

KIN 116: YOGA

Citrus College Course Outline of Record

Heading	Value
Effective Term:	Winter 2021
Credits:	1
Total Contact Hours:	36
Lecture Hours :	18
Lab Hours:	18
Hours Arranged:	0
Outside of Class Hours:	36
Strongly Recommended:	ENGL 101.
District General Education:	E3. Kinesiology Activity
Transferable to CSU:	Yes
Transferable to UC:	Yes - Approved
Grading Method:	Standard Letter, Pass/No Pass

Catalog Course Description

This course focuses on the development of the body/mind through the use of specific Yoga postures, breathing techniques, stretches, mental exercises, and relaxation exercises. The goals are to instruct students to achieve greater concentration, self-discipline, and improved physical/emotional health through instruction and practice of these skills. 18 lecture hours, 18 lab hours.

Course Objectives

- Develop awareness of basic yoga postures (asana), their names (English/Sanskrit), and correct form/application
- Identify how Yoga can enhance physical/emotional wellness and longevity in order to live a more healthy life
- Develop clear and safe foundational poses
- Develop an understanding of alignment principles focusing on breathing and feeling
- Understand anatomy and posture through intelligent integration of the body

Major Course Content

1. Orientation
 - a. Course requirements
 - b. Information on class procedures
2. History of Yoga
 - a. History Overview
 - b. Benefits of Yoga
 - c. Contraindications
3. Branches of Hatha Yoga
 - a. Principles of Safe Alignment
4. Meditation
5. Visualization
6. Midterm & Review
7. Creating An Asana Practice
8. The Six Cleansing Acts & Nutrition (Shad Kriyas)

9. Balancing Poses & Inversions
10. Final & Review

Lab Content

Beginner Skills

1. Principles of Safe Alignment
2. Pranayama (Breathing)
3. Asana (Postures)
4. Dharana (Visualization)
5. Dhyana (Meditation)

Refine Skills

1. Creating An Asana Practice

Intermediate/ Advanced Skills

1. Balancing Poses
2. Inversions
3. Visualization
4. Meditation

Suggested Reading Other Than Required Textbook

Reading assignments may include websites and materials that support understanding of Ashtanga concepts and the memorization of Sanskrit terms.

Examples: YogaJournal.com Yoga Basics.com

Examples of Required Writing Assignments

2 individual activities (class development)

Examples of Outside Assignments

Developing personal practice using instructor developed handouts. Completing reading assignments and quizzes as provided by instructor.

Instruction Type(s)

Lecture, Lab, Online Education Lecture, Online Education Lab