

KIN R142A: YOGA I

Originator

elawley

College

Oxnard College

Discipline (CB01A)

KIN - Kinesiology

Course Number (CB01B)

R142A

Course Title (CB02)

Yoga I

Banner/Short Title

Yoga I

Credit Type

Credit

Start Term

Fall 2021

Formerly

PE R103A - Yoga I

Catalog Course Description

This course introduces yoga techniques for beginners. Students will learn basic yoga positions and exercises, breath control, relaxation techniques, and stretching postures. Course offered Pass/No Pass (P/NP) at student's option. Course offered Pass/No Pass (P/NP) at student's option. Transfer credit: CSU;UC.

Taxonomy of Programs (TOP) Code (CB03)

0835.00 - Physical Education

Course Credit Status (CB04)

D (Credit - Degree Applicable)

Course Transfer Status (CB05) (select one only)

A (Transferable to both UC and CSU)

Course Basic Skills Status (CB08)

N - The Course is Not a Basic Skills Course

SAM Priority Code (CB09)

E - Non-Occupational

Course Cooperative Work Experience Education Status (CB10)

N - Is Not Part of a Cooperative Work Experience Education Program

Course Classification Status (CB11)

Y - Credit Course

Educational Assistance Class Instruction (Approved Special Class) (CB13)

N - The Course is Not an Approved Special Class

Course Prior to Transfer Level (CB21)

Y - Not Applicable

Course Noncredit Category (CB22)

Y - Credit Course

Funding Agency Category (CB23)

Y - Not Applicable (Funding Not Used)

Course Program Status (CB24)

1 - Program Applicable

General Education Status (CB25)

Y - Not Applicable

Support Course Status (CB26)

N - Course is not a support course

Field trips

Will not be required

Grading method

Letter Graded

Alternate grading methods

Student Option- Letter/Pass
Pass/No Pass Grading

Does this course require an instructional materials fee?

No

Repeatable for Credit

No

Is this course part of a family?

No

Units and Hours

Carnegie Unit Override

No

In-Class

Lecture

Activity

Laboratory

Minimum Contact/In-Class Laboratory Hours

52.5

Maximum Contact/In-Class Laboratory Hours

52.5

Total in-Class

Total in-Class

Total Minimum Contact/In-Class Hours

52.5

Total Maximum Contact/In-Class Hours

52.5

Outside-of-Class

Internship/Cooperative Work Experience

Paid

Unpaid

Total Outside-of-Class

Total Outside-of-Class

Total Student Learning

Total Student Learning

Total Minimum Student Learning Hours

52.5

Total Maximum Student Learning Hours

52.5

Minimum Units (CB07)

1

Maximum Units (CB06)

1

Student Learning Outcomes (CSLOs)

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

- | | |
|---|-----------------------------------------------------------------------------------------------------------------------------|
| 1 | Demonstrate the ability to perform beginning seated and standing yoga asanas to increase flexibility, balance, and strength |
| 2 | Employ the basic Pranayama breathing techniques to practice mindfulness and invoke a relaxation response |
| 3 | Perform beginning yoga flow combinations to improve circulation, respiration, and cardiovascular conditioning |

Course Objectives

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

- | | |
|---|---------------------------------------------------------------------------------------------------|
| 1 | List the physiological and psychological health benefits of yoga. |
| 2 | Recall the historical origins of yoga. |
| 3 | Employ beginning seated and standing yoga asanas. |
| 4 | Employ the basic Pranayama breathing techniques. |
| 5 | Perform beginning yoga flow combinations. |
| 6 | Sustain focus on practice and discussion without distraction and observe the effects of practice. |
| 7 | Design a short yoga practice based on the material learned in class. |

Course Content

Lecture/Course Content

1. Introduction to yoga
 - a. History of yoga throughout the world
 - b. Yoga philosophy
 - c. Promoting correct alignment
 - d. Safety considerations
 - e. Major muscle groups
2. Health benefits of yoga
 - a. Integration and harmonization of mind, emotions, body and spirit
 - b. Correct posture
 - c. Increasing flexibility, balance and strength

