

KINE 099: VINYASA POWER YOGA

Date Submitted: Fri, 30 Aug 2019 23:32:53 GMT

Originator

wansley

Justification / Rationale

Yoga activity courses will move to lab

Effective Term

Fall 2020

Credit Status

Credit - Degree Applicable

Subject

KINE - Kinesiology

Course Number

099

Full Course Title

Vinyasa Power Yoga

Short Title

VINYASA POWER YOGA

Discipline**Disciplines List**

Physical Education

Modality

Face-to-Face

Catalog Description

Vinyasa Power Yoga is a vigorous approach to Yoga that emphasizes improvements in joint flexibility, mobility, strength and balance. The course will present multiple levels of challenging sequences to include the following standing postures, core, arm balances, back bends, twists, forward bends, hip openers and inversions.

Schedule Description

Vinyasa Power Yoga is a vigorous approach to yoga that emphasizes improvements in joint flexibility, mobility, strength and balance.

Lecture Units

0

Lecture Semester Hours

0

Lab Units

1

Lab Semester Hours

54

In-class Hours

54

Out-of-class Hours

0

Total Course Units

1

Total Semester Hours

54

Required Text and Other Instructional Materials
Resource Type

Web/Other

Description

Instructor Handouts

Class Size Maximum

30

Course Content

1. History of basic yoga principles and theories.
2. Introduction to basic anatomy and kinesiology principles as related to yoga.
3. Introduction to Vinyasa Power yoga
4. Creative yoga sequencing to build muscular endurance, strength and balance
5. Introduction to core strengthening yoga exercises
6. Progressive yoga programming
7. Benefits of yoga postures

Lab Content

1. Sun Salutation A and B
2. Yoga postures to build core strength and flexibility
3. Standing yoga postures
4. Postures for back flexibility
5. Postures for twists
6. Postures for forward folds and hip openers
7. Postures for inversions
8. Postures for arm balances and strength

Course Objectives

	Objectives
Objective 1	Understand the importance of form, alignment, and efficiency of movement in a variety of yoga postures.
Objective 2	Demonstrate postures in the following categories; standing, core, arm balances, back bends, twists, forward bends, hip openers, and inversions.
Objective 3	Develop increased body/mind interaction while focusing on correct form to develop body intelligence in various yoga postures.

Student Learning Outcomes

Upon satisfactory completion of this course, students will be able to:	
Outcome 1	Identify proper form and technique in various yoga poses that relate to Vinyasa power yoga.

Methods of Instruction

Method	Please provide a description or examples of how each instructional method will be used in this course.
Discussion	Yoga postures will be discussed and broken down with proper form, alignment and physical benefits.
Demonstration, Repetition/Practice	Students will demonstrate, repeat and practice yoga postures.
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	Students are encouraged to actively kinesthetically feel the yoga postures throughout their bodies.
Participation	Students will be expected to actively participate.
Observation	Students participate in partner yoga observations to learn appropriate form and technique.
Lecture	Lecture will be used to explain and teach the proper form and alignment in postures.

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 prepare goal setting, personal reflection, and article critique analysis	In and Out of Class
Student participation/contribution	Students earn active participation points for participation and efforts in class.	In and Out of Class
Mid-term and final evaluations	Students will participate in post testing to measure joint flexibility and mobility.	In and Out of Class
Presentations/student demonstration observations	Students will demonstrate diverse yoga postures.	In and Out of Class
Field/physical activity observations	Students will participate in various yoga partner posture analysis and observations.	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. Pre and Post fitness testing
2. Partner Yoga posture analysis laboratories

Other Out-of-class Assignments

1. Reading current and past research of yoga
2. Personal yoga reflection

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

CCC000605953

Programs referencing this course

Fitness Specialist Certificate of Achievement (<http://catalog.collegeofthedesert.eduundefined?key=148/>)

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

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

Personal Trainer Certificate of Achievement (<http://catalog.collegeofthedesert.eduundefined?key=80/>)