

Course Outline of Record

1. Course Code: KINE-085
2.
 - a. Long Course Title: Adapted Yoga
 - b. Short Course Title: ADAPTED YOGA
3.
 - a. Catalog Course Description:
 This course is designed for individuals with disabilities who would like to increase their body/mind/spirit connection during movement. Students are introduced to the basic alignment and strength concepts of the body via the techniques of Iyengar’s method of Hatha Yoga. Special focus will be placed on developing strength, endurance and correct body alignment in addition to flexibility and relaxation/meditation.
 - b. Class Schedule Course Description:
 KINE 085 is designed for disabled individuals of all fitness levels who would like to increase their body/mind/spirit using Iyengar’s method of Hatha Yoga.
 - c. Semester Cycle (if applicable): N/A
 - d. Name of Approved Program(s):
4. Total Units: 1.00 Total Semester Hrs: 36.00
 Lecture Units: 0.5 Semester Lecture Hrs: 9.00
 Lab Units: 0.5 Semester Lab Hrs: 27.00
 Class Size Maximum: 15 Allow Audit: Yes
 Repeatability No Repeats Allowed
 Justification 0
5. Prerequisite or Corequisite Courses or Advisories:
Course with requisite(s) and/or advisory is required to complete Content Review Matrix (CCForm1-A)
 Advisory: Designed for students with disabilities
6. Textbooks, Required Reading or Software: (List in APA or MLA format.) N/A
7. Entrance Skills: *Before entering the course students must be able:*

8. Course Content and Scope:

Lecture:

1. Warm up exercises/flexibility training.
2. Origins of Iyengar Hatha Yoga.
3. Evolution of Theory/Sanskrit Language
4. Introduction of basic anatomy
5. Basic breath and visualization
6. Use of props to assist in flexibility development and adapted needs
7. Psychological benefits of Yoga
8. Variety of Yoga postures
9. Physiological changes that occur through Yoga and impact on individuals flexibility, balance and strength
10. Transfer of Yoga practice to improve lifelong wellness

Lab: (if the "Lab Hours" is greater than zero this is required)

1. Pre and Post flexibility analysis
2. Pre and Post muscular endurance testing
3. Pre and Post core strength analysis
4. Progressive yoga programming
5. Identification and assistance with individual modifications for adapted students
6. Application of yoga exercises to improve upper body flexibility, strength and balance
7. Application of yoga exercises to improve lower body flexibility, strength and balance
8. Application of progressive yoga postures and stretches to enhance back flexibility and strength

9. Course Student Learning Outcomes:

1.
Apply a personal full body flexibility routine focused on all major muscle groups.
2.
Identify through written analysis the principles of kinesiology and basic anatomy as related to muscular flexibility and yoga exercises.

10. Course Objectives: *Upon completion of this course, students will be able to:*

- a. Demonstrate proper form and technique in various yoga poses.
- b. Identify core strengthening exercises and the muscle groups they target.
- c. Identify through written analysis the principles of kinesiology and basic anatomy as related to muscular flexibility and yoga exercises.

11. Methods of Instruction: *(Integration: Elements should validate parallel course outline elements)*

- a. Activity
- b. Demonstration, Repetition/Practice
- c. Journal
- d. Laboratory
- e. Lecture
- f. Participation

g. Self-exploration

12. Assignments: *(List samples of specific activities/assignments students are expected to complete both in and outside of class.)*

In Class Hours: 36.00

Outside Class Hours: 18.00

a. Out-of-class Assignments

Reading assignments Video programs with reports Journal of yoga practices Personal program design

b. In-class Assignments

Practice yoga poses. Take lecture notes

13. Methods of Evaluating Student Progress: *The student will demonstrate proficiency by:*

- Written homework
Homework assignments
- Critiques
Practice with other students in the class and critique each other
- Guided/unguided journals
Students will keep a journal
- Group activity participation/observation
Students will actively participate in yoga class
- Mid-term and final evaluations
written or in-class exams

14. Methods of Evaluating: Additional Assesment Information:

15. Need/Purpose/Rationale -- *All courses must meet one or more CCC missions.*

PO-GE C5 – Personal Growth and Development

Value learning as a lifelong endeavor designed to enrich one’s life.

Exhibit habits of intellectual exploration, personal responsibility, and well being.

Interact with individuals and within groups with integrity and awareness of others' opinions, feelings, and values.

Recognize and value the human body as an integrated organism with systemic functions such as movement, nutrition, growth, reproduction, and aging.

Make informed decisions with self-awareness in practical matters including college and career choices.

IO - Personal and Professional Development

Self-evaluate knowledge, skills, and abilities.

Develop realistic goals.

Value the feedback of others.

16. Comparable Transfer Course

University System	Campus	Course Number	Course Title	Catalog Year
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17. Special Materials and/or Equipment Required of Students:

Yoga mat

18. Materials Fees: Required Material?

Material or Item	Cost Per Unit	Total Cost
19. Provide Reasons for the Substantial Modifications or New Course:		
This course is designed for Adapted physical Activity. It is geared towards Disabled Students.		
20. a. Cross-Listed Course (<i>Enter Course Code</i>): <u>N/A</u>		
b. Replacement Course (<i>Enter original Course Code</i>): <u>N/A</u>		
21. Grading Method (<i>choose one</i>): <u>Letter Grade Only</u>		
22. MIS Course Data Elements		
a. Course Control Number [CB00]: <u>CCC000560558</u>		
b. T.O.P. Code [CB03]: <u>83580.00 - Adapted Physical Educatio</u>		
c. Credit Status [CB04]: <u>D - Credit - Degree Applicable</u>		
d. Course Transfer Status [CB05]: <u>C = Non-Transferable</u>		
e. Basic Skills Status [CB08]: <u>2N = Not basic skills course</u>		
f. Vocational Status [CB09]: <u>Not Occupational</u>		
g. Course Classification [CB11]: <u>Y - Credit Course</u>		
h. Special Class Status [CB13]: <u>N/A</u>		
i. Course CAN Code [CB14]: <u>N/A</u>		
j. Course Prior to College Level [CB21]: <u>Y = Not Applicable</u>		
k. Course Noncredit Category [CB22]: <u>Y - Not Applicable</u>		
l. Funding Agency Category [CB23]: <u>Y = Not Applicable</u>		
m. Program Status [CB24]: <u>2 = Stand-alone</u>		
Name of Approved Program (<i>if program-applicable</i>): <u>N/A</u>		
<i>Attach listings of Degree and/or Certificate Programs showing this course as a required or a restricted elective.)</i>		
23. Enrollment - Estimate Enrollment		
First Year: <u>15</u>		
Third Year: <u>15</u>		
24. Resources - Faculty - Discipline and Other Qualifications:		
a. Sufficient Faculty Resources: <u>Yes</u>		
b. If No, list number of FTE needed to offer this course: <u>N/A</u>		
25. Additional Equipment and/or Supplies Needed and Source of Funding.		
<u>N/A</u>		
26. Additional Construction or Modification of Existing Classroom Space Needed. (<i>Explain:</i>)		
<u>N/A</u>		
27. FOR NEW OR SUBSTANTIALLY MODIFIED COURSES		
Library and/or Learning Resources Present in the Collection are Sufficient to Meet the Need of the Students Enrolled in the Course: <u>Yes</u>		
28. Originator <u>Rebecca Vineyard</u> Origination Date <u>10/07/14</u>		