

**Cañada College**  
**Official Course Outline**

1. **COURSE ID:** FITN 334    **TITLE:** Yoga

**Semester Units/Hours:** 0.5 - 1.0 units; a minimum of 24.0 lab hours/semester; a maximum of 48.0 lab hours/semester

**Method of Grading:** Grade Option (Letter Grade or P/NP)

**Recommended Preparation:**  
Open Curriculum.

2. **COURSE DESIGNATION:**

**Degree Credit**

**Transfer credit:** CSU; UC

**AA/AS Degree Requirements:**

Cañada GE Area E: LIFELONG LEARNING AND SELF-DEVELOPMENT: E2:

Cañada: BASIC COMPETENCY REQUIREMENTS: Physical Education

**CSU GE:**

CSU GE Area E: LIFELONG LEARNING AND SELF-DEVELOPMENT: E2

3. **COURSE DESCRIPTIONS:**

**Catalog Description:**

Introduction to basic yoga, breathing exercises, and meditation. Specific poses, "asanas", movement modalities and yogi styles are practiced. Develop strength, relaxation and a sense of well being. Techniques of breathing are incorporated into each pose. Each class session ends with a variety of meditation techniques.

**Schedule of Classes Description**

Introduction to basic yoga, breathing exercises, and meditation. Specific poses, "asanas", movement modalities and yogi styles are practiced. Develop strength, relaxation and a sense of well being. Techniques of breathing are incorporated into each pose. Each class session ends with a variety of meditation techniques.

4. **STUDENT LEARNING OUTCOME(S) (SLO'S):**

Upon successful completion of this course, a student will meet the following outcomes:

- A. Students will demonstrate a yoga pose "asana" with proper posture

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**

Upon successful completion of this course, a student will be able to:

- A. Demonstrate the knowledge of proper safe body mechanics while performing the yoga poses.
- B. Perform basic postures (asanas), breath work including pranayama, lower abdomen, and yoga movements.
- C. Identify the history of yoga and apply age old principles such as intention, awareness, and relaxation practices.
- D. Execute proper usage of breath and movements with confidence.
- E. Identify the spine, proper alignment, and mechanics of major muscle groups.
- F. Proper breathing techniques guide the students to connect the body-mind to the breath therefore allowing to center oneself for mediation.
- G. Apply the principles of Yoga to ensure integration of body, mind and spirit.
- H. Identify the vocabulary used in Yogic practices.

6. **COURSE CONTENT:**

**Lecture Content:**

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**Lab Content:**

1. Class begins with a slow warm up of body movements moving into more formal yoga positions.
2. A series of standing poses will strengthen and tone the body preparing it for centering and aligning posture.
3. Alignment of the body is the touchstone for more demanding movements.
4. Floor work is integrated slowly to build stretching and flexibility to further the understanding of body mechanics.
5. Awareness of tension and relaxation becomes more obvious and the connection of breath and body-mind allow for more fluid movements.

6. Proper breathing techniques guide the students to connect the body-mind to the breath therefore allowing to center oneself for mediation.
7. As inspiration grows, the individual is allowed to center oneself through breathing for inward meditation.

**TBA Hours Content:**

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**7. REPRESENTATIVE METHODS OF INSTRUCTION:**

Typical methods of instruction may include:

- A. Activity

**8. REPRESENTATIVE ASSIGNMENTS**

Representative assignments in this course may include, but are not limited to the following:

**Writing Assignments:**

- A. Essay related to breathing techniques in Yoga
- B. Essay about the philosophy of Yoga
- C. Essay about various Yoga poses (Technique, Benefits, Modifications)

**Reading Assignments:**

Read book: Yoga for the Joy of it! Explanation of poses and breathing techniques.

**Other Outside Assignments:**

None.

**To be Arranged Assignments (if applicable):**

Not applicable.

**9. REPRESENTATIVE METHODS OF EVALUATION**

Representative methods of evaluation may include:

- A. Quizzes
- B. a) Students will be evaluated on the demonstration of yoga movements at mid-term and final. b) Students are required to complete three written assignments covering poses and vocabulary, philosophy of yoga, and various essays related to yoga.

**10. REPRESENTATIVE TEXT(S):**

Possible textbooks include:

- A. Goodman Kraines, Minda, and Barbara Rose Sherman. *Yoga for the Joy of it!*, 1st ed. Jones and Bartlett, 2010
- B. Carrico, Mara. *Yoga Basics*, 1st ed. Harry Holt Publishers, 1997

**Origination Date:** August 2009

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**Effective Term:** Fall 2010

**Course Originator:** Ana Miladinova