

# KIN A287: YOGA PRACTICUM LEVEL 1

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

Students in this course are given practical experience in yoga teaching, class planning, and auditioning for employment. Students will learn how to prepare to teach diverse populations, enhance the teacher-student experience, and prepare for yoga studio, corporate, and private employment. Additional lab hours will assign students to teach in a supervised Hatha Yoga Level 1 class at OCC. PREREQUISITE: KIN A228 and KIN A285. Transfer Credit: CSU.

## Course Level Student Learning Outcome(s)

1. Create and demonstrate sequence plans that include additional yoga practices with progressions appropriate to the level and age of the target students in a yoga class.
2. Evaluate yoga sequences created by colleagues and provide constructive feedback.
3. Analyze the business of yoga, including the legal and marketing aspects of the industry.
4. Teach in a diverse setting establishing professionalism in a yoga class under supervision.

## Course Objectives

- 1. Design dynamic sequences of connected yoga postures that warm up the body and achieve strength, mobility, coordination, and endurance in each category of the three stages of life.
- 2. Design and demonstrate a teaching plan that features additional tools of yoga, including daily routines, breath work, visualization, and meditation.
- 3. Analyze colleague's yoga teaching skills and give constructive feedback.
- 4. Assess, modify, and create updated lesson plans that reflect the recommendations from student teaching.
- 5. Demonstrate increased skills in practicing verbal and kinesthetic postural adjustments.
- 6. Compose a resume and cover letter that will help secure an interview.

- 7. Develop interview and audition strategies, and an on-line presence in the business of yoga.
- 8. Identify the liabilities associated with reaching yoga to various markets and how to safely conduct community classes.

## Lecture Content

A. Class requirements and procedures B. Principles of designing yoga sequences C. Principles of demonstrating D. Assess sequence plans with consideration to level, age, type, and duration of Yoga class. E. Practice and evaluate diverse methods of delivering cues F. Offer and receive constructive feedback G. Develop interview and audition strategies to obtain employment

## Lab Content

A. Teach original yoga sequences with instructor and colleague feedback B. Demonstrate yoga sequences with proper body alignment, cues, modifications, and variations C. Integrate feedback and suggestions to revise yoga sequences D. Teach revised and developed yoga sequences to the public with supervision E. Receive feedback from supervisor after teaching public class F. Practice interview skills by role-playing with colleagues and auditioning short sequences

## 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.

## Writing Assignments

Written sequence plans Written experience and evaluation of yoga audition

## Out-of-class Assignments

Assisting Hatha Yoga Level 1 with instructor oversight and supervision Practice for skill development. 1-2 hours of weekly homework of handouts followed by class discussion, demonstration, teaching, and explanation.

## Demonstration of Critical Thinking

Tests, posture demonstrations, written self-evaluations, 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 Yoga classes.

## **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 Marchildon, Michelle Berman. Theme Weaver: Connect the Power of Inspiration to Teaching Yoga, 1st ed. Littleton: Wild Horse Ventures, LLC, 2017 2. Required Amy Ippoliti and Taro Smith . The Art and Business of Teaching Yoga: The Yoga Professional's Guide to a Fulfilling Career, , 1st ed. Novato: New World Library, 2016