

# KINE 019: YOGA TEACHER TRAINING PROGRESSIVE METHODOLOGIES

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## Changes saved but not submitted

### Originator

wansley

### Justification / Rationale

We are going to add a hybrid component to this class.

### Effective Term

Fall 2020

### Credit Status

Credit - Degree Applicable

### Subject

KINE - Kinesiology

### Course Number

019

### Full Course Title

Yoga Teacher Training Progressive Methodologies

### Short Title

YOGA TEACHER II

### Discipline

#### Disciplines List

Physical Education

### Modality

Face-to-Face

Hybrid

### Catalog Description

This course provides students with the class blueprint and teaching tools from which to develop and implement all-levels yoga classes. There will be a focus on instructional methods and students will explore and practically apply the concept of intelligent sequencing, for leading purposeful vinyasa-based yoga class experiences. Additional topics include, but are not limited to: verbal and non-verbal communication strategies, understanding student learning styles, meditation, asana progressions and regressions, introduction to physical adjustments, energetic anatomy, lifestyle and ethics for yoga teachers, restorative yoga and the business of yoga. This course is intended for students completing the Yoga Teacher Training Certificate Program.

### Schedule Description

This course provides students with the blueprint and teaching tools from which to develop and implement all-level yoga classes. There will be an emphasis placed on instructional methods, intelligent sequencing for leading purposeful vinyasa-based yoga class experiences. This course is intended for students completing the Yoga Teacher Training Certificate Program. Prerequisite: KINE 018

### Lecture Units

2

### Lecture Semester Hours

36

### Lab Units

1

### Lab Semester Hours

54

**In-class Hours**

90

**Out-of-class Hours**

72

**Total Course Units**

3

**Total Semester Hours**

162

**Prerequisite Course(s)**

KINE 018

**Required Text and Other Instructional Materials****Resource Type**

Book

**Author**

Silva, Mira Shyam, Mehta

**Title**

Yoga, The Iyengar Way

**Edition**

2nd

**City**

New York

**Publisher**

Alfred A. Knopf

**Year**

2001

**College Level**

Yes

**Flesch-Kincaid Level**

11.3

**ISBN #**

0-679-72287-4

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**Resource Type**

Book

**Author**

Ansley, W. and Garcia, N.

**Title**

Positive Vibes

**Publisher**

Self-published

**Year**

2017

**College Level**

Yes

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**Resource Type**

Book

**Author**

Dharma Mittra

**Title**

608 Yoga Poses

**Edition**

2nd

**City**

Novato California

**Publisher**

New World Library

**Year**

2003

**College Level**

Yes

**Flesch-Kincaid Level**

10

**ISBN #**

1-57731-402-8

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**Resource Type**

Book

**Author**

Mark Stephens

**Title**

Yoga Sequencing

**City**

Berkeley

**Publisher**

North Atlantic Books

**Year**

2012

**College Level**

Yes

**ISBN #**

978-1-58394-497-4

**Class Size Maximum**

36

**Entrance Skills**

Students need to be able to analyze and evaluate proper form for various beginning yoga postures to determine what adjustment could be offered.

**Requisite Course Objectives**

KINE 018-Analyze various individuals in beginning yoga postures to determine what adjustments could be offered; demonstrate how to safely provide adjustments.

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**Entrance Skills**

Students need to demonstrate and teach with proper cueing Surya Namaskara A and Surya Namaskara B from the College of the Desert, Positive Vibes, SET sequence.

**Requisite Course Objectives**

KINE 018-Demonstrate and teach with proper cueing Surya Namaskara A and Surya Namaskara B from the College of the Desert, Positive Vibes, Yoga 80 SET sequence.

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**Entrance Skills**

The students will have developed the ability to create a personal yoga practice to empower and transform their lives.

**Requisite Course Objectives**

KINE 018-Give example of how to create a personal yoga practice to empower and transform your life.

