

# KIN A285: YOGA METHODOLOGY

Item	Value
Curriculum Committee Approval Date	11/04/2020
Top Code	083520 - Fitness Trainer
Units	3 Total Units
Hours	90 Total Hours (Lecture Hours 36; Lab Hours 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

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. PREREQUISITE: Prior Yoga Experience as demonstrated in first week of enrollment. ADVISORY: KIN A128 and KIN A228. Transfer Credit: CSU.

## 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

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

## 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