

KIN A286: YOGA METHODOLOGY 2

Item	Value
Curriculum Committee Approval Date	09/08/2021
Top Code	083520 - Fitness Trainer
Units	3 Total Units
Hours	54 Total Hours (Lecture 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 increase their knowledge and build on the concepts from Yoga Methodology 1. Students will learn how to teach the principles and techniques of Yoga in each category of the three stages of life (developmental, preventative, and therapeutic) in a variety of settings. This class includes further study of proper alignment, sequencing of postures, positive communication, verbal and physical cueing, precautions, and modifications for yoga clients. PREREQUISITE: KIN A228 and KIN A285. Transfer Credit: CSU.

Course Level Student Learning Outcome(s)

1. Demonstrate the ability to use professional conduct, adhere to safety guidelines, and stay within the guidelines of scope of practice.
2. Implement techniques that promote active learning.
3. Assess a client's progress and performance of Yoga postures and practices by incorporating critical thinking skills.
4. Demonstrate improved teaching skills by safely and properly instructing Yoga postures and Yoga modifications in each category of the three stages of life (developmental, preventative, and therapeutic).

Course Objectives

- 1. Demonstrate greater understanding of correct movement principals, proper body alignment, and common points of complaint and injury in each category of the three stages of life (developmental, preventative, and therapeutic).
- 2. Evaluate and assess the specific needs and restrictions of clients in a yoga class in each category of the three stages of life.
- 3. Identify safety precautions and demonstrate modifications for clients in each category of the three stages of life.
- 4. Identify intermediate to advanced students and demonstrate variations of yoga postures.
- 5. Examine and implement physiological, mental, and spiritual tools of yoga that can be added to a yoga class that is dependent on the stage of life.
- 6. Improve effective communication skills required to teach beginning to advanced students.

- 7. Examine comprehension of professionalism, including scope of practice, ethics and boundaries, and how to best deal with various emergencies.

Lecture Content

A. Class requirements and procedures B. Three Stages of Life (Developmental, Preventative, and Therapeutic) C. Anatomy and common areas of injury for three stages of life D. Postures, breathing practices, visualization exercises, mantras, mudras, and meditation for the three stages of life E. Principles of safe verbal and kinesthetic adjustments in the three stages of life F. Analyze methods of communicating to three stages of life G. Examine boundaries of teacher student relationship, ethics, and safety protocol H. Evaluate scope of practice and what a yoga teacher can and cannot recommend

Method(s) of Instruction

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

Instructional Techniques

Lecture and discussion; demonstration; cueing; sequencing; participation and group practice; effective communication; precautions; modifications; variations

Reading Assignments

Assigned reading from textbooks and instructor handouts.

Writing Assignments

Written sequence plans

Out-of-class Assignments

Practice for skill development. 1-2 hours of weekly homework of handouts followed by class discussion and demonstration.

Demonstration of Critical Thinking

Tests, posture demonstrations, attendance, participation in class discussions, written sequence plans.

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

Kinesiology: Master's degree in kinesiology, 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. 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 Staugaard-Jones, Jo Ann. *The Concise Book of Yoga Anatomy: An Illustrated Guide to the Science of Motion*, ed. Berkley: Lotus, 2015
2. Required O'Neill, Sian. *Yoga Teaching Handbook: A Practical Guide for Yoga Teachers and Trainees*, 1st ed. London: Singing Dragon, 2017