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**Course Content**

- I. Class Construction and Teaching Methodologies
  - A. Class blueprint for hatha yoga and vinyasa based classes
  - B. The principles of intelligent sequencing
  - C. Enhancing verbal cueing
  - D. Catering to various learning styles
- II. Asana Expansion
  - A. Categorization of intermediate and advanced yoga postures
  - B. Exploring appropriate asana progressions and regressions
  - C. Providing hands-on adjustments
  - D. Refining asana transitions to create flow
  - E. Connecting breath with movement
  - F. Intermediate and advanced inversions
  - G. Intermediate arm balancing asanas
  - H. Incorporating the wall and yoga
  - I. Yoga props for enhancing the asana, alignment and form
  - J. Providing feedback to fellow teachers
- III. College of the Desert, Positive Vibes, Yoga 80 SET Sequence
  - A. Analyze the entire sequence
  - B. Discuss progressive teaching methodologies from the sequence
  - C. Utilize the sequence as a blueprint for more advanced and creative vinyasa design and practice
  - D. Analyze each posture and the integrity within the posture
- IV. Introduction to Meditation
  - A. Creating a personal meditation practice
  - B. Incorporating meditation into yoga classes
  - C. Mantra meditation
  - D. Chanting

- E. Sound meditation
- V. Energetic anatomy
  - A. Pranayama
  - B. Bandhas
  - C. Drishti
  - D. Vinyasa
- VI. Restorational Aspects of Yoga
  - A. Benefits of Yin Yoga
  - B. How to integrate aspects of Yin Yoga
  - C. Foam roller exercises to compliment a Vinyasa yoga class
  - D. Reflexology benefits and exercises to compliment yoga
- VII. The Business of Yoga
  - A. Employee vs independent contractor
  - B. Building your personal brand
  - C. Identifying your niche
  - D. Leveraging social media
- VIII. Lifestyle and Ethics of Yoga Teachers
  - A. Introduction to Ayurveda
  - B. Professional ethics and expectations
  - C. Living your yoga
  - D. Service to others (seva)
  - E. Self reflection and personal inquiry
  - F. Self Care

### Lab Content

1. Constructing Vinyasa variations and sequencing into the College of the Desert, Positive Vibes, SET sequence.
2. Demonstrate intermediate and advanced variations in standing postures (asanas) for the following; triangle, reverse triangle, warrior I, II, III, extended and reverse angles, various binds.
3. Analyze advanced seated postures (asanas) hero, thunderbolt, boat, lotus, bound angle, advanced core work, L-sit, boat, cobbler (middle splits), lotus, pigeon, and king pigeon.
4. Distinguish proper form and demonstrate intermediate and advanced variations for the following forward and backward bend postures (asanas); crescent moon, camel, advanced upward bow and variations, staff pose, one legged staff pose, bridge, supine thunderbolt, forward bend in seated posture, head to knee.
5. Differentiate and demonstrate Dharma yoga sun salutations.
6. Demonstrate and analyze supine postures (asanas) corpse, fish, bridge, upward bow, lying down tree, and happy baby.
7. Evaluate proper form and assist with teaching cues for the following standing balancing postures; tree, dancer's pose, eagle, extended hand to big toe, half moor and warrior III and progressive variations.
8. Create, demonstrate and evaluate advanced arm balancing postures (asanas) crow, side crow, firefly, side plank, one leg sage pose, forearm stand and handstands.
9. Identify and demonstrate spinal twist postures (asanas) such as; lateral sitting twist, half twist in sitting, lying down knee to chest grab bottom foot, lying down both legs extended and rotated spinal twist and creatively sequence in vinyasa development of yoga classes
10. Create proper and safe stages of inversion progression in basic, intermediate and advanced inversions such as; plow, shoulder stand, progressive head stand and preparation variations, progressive hand stand and preparation variations, peacock and variations, lotus in head stand and hand stand
11. Identify and demonstrate correct sanskrit terminology and pronunciation for the entire College of the Desert, Positive Vibes, Yoga 80 (SET) Sequence of asanas
12. Create a class blueprint and practice various asana variation and sequencing stemming from philosophies of Vinyasa, Iyengar, Dharma, Ashtanga and Bikram
13. Create a restorational set of foam roller exercises to be done at the end of a vinyasa yoga class to promote rest and regeneration
14. Create and demonstrate a sequence of Yin yoga postures (asanas) to be incorporated in a yoga class

