

KINE 099: POWER YOGA

Originator

amsimmons

Justification / Rationale

Effective date update

Effective Term

Spring 2020

Credit Status

Credit - Degree Applicable

Subject

KINE - Kinesiology

Course Number

099

Full Course Title

Power Yoga

Short Title

POWER YOGA

Discipline**Disciplines List**

Physical Education

Modality

Face-to-Face

Catalog Description

Power Yoga is a vigorous, fitness-based approach to Vinyasa- Style Yoga. It does not follow a set series of poses, but emphasizes strength building and flexibility. It is designed to provide a physical workout.

Schedule Description

Power Yoga is a vigorous, fitness-based approach to yoga and is designed to provide a physical workout.

Lecture Units

.5

Lecture Semester Hours

9

Lab Units

0.5

Lab Semester Hours

27

In-class Hours

36

Out-of-class Hours

18

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 techniques as related to yoga.
3. Introduction to various styles of yoga practice
4. Exercise prescription 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. Warm-up exercises/flexibility training.
2. Specialized core strengthening exercises.
3. Prop workout.
4. Basic mat exercises, injury prevention and spinal care.
5. Progressive routines to improve muscular strength and endurance, stability, and flexibility.
6. Hamstring and lower back flexibility analysis.
7. Ashtanga, Vinyasa and various styles of yoga exercises.

Course Objectives

	Objectives
Objective 1	Understand the importance of form, alignment, and efficiency of movement.
Objective 2	Demonstrate the intermediate and advanced yoga poses and strengthening exercises.
Objective 3	Develop increased mind/body interaction while focusing on correct form to prevent injury and rehabilitate prior injuries.

Student Learning Outcomes

	Upon satisfactory completion of this course, students will be able to:
Outcome 1	Develop a personal full body flexibility routine focused on all major muscle groups.
Outcome 2	Demonstrate proper form and technique in various yoga poses.
Outcome 3	Identify core strengthening exercises and the muscle groups they target.
Outcome 4	Identify through written analysis the principles of kinesiology and basic anatomy as related to muscular flexibility and yoga exercises.

Methods of Instruction

Method	Please provide a description or examples of how each instructional method will be used in this course.
Discussion	
Demonstration, Repetition/Practice	
Activity	
Technology-based instruction	

Self-exploration

Participation

Observation

Lecture

Individualized Study

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		
Self-paced testing, Student preparation		
Student participation/contribution		
Mid-term and final evaluations		
Group activity participation/observation		
Presentations/student demonstration observations		
Field/physical activity observations		
Self-paced testing, Student preparation		
Portfolios		
Critiques		

Assignments

Other In-class Assignments

Pre and Post fitness testing

Partner Yoga activities

Personal fitness reflection

Other Out-of-class Assignments

1. Reading current and past research of yoga
2. Goal setting
3. Studying benefits of yoga postures both for health and fitness

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**

03/21/2019

Academic Senate Approval Date

03/28/2019

Board of Trustees Approval Date

05/17/2019

Course Control Number

CCC000605953

Programs referencing this courseFitness 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/>)