

# KINE 098D: YOGA IV-ADVANCED YOGA

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**Originator**

wansley

**Justification / Rationale**

Yoga activity courses moving to all lab

**Effective Term**

Fall 2020

**Credit Status**

Credit - Degree Applicable

**Subject**

KINE - Kinesiology

**Course Number**

098D

**Full Course Title**

Yoga IV-Advanced Yoga

**Short Title**

ADVANCED YOGA

**Discipline****Disciplines List**

Physical Education

**Modality**

Face-to-Face

**Catalog Description**

This is the fourth level of classes relating to yoga. This course will introduce advanced yoga practices and principles. Instruction includes advanced yoga postures, guided relaxations, breathing practices, partner yoga, advanced arm and standing balancing postures, and advanced inversions. The students will learn the benefits of practicing advanced yoga postures to help increase their health, flexibility, balance, and strength.

**Schedule Description**

This is the fourth level of classes relating to yoga. This course presents advanced yoga postures and principles to improve personal health, flexibility, balance, and strength. It is recommended that students have experience and previous practice in intermediate yoga. Advisory: KINE 098C or equivalent of Intermediate Yoga

**Lecture Semester Hours**

0

**Lab Units**

1.0

**Lab Semester Hours**

54

**In-class Hours**

54

**Out-of-class Hours**

0

**Total Course Units**

1

**Total Semester Hours**

54

**Prerequisite Course(s)**

Advisory: KINE 098C or equivalent of Intermediate Yoga

**Class Size Maximum**

30

**Entrance Skills**

The students should have a knowledge of intermediate yoga postures along with the proper form, technique and modifications.

**Requisite Course Objectives**

KINE 098C-Develop knowledge of intermediate yoga postures

KINE 098C-Analyze proper form, technique and modifications in intermediate yoga postures

**Course Content**

1. Yoga techniques and modifications utilizing proper form and alignment for safety and success
2. Warm up advanced postures and (asanas)
3. Benefits of advanced seated yoga postures (asanas)
4. Benefits of advanced prone postures (asanas)
5. Benefits of advanced forward and backward bends (asanas)
6. Benefits of advanced shoulder openers
7. Benefits of advanced hip openers
8. Benefits of advanced standing postures (asanas)
9. Benefits of spinal twist postures (asanas)
10. Benefits of advanced arm and leg balancing (asanas)
11. Benefits of advanced inversion postures (asanas)
12. More complex and creative yoga postures building on advanced principles and sequences
13. Benefits of cool down postures (asanas)
14. Advanced relaxation postures (asanas)
15. Historical and philosophical aspects of yoga
16. The art of personal and set intentions to improve your overall advanced yoga practice in mind, body and spirit

**Lab Content**

1. Yoga techniques for advanced yoga postures utilizing proper form and alignment
2. Advanced warm up postures (asanas) and advanced sun salutations
3. Advanced standing yoga postures (asanas) and advanced stages for the following; triangle, reverse triangle, warrior I, II, III, extended and reverse angles, various wraps
4. Advanced seated postures (asanas) hero, thunderbolt, boat, lotus, bound angle, advanced core work (L-sit), Boat, cobbler (middle splits), lotus, pigeon and advanced pigeon
5. Advanced 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 position, head to knee
6. Advanced supine postures (asanas) corpse, fish, bridge, upward bow, lying down tree, happy baby
7. Advanced balance postures (asanas) tree, dancer's pose, eagle, extended hand to big toe and advanced variations, half moon, warrior III, pose of the sage
8. Advanced arm balancing postures (asanas) crow, side crow, crane, firefly, side plank, peacock (variations) , sage pose (variations)
9. Advanced spinal twist postures (asanas) lateral sitting twist, half twist in sitting, lying down knee to chest grab bottom foot, lying down both legs extended and rotated spinal twist
10. Yoga postures that are more complex and creative, building upon more advanced progressive skill building
11. Advanced inversion postures (asanas) 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

## 12. Guided meditation and advanced relaxation postures (asanas)

**Course Objectives**

Objectives	
Objective 1	Develop knowledge of advanced yoga postures
Objective 2	Understand the physical benefits of intermediate yoga postures
Objective 3	Understand the importance of breathing for advanced yoga postures
Objective 4	Analyze proper form, technique and modifications for advanced yoga postures
Objective 5	Evaluate personal flexibility and balance levels at pre beginning an post completion of the class
Objective 6	Understand the importance of relaxation techniques for advanced yoga postures, and the benefits both physically and mentally
Objective 7	Develop a sequence of advanced yoga postures from class that could inspire personal yoga practice outside of class

**Student Learning Outcomes**

Upon satisfactory completion of this course, students will be able to:	
Outcome 1	Categorize, define, and execute advanced yoga postures including intermediate and advanced inversions, taking into consideration proper body alignment and integrity of the posture.

**Methods of Instruction**

Method	Please provide a description or examples of how each instructional method will be used in this course.
Discussion	Yoga postures are discussed and broken down with proper form, alignment and physical benefits.
Demonstration, Repetition/Practice	Students are participating in active repetition and practice daily of advanced yoga postures.
Activity	This 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	Personal reflection and flexibility will be assessed and measured both pre and post.
Participation	Daily active participation is included and expected.
Observation	Students participate in partner yoga observations to learn appropriate form and technique.
Lecture	Lecture is used to explain yoga postures, form and alignment.
Journal	Personal reflection and journal activities.

**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 will prepare personal reflections, goal setting and article critique analysis.	In and Out of Class
Student participation/contribution	Students will earn active participation points for student participation and efforts.	In and Out of Class
Self/peer assessment and portfolio evaluation	Students will participate in self assessment analyzing flexibility, mobility and strength.	In and Out of Class
Field/physical activity observations	Students will participate in partner yoga posture analysis and observations.	In and Out of Class
Guided/unguided journals	Personal journal reflection.	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. Personal fitness assessment
2. Personal flexibility assessment

**Other Out-of-class Assignments**

1. Article critiques
2. Personal journal, reflection, thoughts and observations
3. Personal program design

**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**

CCC000605952

**Programs referencing this course**Yoga Teacher Training Certificate of Achievement (<http://catalog.collegeofthedesert.eduundefined?key=187/>)Personal Trainer Certificate of Achievement (<http://catalog.collegeofthedesert.eduundefined?key=80/>)