

KINE 092: YOGA FOR DANCERS

Date Submitted: Tue, 03 Sep 2019 23:21:53 GMT

Originator

wansley

Justification / Rationale

Yoga activity classes change to lab

Effective Term

Fall 2020

Credit Status

Credit - Degree Applicable

Subject

KINE - Kinesiology

Course Number

092

Full Course Title

Yoga for Dancers

Short Title

YOGA FOR DANCERS

Discipline**Disciplines List**

Physical Education

Modality

Face-to-Face

Catalog Description

This course is designed for the dancer to build and maintain balance, flexibility and strength through yoga postures. The yoga sequences will provide a methodical way for the dancer to condition, restore the body, and improve execution of dance movements. The yoga postures, creative sequences, proper breathing and relaxation techniques can play a role in calming the mind, reducing stress, improving confidence for audition and performance.

Schedule Description

This course will provide instruction in yoga postures to build and maintain balance, flexibility, strength and improve execution of movement of the dancer.

Lecture Units

0

Lecture Semester Hours

0

Lab Units

1.0

Lab Semester Hours

54

In-class Hours

54

Out-of-class Hours

0

Total Course Units

1

Total Semester Hours

54

Class Size Maximum

30

Course Content

1. Yoga terminology and vocabulary
2. Yoga techniques for proper form and alignment for safety and personal success
3. Identify postures (asanas) that will address areas crucial to building strong dance technique
4. The role of integrating proper breathing with yoga postures
5. The benefits of Yoga for dancers to include mindfulness such as clarity of the mind and confidence
6. The role of standing postures (asanas) to improve balance, flexibility and strength in dancers
7. The importance of correct sequencing of yoga postures (asanas) to improve personal practice to provide the physical and mental benefits to dancers
8. Yoga postures (asanas) that improve core strength and posture in dancers
9. Breathing and mediation exercises to reduce stress and anxiety that could improve performance
10. The role of yoga and flexibility to improve hip and shoulder mobility to benefit dancers
11. The role of yoga to improve flexibility of the spine to benefit dancers
12. The benefits of a well conditioned body in balance, flexibility, core strength and restoration to improve execution of dance movements
13. The role of yoga and stress relief for dancers
14. The benefit of yoga to improved lung capacity for dancers
15. The benefits of yoga to improve stamina in dancers
16. The role of restorative postures (asanas) to improve regeneration, and positive mindfulness in dancers

Lab Content

1. Yoga techniques utilizing proper form and alignment for safety and success
2. Beginning warm-up postures (asanas) to improve mobility in shoulder, hip and back to benefit the dancer
3. Various sun salutations to properly warm up the dancer and improve lung capacity
5. Seated postures (asanas) to improve flexibility; hero, thunderbolt, forward fold, pigeon, lotus, bound angle
6. Postures (asanas) to improve core strength; boat, I-sit, numerous plank variations
7. Prone postures (asanas) downward facing dog, upward facing dog, sun salutations, beginning stages of high low pushups, prone core work to benefit the dancer
8. Forward and backward bend postures (asanas) to benefit the dancer; standing wide forward fold, camel, bridge, upward bow (wheel), bow, supine thunderbolt
9. Supine postures (asanas) to benefit the dancer; corpse, fish, bridge, lying down tree, upward bow (wheel)
10. Balance postures (asanas) various progressions and holds to improve balance and strength in the dancer to include; dancer's pose, tree, eagle, half moon, warrior III, extended hand to big toe
11. Specific flexibility postures (asanas) to benefit the dancer such as monkey pose (split stretches all variations and holds)
12. Sequences of yoga postures (asanas) designed to benefit dancers and improve their balance, strength, flexibility and restoration
13. Restorative and cool down postures (asanas) to improve regeneration and mental benefits specifically to dancers
14. Guided meditation and relaxation time to reduce stress and anxiety and improve performance

