

# KIN A128: HATHA YOGA - LEVEL I

Item	Value
Curriculum Committee Approval Date	12/04/2024
Top Code	083500 - Physical Education
Units	.5-1.5 Total Units
Hours	18-54 Total Hours (Lecture Hours 4.5-13.5; Lab Hours 13.5-40.5)
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)
Associate Arts Local General Education (GE)	• Area 7 Life Skills, Lifelong Learning, and Self-Development 7B Activity (OE2)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

## Course Description

Yoga postures, breathing, concentration/meditation, and relaxation techniques will be presented as a method of personal development encompassing body, mind, and spirit. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

## Course Level Student Learning Outcome(s)

1. Develop awareness of the mind/body/spirit connection while performing yoga postures, meditation, relaxation, and breathing techniques.
2. Develop a personal yoga program including techniques to gain flexibility, strength, stamina, balance, coordination, and an overall sense of well-being.

## Course Objectives

- 1. Develop knowledge of the subject of hatha yoga including the names of the poses.
- 2. Develop awareness of postural alignment.
- 3. Perform a variety of basic yoga postures and techniques involving breathing, concentration/meditation, and relaxation.
- 4. Apply selected yoga principles for stress reduction and to enhance their level of well being.
- 5. Evaluate their growth in the awareness of body consciousness and personal development.
- 6. Discuss the mind/body/spirit connection and its application to healthy living.

## Lecture Content

I. Overview of class Student Goals Course Objectives Class requirement and proceduresII. Warm-up exercises preparing the body for yoga will be presented each sessionIII. Brief history and philosophy Introduction to basic postures, breathing, concentration and relaxation techniques Physiological benefits Stress reduction and the relaxation responseIV. Continue to introduce techniques and practice techniques Biomechanics of diaphragmatic breath and the concept of pranayama Discussion of energy balance in the body Extended practice of concentration techniquesV. Extended practice of techniques previously presented Introduction to meditation and basic techniques Work on progressions to intermediate postures ; Discussion of developing personal yoga programVI. Deeper discussion and practice of balance and inverted postures Presentation of postures variations and modifications Extended pranayama techniques including ujjayi breathingVII. Presentation and discussion of the 8 limbs of yoga Yoga resources and materials shared in classVIII. Continue practice of basic postures and techniquesTaking the course four times enhances skills by supervised repetition and practice.

## Lab Content

I. Overview of class Student Goals Course Objectives Class requirement and proceduresII. Warm-up exercises preparing the body for yoga will be presented each sessionIII. Brief history and philosophy Introduction to basic postures, breathing, concentration and relaxation techniques Physiological benefits Stress reduction and the relaxation responseIV. Continue to introduce techniques and practice techniques Biomechanics of diaphragmatic breath and the concept of pranayama Discussion of energy balance in the body Extended practice of concentration techniquesV. Extended practice of techniques previously presented Introduction to meditation and basic techniques Work on progressions to intermediate postures ; Discussion of developing personal yoga programVI. Deeper discussion and practice of balance and inverted postures Presentation of postures variations and modifications Extended pranayama techniques including ujjayi breathingVII. Presentation and discussion of the 8 limbs of yoga Yoga resources and materials shared in classVIII. Continue practice of basic postures and techniquesTaking the course four times enhances skills by supervised repetition and practice.

## Method(s) of Instruction

- Lecture (02)
- DE Live Online Lecture (02S)
- DE Online Lecture (02X)
- Lab (04)
- DE Live Online Lab (04S)
- DE Online Lab (04X)

## Instructional Techniques

Demonstration of techniques; lecture; discussion; instructor feedback; work with classroom mirrored wall for feedback on poses

## Reading Assignments

Students will spend approximately 1 hour a week reading from instructor handouts or self directed readings related to the topic.

### **Writing Assignments**

Student will write journal entries for each home practice session. Student will write a self-assessment paper.

### **Out-of-class Assignments**

Students will spend approximately 3 hours a week completing conditioning programs outside of class meetings. Student will write journal entries for each home practice session. Student will write a self-assessment paper.

### **Demonstration of Critical Thinking**

Student will write a self-assessment paper.

### **Required Writing, Problem Solving, Skills Demonstration**

Student will write journal entries for each home practice session. Student will write a self-assessment paper.

### **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.

### **Other Resources**

1. Selected handouts will be provided by the instructor.