### Course Objectives

Objectives	
Objective 1	Compare, contrast, and demonstrate principles of yoga postures (asanas), including preparatory postures, counter postures and transitional postures.
Objective 2	Demonstrate the entire College of the Desert, Positive Vibes, Yoga 80 SET Sequence.
Objective 3	Identify, categorize and demonstrate various intermediate yoga postures (asanas) using proper body mechanics and breathing techniques.
Objective 4	Analyze various bodies in intermediate yoga postures to determine which adjustments should be offered and demonstrate how to safely provide such adjustments.
Objective 5	Differentiate among the Iyengar, Ashtanga, Bikram, Vinyasa and Dharma philosophies of yoga and analyze their strengths of various postures to yoga personal practices.
Objective 6	Design and teach a sequence of postures (asanas) for a 60 to 90 minute yoga class.
Objective 7	Teaching cues and progressive methodologies to assist students through asanas.
Objective 8	Analyze the entire College of the Desert, Positive Vibe, Yoga 80 SET sequence for optimal teaching cues, integrity of asanas and creative vinyasa variations.

### Student Learning Outcomes

Upon satisfactory completion of this course, students will be able to:	
Outcome 1	1. Organize progressive teaching methodologies and creative vinyasa variations of the College of the Desert, Positive Vibes, SET sequence with effective communication skills while leading a diverse group of yoga participants. 2. Distinguish the benefits and contraindications of various asanas and identify appropriate progressions and regressions for each posture. 3. Evaluate yourself personally in your teaching demonstrations and instructional cues of the College of the Desert, Positive Vibes, Yoga 80 SET sequence, Shiva Namaskara C, second set of standing postures and finishing sequence and guided inversion practice.

### Methods of Instruction

Method	Please provide a description or examples of how each instructional method will be used in this course.
Demonstration, Repetition/Practice	Students will demonstrate and refine yoga postures.
Collaborative/Team Activity	Students will teach and create sequences in small groups.
Self-exploration	Students will actively participate and demonstrate teaching of yoga postures.
Role Playing	Students will explore how their bodies move kinesthetically in various yoga postures and planes of motion.
Participation	Students will plan for diverse sequencing for multiple level courses and special populations.
Observation	Students will participate in laboratory asana analysis and daily yoga activities.
Lecture	Students will observe, teach and refine yoga postures and also observe other yoga teachers
Journal	Instructor will lecture on principles from various yoga books and resource manual to enhance and develop optimal teaching strategies for our yoga teacher training students.
Discussion	Students will reflect upon self care journal.
	Students will participate in interactive group discussions based on yoga philosophy, history and yoga functional anatomy.

### Methods of Evaluation

Method	Please provide a description or examples of how each evaluation method will be used in this course.	Type of Assignment
College level or pre-collegiate essays	Discussion threads and reflective essays will be assigned.	Out of Class Only

Oral and practical examination	Teach in front of peers and instructor and be responsible for knowing and communicating the postures and how to transition in and out of the postures safely.	In and Out of Class
Self-paced testing	Prepare yoga scripts, yoga sequencing, interviews and observations.	Out of Class Only
Student participation/contribution	Participate in interactive laboratory asana analysis, and small group teaching assignments each week.	In and Out of Class
Tests/Quizzes/Examinations	Final exam will be given regarding important yoga postures and principles of sequencing. Several quizzes will be given over functional anatomy and yoga sequencing.	Out of Class Only
Self/peer assessment and portfolio evaluation	Assess and evaluate yoga postures and reflect upon individual teaching.	In and Out of Class
Group activity participation/observation	Participate in small group teachings of diverse postures and discovering modifications for special populations.	In and Out of Class
Presentations/student demonstration observations	Demonstrate teaching multiple postures and diverse sequencing.	In and Out of Class
Field/physical activity observations	Observe and interview yoga teacher professionals.	Out of Class Only
Guided/unguided journals	Participate in journal writing for self care, teaching observations and interviews.	In and Out of Class
Critiques	Participate in article critiques regarding yoga theories and application.	In and Out of Class

