

College of San Mateo
Official Course Outline

1. **COURSE ID:** KINE 200 **TITLE:** Yoga History and Culture
Units: 3.0 units **Hours/Semester:** 48.0-54.0 Lecture hours; and 96.0-108.0 Homework hours
Method of Grading: Grade Option (Letter Grade or Pass/No Pass)
Corequisite: KINE 201 and KINE 202
Recommended Preparation:
 Eligibility for ENGL 100, or Eligibility for ENGL 105

2. **COURSE DESIGNATION:**
Degree Credit
Transfer credit: CSU
AA/AS Degree Requirements:
 CSM - GENERAL EDUCATION REQUIREMENTS: E5c. Humanities
CSU GE:
 CSU GE Area E: LIFELONG LEARNING AND SELF-DEVELOPMENT: E1

3. **COURSE DESCRIPTIONS:**
Catalog Description:
 This course is designed as a survey of the history and culture of yoga, both as a historical practice and a physical discipline. Students will learn about yoga's transformation from ancient to contemporary times, ayurveda and nutrition, and yoga as a career option. This course is designed as part of the Yoga Teacher Training Certificate program. KINE 200, 201, and 202 are designed to be taken concurrently.

4. **STUDENT LEARNING OUTCOME(S) (SLO'S):**
 Upon successful completion of this course, a student will meet the following outcomes:
 1. Differentiate between the different types of Hatha yoga.
 2. Describe the history of yogic culture, practices and ethical values.
 3. Identify a yogic practice that meets their needs.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**
 Upon successful completion of this course, a student will be able to:
 1. Differentiate between the different types of Hatha yoga.
 2. Describe the history of yogic culture, practices and ethical values.
 3. Be able to identify a yogic practice that meets their needs.

6. **COURSE CONTENT:**
Lecture Content:
 TOPICS TO BE ADDRESSED:
 Yoga: From Ancient to Contemporary
 1. Ancient yogic texts
 2. Shifting toward modern yoga
 3. Contemporary genres of yoga Energies: Seals, Locks, Lines, and Expressions
 1. Chakras
 2. Nadis
 3. Bandhas
 4. Mudras
 5. Mantras Ayurveda and Nutrition
 1. Ayurvedic constitution/Doshas
 2. Nutrition Yoga as a Career
 1. Get your own class
 2. Make your class a success Final Project Presentations
 1. Students will research, present and teach a physical practice OR give a lecture on a spiritual, cultural or historical aspect of yoga.

2. The presentations will be given in a workshop setting.
Yoga Retreat
1. The class will organize and attend a yoga camping retreat.
2. Students will lead yoga workshops during the retreat.
3. Students will prepare yogic food to eat during the retreat.

7. REPRESENTATIVE METHODS OF INSTRUCTION:

Typical methods of instruction may include:

- A. Lecture
- B. Discussion
- C. Field Trips
- D. Guest Speakers
- E. Observation and Demonstration

8. REPRESENTATIVE ASSIGNMENTS

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

Writing Assignments:

Journal:

- A. on all reading assignments
- B. on outside yoga classes that the student takes
- C. on yoga videos

Reading Assignments:

Reading from:

- A. Heart of Yoga - by TKV Desikachar
- B. Teaching Yoga - by Mark Stephens
- C. Articles from Yoga Journal

Other Outside Assignments:

Outside Yoga Classes:

- A. Take 3 outside yoga classes that represent a specific genre of yoga

9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

- A. Exams/Tests
- B. Field Trips
- C. Homework
- D. Lab Activities
- E. Oral Presentation
- F. Research Projects

10. REPRESENTATIVE TEXT(S):

Possible textbooks include:

- A. Stephens, Mark. *Yoga Adjustments: Philosophy, Principles, and Techniques*, 1 ed. North Atlantic Books, 2014
- B. T. K. V. Desikachar. *The Heart of Yoga: Developing a Personal Practice*, ed. Inner Traditions, 1999
- C. Alistair Shearer. *The Story of Yoga: From Ancient India to the Modern West*, ed. Hurst; Illustrated edition, 2020

Possible manuals include:

- A. Mark Stephens. Teaching Yoga: Essential Foundations and Techniques, North Atlantic Books, 05-25-2010

Other:

- A. Yoga History and Culture manual written and updated on a yearly basis by Denaya Dailey and sold at the CSM Bookstore.

Origination Date: November 2021
Curriculum Committee Approval Date: March 2022
Effective Term: Fall 2022
Course Originator: Denaya Dailey