

PE G133: INTERMEDIATE YOGA

| Item | Value |
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| Curriculum Committee Approval Date | 02/20/2024 |
| Top Code | 083500 - Physical Education |
| Units | .5,1 Total Units |
| Hours | 27,54 Total Hours (Lab Hours 27,54) |
| 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) |
| Local General Education (GE) | • Area 7E Lifelong Understanding and Self-Development (GE) |

Course Description

This course is designed for students with previous yoga experience who are interested in expanding their yoga practice through breathing techniques, postures, meditation, and relaxation. Students will learn about the techniques of yoga and how to implement those practices into their daily life. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, PE Activity courses combined: maximum credit, 4 units.

Course Level Student Learning Outcome(s)

1. Course Outcomes
2. Perform yoga poses at an intermediate level.
3. Demonstrate yoga breathwork techniques at an intermediate level.

Course Objectives

- 1. Demonstrate intermediate level yoga techniques to improve strength and mobility.
- 2. Perform yoga poses at an intermediate level while incorporating the breath to movement.
- 3. Perform intermediate level poses to strengthen and tone muscles.

Lecture Content

Lab Content

Orientation Growing in your yoga practice Overview and demonstration of intermediate level poses and movements Discuss safety precautions Review principles of yoga Review modifications for poses Practice Breathing techniques Strength and safety Flexibility and mobility Postures Relaxation Meditation methods Building a practice Physical practices Mental practices Proper posture Breathwork Breathing and movement Mind and body practice Yoga practice Use of developed

program Create a program that allows for growth in poses Evaluation of progression Modifications based on need

Method(s) of Instruction

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

Out-of-class Assignments

Demonstration of Critical Thinking

Demonstration and application of skills needed to safely execute poses necessary to participate in the class. Students will also need to understand the function of the muscles in the body so they can pay attention to how their body is feeling and modify if necessary.

Required Writing, Problem Solving, Skills Demonstration

The students will be able to demonstrate and apply intermediate techniques of yoga to increase their strength, flexibility, relaxation and mind body connection.

Eligible Disciplines

Coaching: Any bachelor's degree and two years of professional experience, or any associate degree and six years of professional experience. 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.