Course Objectives

| | Objectives |
|-------------|--|
| Objective 1 | Develop knowledge of fundamental concepts of Yoga postures that will benefit the dancer |
| Objective 2 | Demonstrate correct body alignment and technique of Yoga postures |
| Objective 3 | Demonstrate proper correlation of breath and movement in various yoga postures |
| Objective 4 | Identify various standing yoga postures that will improve leg strength, flexibility and balance in dancers |
| Objective 5 | Develop a set of yoga postures that could benefit the dancer in their own personal practice |

| | |
|--------------|--|
| Objective 6 | Identify restorative poses that will benefit the dancer in regeneration and positive mindfulness |
| Objective 7 | Analyze improvements in range of motion to the shoulders, back, and hips for dance from pre and post flexibility assessments |
| Objective 8 | Recognize the importance of yoga for overall personal health and stress reduction |
| Objective 9 | Identify various yoga postures to improve overall core strength and posture for dancers |
| Objective 10 | Identify various arm balancing yoga postures that will improve conditioning levels in dancers |

Student Learning Outcomes

Upon satisfactory completion of this course, students will be able to:

Outcome 1 Create a sequence of yoga postures for self practice to improve flexibility and strength for the dancer.

Methods of Instruction

| Method | Please provide a description or examples of how each instructional method will be used in this course. |
|------------------------------|--|
| Discussion | Yoga postures are discussed and broken down with proper form, alignment and physical benefits |
| Collaborative/Team | Pre and post testing will be administered to analyze flexibility levels and improvement |
| Activity | The course is based upon active yoga posture movement and exploration |
| Technology-based instruction | Power points and video are sometimes showed to enhance teaching |
| Self-exploration | Yoga postures are practiced and encouraged for students to self explore and analyze |
| Participation | Active participation points are earned from participating in partner posture observation lab analysis |
| Observation | Students participate in partner yoga observations to learn appropriate form and technique |
| Journal | Yoga personal reflections analyzing improvements and changes physically and mentally |

Methods of Evaluation

| Method | Please provide a description or examples of how each evaluation method will be used in this course. | Type of Assignment |
|---|--|---------------------|
| Written homework | Individual personal reflection will be shared with students analyzing improvements both physically and mentally | In and Out of Class |
| Self-paced testing, Student preparation | Students will prepare personal reflection, article critique reviews, and personal sequence for self practice | In and Out of Class |
| Student participation/contribution | Students will earn active participation points for student participation and efforts | In Class Only |
| Self/peer assessment and portfolio evaluation | Partner yoga analysis and observation laboratories | In Class Only |
| Group activity participation/observation | Students will share and participate in small groups yoga self practice sequences that they developed to enhance flexibility and strength of a dancer | In and Out of Class |
| Guided/unguided journals | Yoga journal reflection | In and Out of Class |
| Critiques | Group discussion threads on article critiques on topics related to yoga | In and Out of Class |

Assignments

Other In-class Assignments

1. Personal flexibility assessment
2. Partner or group yoga posture evaluation specific to dancers

3. Students will engage in discussions on yoga concepts, postures and breathing techniques that may benefit the dancer to perform optimally

Other Out-of-class Assignments

1. Read article critiques and reference books and participate in group discussion on benefits of yoga for the dancer
2. Personal journal , reflection, thoughts and observations, the role of nutrition for optimal health
3. Create a yoga set of sequences from class designed to provide benefits for the dancer and improve their personal practice

Grade Methods

Letter Grade Only

MIS Course Data**CIP Code**

31.0507 - Physical Fitness Technician.

TOP Code

083520 - Fitness Trainer

SAM Code

C - Clearly Occupational

Basic Skills Status

Not Basic Skills

Prior College Level

Not applicable

Cooperative Work Experience

Not a Coop Course

Course Classification Status

Credit Course

Approved Special Class

Not special class

Noncredit Category

Not Applicable, Credit Course

Funding Agency Category

Not Applicable

Program Status

Program Applicable

Transfer Status

Transfer CSU, limited UC

Allow Audit

No

Repeatability

No

Materials Fee

No

Additional Fees?

No

Approvals

Curriculum Committee Approval Date

10/17/2019

Academic Senate Approval Date

10/24/2019

Board of Trustees Approval Date

11/13/2019

Course Control Number

CCC000605865

Programs referencing this course

Yoga Teacher Training Certificate of Achievement (<http://catalog.collegeofthedesert.eduundefined?key=187/>)

Kinesiology AA-T Degree (<http://catalog.collegeofthedesert.eduundefined?key=8/>)