## Assignments

### Other In-class Assignments

1. In class discussion from assigned reading textbooks, manual and journal articles
2. Demonstration of yoga postures
3. Posture analysis and verbal cue practice
4. Demonstration and teaching of the Shiva Namaskara C sequence, second sequence of standing asanas, and finishing sequence and inversion practice
5. Demonstration of Vinyasa based progressive sequencing of our College of the Desert, Positive Vibes, Yoga 80 SET sequence
6. Practice foam roller restoration exercises to promote rest and regeneration
7. Asana analysis for intermediate and advanced postures
8. Practice alignment and adjustment principles and techniques with peers

### Other Out-of-class Assignments

1. Written script dialogue for instructing Shiva Namaskara C, second sequence of standing postures and finishing sequences based off of the College of the Desert, Positive Vibes, Yoga 80 SET sequence
2. Create a written class outline for a Vinyasa based class on for diverse levels from the College of the Desert Positive Vibes, Yoga 80 SET sequence
3. Exploring social media as a means to enhance business opportunities
4. Self Care, personal reflection essay incorporating, aspects of nutrition, the role of Yoga on mind, body and spirit
5. Written assignments, including peer evaluations, essays and observation reports, for the student's ability to contextualize and accurately communicate his/her understanding of yoga philosophy, principles and teaching methodologies
6. Written interview with a practicing credentialed off campus Yoga instructor

### Grade Methods

Letter Grade Only

## Distance Education Checklist

**Include the percentage of online and on-campus instruction you anticipate.**

**Online %**

20

**On-campus %**

80

## **Instructional Materials and Resources**

**If you use any other technologies in addition to the college LMS, what other technologies will you use and how are you ensuring student data security?**

n/a

**If used, explain how specific materials and resources outside the LMS will be used to enhance student learning.**

effective student and faculty contact

## **Effective Student/Faculty Contact**

**Which of the following methods of regular, timely, and effective student/faculty contact will be used in this course?**

### **Within Course Management System:**

Timely feedback and return of student work as specified in the syllabus  
Discussion forums with substantive instructor participation  
Chat room/instant messaging  
Regular virtual office hours  
Online quizzes and examinations  
Video or audio feedback

### **External to Course Management System:**

Direct e-mail  
E-portfolios/blogs/wikis  
Listservs  
Posted audio/video (including YouTube, 3cm mediasolutions, etc.)  
Teleconferencing  
Telephone contact/voicemail

### **For hybrid courses:**

Scheduled Face-to-Face group or individual meetings  
Field trips  
Library workshops  
Orientation, study, and/or review sessions  
Supplemental seminar or study sessions

**Briefly discuss how the selected strategies above will be used to maintain Regular Effective Contact in the course.**

There will be weekly discussion on topics related to Yoga Teacher Training with appropriate instructor feedback. Students will upload Yoga Teacher Training assignments. These assignments will receive appropriate instructor feedback.

**If interacting with students outside the LMS, explain how additional interactions with students outside the LMS will enhance student learning.**

With hybrid courses students will meet weekly for lecture, demonstration, and laboratory activities.

## **Other Information**

**Provide any other relevant information that will help the Curriculum Committee assess the viability of offering this course in an online or hybrid modality.**

This hybrid option will allow us to provide excellent educational opportunities that align with industry standards such as Yoga Alliance but slight flexibility with an online component to enhance student success.

## **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**

Transferable to CSU only

**General Education Status**

Not applicable

**Support Course Status**

Course is not a support course

**Allow Audit**

No

**Repeatability**

No

**Materials Fee**

No

**Additional Fees?**

No

**Approvals****Curriculum Committee Approval Date**

11/21/2019

**Academic Senate Approval Date**

12/12/2019

**Board of Trustees Approval Date**

1/17/2020

**Chancellor's Office Approval Date**

6/11/2020

**Course Control Number**

CCC000583788

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