- d. Improving circulation, respiration, and cardiovascular conditioning
 - e. Improving concentration and focus
 - f. Physiological benefits yoga to stress management
3. Pranayama: yoga breathing techniques
- a. Mindfulness
 - b. Alternate nostril breathing: Invoking the parasympathetic nervous system and the relaxation response
 - c. Diaphragmatic breathing
 - d. Yogic complete breath
 - e. Warming breath
4. Meditation
- a. Benefits of meditation
 - b. Types of meditation
 - c. Asanas (basic)
 - d. Basic seated pose (Sukasana)
 - e. Hero's pose (Virasana)
 - f. Corpse pose (Savasana)
 - g. Importance of correct alignment
5. Beginning asanas on the mat (seated, lying, kneeling)
- a. Staff (Dandasana)
 - b. Child (Balasana)
 - c. Butterfly (Baddha Konasana)
 - d. Sphinx (Modified Bhujangasana)
 - e. Modified side hand plank
 - f. Locust (Salabhasana)
 - g. Bridge, supported, (Setubandhasana)
 - h. Modified Boat (Navasana)
 - i. Cat/dog tilt (Biladrasana/mukha svanasana)
 - j. Modified head to knee (Janu sirasana)
6. Beginning standing/balance poses
- a. Mountain (Tadasana)
 - b. Triangle (Trikonasana)
 - c. Extended side angle (Parsrakonasana)
 - d. Standing Crescent (Ardha Hastasana)
 - e. Tree (Virkasana)
 - f. Warrior I & II (Virabhadrasana)
 - g. Pyramid (Parsvottanasana)
 - h. Chair (Utkatasana)
 - i. Forward fold (Uttanasana)
 - j. Flow yoga (Vinyasa)
 - k. Modified 1/2 surya namskan (modified sun salutation)
 - l. Modified full surya namskan (full sun salutation)
 - m. Modified moon salutation
7. Yoga flow combinations
8. Psychological and physiological benefits of yoga

Laboratory or Activity Content

- 1. Introduction to yoga
 - a. History of yoga throughout the world
 - b. Yoga philosophy
 - c. Promoting correct alignment
 - d. Safety considerations
 - e. Major muscle groups
- 2. Health benefits of yoga
 - a. Integration and harmonization of mind, emotions, body and spirit
 - b. Correct posture
 - c. Increasing flexibility, balance and strength
 - d. Improving circulation, respiration, and cardiovascular conditioning

- e. Improving concentration and focus
 - f. Physiological benefits yoga to stress management
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 - l. Modified full surya namskan (full sun salutation)
 - m. Modified moon salutation
 7. Yoga flow combinations
 8. Psychological and physiological benefits of yoga

Methods of Evaluation

Which of these methods will students use to demonstrate proficiency in the subject matter of this course? (Check all that apply):

Skills demonstrations

Methods of Evaluation may include, but are not limited to, the following typical classroom assessment techniques/required assignments (check as many as are deemed appropriate):

Performances

Quizzes

Skills demonstrations

Skill tests

Instructional Methodology

Specify the methods of instruction that may be employed in this course

Audio-visual presentations
Class activities
Distance Education
Demonstrations
Lecture

Describe specific examples of the methods the instructor will use:

Instructors will verbalize instructions while also physically demonstrating them so students may follow along.

Representative Course Assignments

Writing Assignments

1. Personal Practice Paper: Students may be required to write a paper that outlines a yoga practice. The emphasis of the practice must be stated along with the poses. Students should describe the poses (asanas) and explain how to work in them. The practice should last approximately one hour. The paper should be a minimum of 2 pages.
2. Personal Observation Paper: At the end of the semester students may be required to write about their experience practicing yoga. They will discuss how yoga has changed their posture, core strength, flexibility, affected their backs, and their ability to stay in poses. Students should reflect on the changes they have seen in their bodies that occurred as a result of their semester of yoga. The paper should be two pages or more.

Various discussion questions may also be incorporated into the curriculum.

Critical Thinking Assignments

Various discussion questions may also be incorporated into the curriculum.

Reading Assignments

1. Handouts

Skills Demonstrations

Students will be asked to physically demonstrate certain asanas and flows

Outside Assignments

District General Education

A. Natural Sciences

B. Social and Behavioral Sciences

C. Humanities

D. Language and Rationality

E. Health and Physical Education/Kinesiology

E2. Physical Education

Approved

F. Ethnic Studies/Gender Studies

CSU GE-Breadth

Area A: English Language Communication and Critical Thinking

Area B: Scientific Inquiry and Quantitative Reasoning

Area C: Arts and Humanities

Area D: Social Sciences

Area E: Lifelong Learning and Self-Development

E Lifelong Learning and Self-Development

Approved

CSU Graduation Requirement in U.S. History, Constitution and American Ideals:

IGETC

Area 1: English Communication

Area 2A: Mathematical Concepts & Quantitative Reasoning

Area 3: Arts and Humanities

Area 4: Social and Behavioral Sciences

Area 5: Physical and Biological Sciences

Area 6: Languages Other than English (LOTE)

Textbooks and Lab Manuals

Resource Type

Textbook

Description

B.K.S. Iyengar. (2013). *B.K.S. Iyengar Yoga: The Path to Holistic Health*. DK. London. 1465415831

Resource Type

Textbook

Classic Textbook

Yes

Description

Cullis (2019). *Power Yoga Strength, Sweat, and Spirit*. Human Kinetics. Champaign.

