

**College of San Mateo  
Official Course Outline**

**1. COURSE ID:** FITN 334.3    **TITLE:** Yoga III

**Units:** 0.5 -1.0 units    **Hours/Semester:** 24.0-54.0 Lab hours

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

**2. COURSE DESIGNATION:**

**Degree Credit**

**Transfer credit:** CSU; UC

**AA/AS Degree Requirements:**

CSM - GENERAL EDUCATION REQUIREMENTS: E4: Physical Education

**CSU GE:**

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

**3. COURSE DESCRIPTIONS:**

**Catalog Description:**

Designed to educate students in Hatha Yoga at an advanced level. A fitness course using yoga postures to increase flexibility, strength and endurance; improve balance, posture and breathing; teach relaxation techniques.

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

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

1. Improve one or more: body composition, range of motion, overall body weight, resting heart rate, strength and endurance, and aerobic capacity at an advanced level.
2. Demonstrate knowledge of various exercises and yoga poses at an advanced level.

**5. SPECIFIC INSTRUCTIONAL OBJECTIVES:**

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

1. Identify and perform the basic yoga postures at an advanced level
2. Demonstrate an advanced level increase in the range of motion of major joints
3. Understand the advanced level use of breath as a major component for stretching efficiently
4. Understand advanced level yoga techniques and the importance of breath work for effective stress reduction
5. Understand the importance of maintaining a flexible and healthy spine through yoga practice

**6. COURSE CONTENT:**

**Lab Content:**

At an advanced level:

1. Philosophies of Yoga Technique and Principles of the Discipline
2. The Physical Postures and Asanas of Yoga Practice
3. Warm Up and Breathing Exercises
4. Vocabulary, History, and the Various Styles and Techniques of Yoga Practice
5. Basic Anatomy Principles as They Relate to Hatha Yoga

**7. REPRESENTATIVE METHODS OF INSTRUCTION:**

Typical methods of instruction may include:

- A. Lecture
- B. Activity
- C. Discussion
- D. Individualized Instruction
- E. Observation and Demonstration
- F. Other (Specify): At an advanced level: Demonstration of daily warm up which prepares the body for the practice of Hatha Yoga. Through lecture, instructor demonstration and presentation of anatomical drawings students will be taught to identify basic muscle groups and joints. Lectures and demonstrations of the critical importance of the application of each posture and its benefits for the body. Demonstrations of progressive exercise technique and modifications built to assure each student can work at their own pace. Demonstration of stretching methods with emphasis on coordination of the breath. Lecture on the history, vocabulary, and philosophy of Hatha Yoga.

## 8. REPRESENTATIVE ASSIGNMENTS

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

### **Writing Assignments:**

Students may be expected to write a 2 page paper, a midterm, and final examination, and a journal.

### **Reading Assignments:**

Students may be expected to read 5-10 pages of handouts.

### **Other Outside Assignments:**

Outside of class time students may be expected to practice at least 2 hours of Hatha Yoga.

## 9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

A. Class Participation

B. Class Performance

C. Class Work

D. Exams/Tests

E. Written examination

F. Students may be evaluated on the following: Ability to demonstrate all advanced level Hatha Yoga postures presented during the course. Ability to identify basic muscle groups, joints, and spinal articulations at an advanced level. Ability to demonstrate advanced proper breathing techniques in application of Hatha Yoga. Ability to demonstrate proper postural alignment in all advanced asanas learned. Advanced knowledge of history, vocabulary, and philosophy of Hatha Yoga through written examinations.

## 10. REPRESENTATIVE TEXT(S):

Other:

A. Instructor-generated handouts

**Origination Date:** February 2017

**Curriculum Committee Approval Date:** April 2017

**Effective Term:** Fall 2017

**Course Originator:** Andreas Wolf