

# PE C121: POWER YOGA BEGINNING

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

Power Yoga is an ancient Eastern practice, connecting movement using mind, body, and breathing practice. The course focuses on dynamic movement to keep the body strong, flexible, and relaxed. Enrollment Limitation: KIN C121; students who complete PE C121 may not enroll in or receive credit for KIN C121. 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 Power Yoga to everyday life.
2. Utilize appropriate posture and technique in performing intermediate Power Yoga movements.
3. Select appropriate techniques for stress reduction, mental clarity, and well-being.

## Course Objectives

- 1. Demonstrate basic ability to align the body and perform movements with appropriate posture, breathing, coordination, and balance.
- 2. Apply principles of Power Yoga to improve core strength, concentration, awareness, and relaxation.
- 3. Combine various yoga postures into a Vinyasa or flow series with corresponding breathing.

## Lecture Content

Introduction: requirements, proper attire, class etiquette Historical and philosophical overview How does ancient practice apply to the 21st century Sun salutations-the foundation of Power Yoga Breathing

techniques Flowing movement (Vinyasa) Developing an awareness and respect for the body's limitations Mind/body development

## Lab Content

Perform warm up exercises Put in practice historical and philosophical aspect of yoga to the practice of Power Yoga. Practice intermediate Posture and Stances. Perform Vinyasa or flowing movements Develop an awareness and respect for the body's limitations

## 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/or 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 demonstrations to share with the class and responses to content presented; analysis of case studies; and/or self-assessments.

## Demonstration of Critical Thinking

Student may apply movement theory to a variety of posture and balance issues. Students may demonstrate correct posture, stance, and movement patterns.

## Required Writing, Problem Solving, Skills Demonstration

Students may assess and critique their yoga skills. Students may incorporate yoga into a fitness-wellness routine. Demonstration of yoga pose transitions and connections. Demonstration of correct modifications to poses and/or transitions when necessary.

## 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 Farhi, Donna. Yoga, Mind, Body and Spirit, ed. Henry Holt and Company, 2000 Rationale: - Legacy Textbook Transfer Data: Legacy text
2. Required Schiffman, E. The Spirit Practice of Moving into Stillness, 1st ed. Pocket Books, 1996 Rationale: - Legacy Textbook Transfer Data: Legacy text
3. Required Sivandana Yoga Center. The Sivananda Companion to Yoga, ed. Simon Schuster, 2000 Rationale: - Legacy Textbook Transfer Data: Legacy text
4. 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