Distance Education Addendum

Definitions

Distance Education Modalities

Hybrid (51%–99% online)

Hybrid (1%–50% online)

100% online

Faculty Certifications

Faculty assigned to teach Hybrid or Fully Online sections of this course will receive training in how to satisfy the Federal and state regulations governing regular effective/substantive contact for distance education. The training will include common elements in the district-supported learning management system (LMS), online teaching methods, regular effective/substantive contact, and best practices.

Yes

Faculty assigned to teach Hybrid or Fully Online sections of this course will meet with the EAC Alternate Media Specialist to ensure that the course content meets the required Federal and state accessibility standards for access by students with disabilities. Common areas for discussion include accessibility of PDF files, images, captioning of videos, Power Point presentations, math and scientific notation, and ensuring the use of style mark-up in Word documents.

Yes

Regular Effective/Substantive Contact

Hybrid (1%–50% online) Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	Regular use of asynchronous discussion boards will encourage various types of interaction and critical thinking skills among all course participants. Questions and topics posed will allow students to discuss, compare and contrast, identify, and analyze elements of the course content. Other discussion boards may be used for Q&A and general class discussion by students and instructor to facilitate student success and strengthen student learning outcomes.
Other DE (e.g., recorded lectures)	A variety of ADA compliant tools and media integrated within the learning management system to help students reach competency. Tools may include: recorded lectures, narrated slides, screencasts, online library resources, 3rd party (publisher-created) tools, websites and blogs, multimedia and streaming platforms like YouTube, Films on Demand, 3CMedia, Khan Academy, etc.
Synchronous Dialog (e.g., online chat)	Online chat Live sessions Breakout groups Directed activities
E-mail	E-mail, class announcements and various learning management system tools such as "Message Students Who" and "Assignment Comments", will be used to regularly communicate with all students on matters such as clarification of class content, reminders of upcoming assignments and/or course responsibilities, to provide prompt feedback to students on coursework to facilitate student learning outcomes, or to increase the role of an individual educator in the academic lives of a student. Students will be given multiple ways to email instructor through both the learning management system inbox and district-provided email accounts.

Hybrid (51%–99% online) Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	Regular use of asynchronous discussion boards will encourage various types of interaction and critical thinking skills among all course participants. Questions and topics posed will allow students to discuss, compare and contrast, identify, and analyze elements of the course content. Other discussion boards may be used for Q&A and general class discussion by students and instructor to facilitate student success and strengthen student learning outcomes.
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Synchronous Dialog (e.g., online chat)	A set time each week may be provided when the instructor is available for synchronous chat to answer questions.
E-mail	E-mail, class announcements and various learning management system tools such as “Message Students Who” and “Assignment Comments”, will be used to regularly communicate with all students on matters such as clarification of class content, reminders of upcoming assignments and/or course responsibilities, to provide prompt feedback to students on coursework to facilitate student learning outcomes, or to increase the role of an individual educator in the academic lives of a student. Students will be given multiple ways to email instructor through both the learning management system inbox and district-provided email accounts.

100% online Modality:**Method of Instruction****Document typical activities or assignments for each method of instruction**

Asynchronous Dialog (e.g., discussion board)	Regular use of asynchronous discussion boards will encourage various types of interaction and critical thinking skills among all course participants. Questions and topics posed will allow students to discuss, compare and contrast, identify, and analyze elements of the course content. Other discussion boards may be used for Q&A and general class discussion by students and instructor to facilitate student success and strengthen student learning outcomes.
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Face to Face (by student request; cannot be required)	The instructor may hold regularly scheduled office hours either in person or via-web conferencing, for students to be able to meet and discuss course materials or individual progress. Students can request additional in-person or web conferencing meetings with faculty member as needed. Faculty may encourage online students to form “study groups” in person or online.
Video Conferencing	Video tools such as ConferZoom may be used to provide live synchronous or asynchronous sessions with students. ADA compliance will be upheld with Closed Captioning during the session or of the recorded session. Student-to-student group meetings will also be encouraged.

Examinations**Hybrid (1%–50% online) Modality**

Online

Hybrid (51%–99% online) Modality

Online

Primary Minimum Qualification

PHYSICAL EDUCATION

Review and Approval Dates

Department Chair

09/09/2020

Dean

09/11/2020

Technical Review

10/14/2020

Curriculum Committee

10/14/2020

Curriculum Committee

11/25/2020

CCCCO

MM/DD/YYYY

Control Number

CCC000579731

DOE/accreditation approval date

MM/DD/YYYY