailments

Lab Content

Practice and application of the principles of yoga covered by the content lectures
Teaching class with instructor feedback
Demonstrate proper body alignment
Develop a sequence plan with consideration to level, age, and duration of Yoga class.
Demonstrate adjustments and assists needed in Yoga class.
Observe and assess Yoga classes

Method(s) of Instruction

- Enhanced NC Lect (NC1)
- Enhanced NC Lab (NC2)

Instructional Techniques

Lecture and discussion; demonstration; cueing; sequencing; participation and group practice; effective communication; precautions; modifications; and observe professional teachers.

Reading Assignments

Assigned reading from textbooks and instructor handouts. Students will spend 1 hour per week on readings from textbooks and handouts.

Writing Assignments

Students will spend approximately 2 hours per week on written assignments, creating sequences, and analyzing teaching methodology

Out-of-class Assignments

Students will spend 2-3 hours per week on practice teaching, articulating cues for technique and modifications, and analyzing different styles of Yoga instruction.

Demonstration of Critical Thinking

Skills Demonstration; Written Assignments

Required Writing, Problem Solving, Skills Demonstration

Class observation notes and analysis, written sequence plans, proficiency demonstrations of Yoga postures, corrections and modifications, teaching of a Yoga class.

Eligible Disciplines

Physical education: Master's degree in physical education, exercise science, education with an emphasis in physical education, kinesiology,

physiology of exercise, or adaptive physical education, OR bachelor's degree in any of the above AND master's degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Master's degree required.

Textbooks Resources

1. Required David, K.. Functional Anatomy of Yoga, ed. Chichester, England: Lotus Publishing, 2014 2. Required Stephens, M.. Yoga Adjustments: Philosophy, Principles, and Techniques, ed. Berkeley, CA: North Athletic Books, 2014