

PE C118: INTRODUCTION TO YOGA

Item	Value
Curriculum Committee Approval Date	10/04/2024
Top Code	083500 - Physical Education
Units	1 Total Units
Hours	36 Total Hours (Lecture Hours 9; Lab Hours 27)
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)
Local General Education (GE)	• Area 7E Self-Development (CE1)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

Course Description

An overview course in yoga, the integrated study of health and movement. It includes breathing techniques, yoga postures, meditation and relaxation. Emphasis is on practicing the principles of breathing and deep relaxation to reduce stress as well as practicing the postures to improve flexibility, balance, and strength. Enrollment Limitation: KIN C118; students who complete PE C118 may not enroll in or receive credit for KIN C118. Transfer Credit: CSU; UC: Credit Limitation: PE Activity courses combined: maximum credit, 4 units.

Course Level Student Learning Outcome(s)

1. Apply major theories and principles of Yoga to everyday life.
2. Utilize appropriate posture, breathing, coordination, and balance in performing Yoga movements.
3. Select appropriate techniques for stress reduction, mental clarity, and well-being.

Course Objectives

- 1. Demonstrate basic ability to perform movements with appropriate posture, breathing, coordination, and balance.
- 2. Evaluate growth in terms of body awareness and personal development.
- 3. Learn yoga techniques for improving balance, flexibility, strength, and overall relaxation.

Lecture Content

Introduction: requirements, proper attire, class etiquette Historical and philosophical overview Theories and principles behind yoga Introductory breathing techniques Introductory yoga postures to improve strength, flexibility, balance Forward bend Spinal twist Child's pose Cobra

Tree Modified Sun Salutation Corpse, etc. Introduction to meditation Introduction to chanting Introduction to relaxation techniques

Lab Content

Learn course requirements for attire and etiquette. Learn the background and theories of this ancient practice to breathing, movement and coordination. Practice postures and stance. Practice of relaxation techniques. Practice of meditation and chanting.

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

This course will use a series of lectures, demonstrations, and/or media enhancements as well as practice sessions to build student confidence and the ability to practice yoga postures.

Reading Assignments

Read textbook and do library research assignments, group and individual projects, preparation for discussions and demonstrations.

Writing Assignments

Written observations, backed by cited sources; applying knowledge of the history and background of this ancient practice to the demonstration and explanation of movements.

Out-of-class Assignments

Reading and written assignments; research assignments; preparation of content and/or demonstrations to share with the class and responses to content presented; analysis of case studies; and/or self-assessments.

Demonstration of Critical Thinking

Application of movement theory to a variety of posture and balance issues. Demonstration of correct posture, stance and movement patterns.

Required Writing, Problem Solving, Skills Demonstration

Examples include: Students will assess and critique their yoga skills. Students will incorporate yoga into a fitness routine. Demonstration of yoga postures.

Eligible Disciplines

Health: Master's degree in health science, health education, biology, nursing, physical education, kinesiology, exercise science, dietetics, or nutrition OR bachelor's degree in any of the above AND master's degree in public health, or any biological science OR the equivalent. Master's degree required. 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 Schiffman, E. The Spirit Practice of Moving into Stillness, ed. Pocket Books, 1996 Rationale: - Legacy Textbook Transfer Data: Legacy text 2. Required Sivananda Yoga Center. The Sivananda Companion to Yoga, ed. Simon Schuster, 2000 Rationale: - Legacy Textbook Transfer Data: Legacy text 3. Required Goldberg, Elliott. The Path of Modern Yoga, 1st ed. Simon Schuster, 2016 Rationale: - Legacy Textbook Transfer Data: Legacy text

Other Resources

1. Coastline Library