

SPED C034N: ADAPTED YOGA

Item	Value
Curriculum Committee Approval Date	10/27/2023
Top Code	083580 - Adapted Physical Education
Units	0 Total Units
Hours	8-64 Total Hours (Lab Hours 8-64)
Total Outside of Class Hours	0
Course Credit Status	Noncredit (N)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	Yes; Repeat Limit 99
Open Entry/Open Exit	No
Grading Policy	P/NP/SP Non-Credit (D)

Course Description

This is a group exercise course designed to meet the needs of students with physical limitations. Modified asanas and breathwork are utilized to improve balance, strength, flexibility and promote stress reduction. Meditation and breathing exercises will also be introduced to promote body awareness and relaxation for increased physical and mental wellness. **ADVISORY:** Limitations may be temporary or permanent; A signed Coastline Verification of Disability form will be required from the student's physician. Noncredit. NOT DEGREE APPLICABLE. Not Transferable.

Course Level Student Learning Outcome(s)

1. Maintain or improve muscular strength, muscular endurance, and stability.
2. Maintain or improve flexibility and range of motion throughout the body.
3. Maintain or improve breath control to promote stress reduction.

Course Objectives

- 1. Students will utilize physical postures to improve flexibility.
- 2. Students will utilize physical postures to improve muscular strength and endurance.
- 3. Students will utilize physical postures to improve overall posture, postural control and balance.
- 4. Students will effectively demonstrate diaphragmatic breathing, and gain an understanding of the importance of this skill.
- 5. Students will learn various meditation and breathing techniques to enhance relaxation and stress reduction.

Lecture Content

See lab content.

Lab Content

Physical assessment; student collaboration with instructor to set measurable fitness goals Flexibility assessments: upper and lower body Muscular strength and endurance assessments Orientation, adaptation of curriculum and methodology as per individualization of student needs Breathing exercises Ujjayi breathing, diaphragmatic breathing, box

breathing, alternate nasal breathing Seated asanas to focus on flexibility, strength and core control Asanas completed in chair or seated on floor as appropriate for student's abilities and goals Dynamic and static asanas and sequences (such as Sun Salutations) Standing asanas to focus on flexibility, strength, and balance Dynamic and static asanas and sequences (such as Sun Salutations) Meditation practices Mindfulness practice, guided meditation, Yoga Nidra, positive affirmations, mantra focus Concurrent assessment/reassessment promoting continuation of positive change in fitness parameters identified in goal setting Utilization of protocols to assess parameters of fitness Surveys and and student discussion assignments (written and/ or verbal) to assess subjective measurements such as stress management, mindfulness and body awareness Modifications to activity protocols to advance progress toward goals Comparison of initial fitness goals with summative assessments

Method(s) of Instruction

- Regular NC Lab (NC4)
- Online Reg NC Lab (NC8)
- Live Online Reg NC Lab (NCC)

Instructional Techniques

Demonstrations Discussions of important concepts Surveys, assessments, and evaluations

Reading Assignments

Not required.

Writing Assignments

Not required.

Out-of-class Assignments

Not required.

Demonstration of Critical Thinking

Evaluations to include verbal assessment with instructor and/ or written self-evaluation and reflection (pre- and post-assessment)

Required Writing, Problem Solving, Skills Demonstration

Evaluations to include verbal assessment with instructor and/ or written self-evaluation and reflection (pre- and post-assessment). Students' skills should be evaluated objectively at the start of the course, mid semester, and at the conclusion of the course.

Eligible Disciplines

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. Special education: Minimum qualifications for these faculty members are specified in title 5, section 53414. Master's degree required. Title 5, section 53414