

**College of San Mateo
Official Course Outline**

1. COURSE ID: KINE 202 **TITLE:** Yoga Pedagogy Lab

Units: 1.0 units **Hours/Semester:** 48.0-54.0 Lab hours

Method of Grading: Grade Option (Letter Grade or Pass/No Pass)

Corequisite: KINE 200 and KINE 201

2. COURSE DESIGNATION:

Degree Credit

Transfer credit: CSU

3. COURSE DESCRIPTIONS:

Catalog Description:

This course is designed as an introduction to teaching the physical discipline of Hatha yoga. Students will learn alignment, adjustments, and cueing for yoga postures. They will also develop and teach their own yoga class. 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. Understand components needed to teach a beginning level hatha yoga class, including knowledge of applicable anatomy, fitness benefits and injury prevention.
2. Develop a class sequence that meets their intended goals as a teacher.
3. Be able to explain, demonstrate and correct the physical movement involved in hatha yoga.

5. SPECIFIC INSTRUCTIONAL OBJECTIVES:

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

1. Understand components needed to teach a beginning level hatha yoga class, including knowledge of applicable anatomy, fitness benefits and injury prevention.
2. Develop a class sequence that meets their intended goals as a teacher
3. Be able to explain, demonstrate and correct the physical movement involved in hatha yoga.

6. COURSE CONTENT:

Lab Content:

1. Introduction to Teaching Asanas
2. Posture Workshop
3. The Seven Moving Principles
4. Sun Salutations
5. Voice Projection Workshop
6. Standing Postures
7. Sitting Postures
8. Sitting Postures
9. Twists
10. Hip Openers
11. Forward Bends
12. Hip Openers
13. Core Refinement
14. Backbends
15. Arm Balances
16. Pranayama
17. Meditation
18. Putting it all together
19. Teach your own class
20. Restorative Yoga
21. Prenatal Yoga
22. Sanskrit Test

7. REPRESENTATIVE METHODS OF INSTRUCTION:

Typical methods of instruction may include:

- A. Lecture
- B. Lab
- C. Activity
- D. Critique
- E. Discussion
- F. Guest Speakers
- G. Observation and Demonstration

8. REPRESENTATIVE ASSIGNMENTS

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

Writing Assignments:

- Journaling about in-class workshops.
- Writing yoga class outlines. These will serve as templates for hatha yoga classes that the students will teach.

Reading Assignments:

Readings from Mark Stephens Teaching Yoga and other yoga articles, will be assigned.

9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

- A. Class Participation
- B. Class Work
- C. Group Projects
- D. Lab Activities
- E. Simulation
- F. Written examination

10. REPRESENTATIVE TEXT(S):

Possible textbooks include:

- A. Stephens, Mark. *Yoga Adjustments: Philosophy, Principles, and Techniques*, 1 ed. North Atlantic Books, 2014
- B. Farhi, D. *Teaching Yoga: Exploring the Teacher-Student Relationship*, ed. Berkley, CA.: Rodmell Press, 2006
- C. Mark Stephens. *Teaching Yoga: Essential Foundations and Techniques*, ed. North Atlantic Books, 2010

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Course Originator: Denaya Dailey