

College of San Mateo
Official Course Outline

1. **COURSE ID:** KINE 203 **TITLE:** Yoga Pedagogy Research 1
Units: 3.0 units **Hours/Semester:** 48.0-54.0 Lecture hours; and 96.0-108.0 Homework hours
Method of Grading: Letter Grade Only
Prerequisite: Successful completion of a Yoga Alliance RYS-200 program. **Corequisite:** KINE 204, KINE 205
Recommended Preparation:
Eligibility for ENGL 838 or ENGL 848 or ESL 400
FITN 334.1, and/or a strong yoga practice.
2. **COURSE DESIGNATION:**
Degree Credit
Transfer credit: CSU
3. **COURSE DESCRIPTIONS:**
Catalog Description:
This course is part of the 300 hour Yoga Teacher Training certificate program. Students will practice yoga, observe yoga classes, assist yoga classes, teach yoga classes, and develop a personal yoga practice.
4. **STUDENT LEARNING OUTCOME(S) (SLO'S):**
Upon successful completion of this course, a student will meet the following outcomes:
 1. Create a flow-based yoga class with an intermediate level of expertise and skill using appropriate sequencing, alignment, and pedagogical skills.
 2. Create a restorative yoga class with an intermediate level of expertise and skill using appropriate sequencing, alignment, and pedagogical skills.
5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**
Upon successful completion of this course, a student will be able to:
 1. Use appropriate and informative verbal cueing while teaching yoga classes.
 2. Create intelligent sequencing within a yoga class.
 3. Perform appropriate and helpful adjustments while teaching yoga classes.
6. **COURSE CONTENT:**
Lecture Content:
Representative ratio of course content:
During this course, students will complete teaching skills assignments in order to enhance their teaching proficiency. Examples of these teaching skills include:
 - 20 hours - Yoga practice
 - These hours will be spent taking yoga class from the instructor. This will help the students to know what a well cues, adjusted and sequenced class feels like.
 - 5 hours - Observe yoga classes
 - These hours will be spent observing CSM yoga teachers. By observing yoga classes that are well taught, they will be able to notice teaching techniques that are being used during the class.
 - 5 hours - Assist yoga classes
 - These hours will be spent assisting yoga classes. This will give students an opportunity to practice adjustments on real yoga students and get feedback on these adjustments.
 - 10 hours - Personal yoga practice
 - These hours will be spent practicing yoga without an instructor guiding the class. Personal practices will be recorded and analyzed in order to shape future class sequences.
 - 5 hours - Teach yoga classes
 - Using the knowledge gained from the above teaching skills, students will put together yoga classes. These classes will be taught to their peers. They will be given peer and instructor feedback on these classes.
 - Other class time will be spent discussing all of the above topics. The instructor will lecture on how to set yourself and your students up for success through lessons learned in the above-mentioned topics.
7. **REPRESENTATIVE METHODS OF INSTRUCTION:**
Typical methods of instruction may include:

- A. Lab
- B. Directed Study
- C. Activity
- D. Critique
- E. Discussion
- F. Field Experience
- G. Individualized Instruction
- H. Observation and Demonstration

8. REPRESENTATIVE ASSIGNMENTS

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

Writing Assignments:

Students must complete the following hours. For each hour, students must log the activity with notes and analysis (to be turned in).

- 20 hours - Yoga practice
- 5 hours - Observe yoga classes
- 5 hours - Assist yoga classes
- 10 hours - Personal yoga practice
- 5 hours - Teaching

Reading Assignments:

Readings from the Representative Texts will be assigned throughout the semester.

9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

- A. Class Participation
- B. Class Work
- C. Exams/Tests
- D. Homework
- E. Lab Activities
- F. Papers
- G. Simulation

10. REPRESENTATIVE TEXT(S):

Possible textbooks include:

- A. Ganga White. *Yoga Beyond Belief: Insights to Awaken and Deepen Your Practice*, ed. Berkeley, CA: North Atlantic Books, 2007
- B. Romita, Nancy & Romita, Allegra. *Functional Awareness: Anatomy in Action for Dancers*, 1 ed. Oxford University Press, 2016
- C. Laban, Rudolf (Author). Ullmann, Lisa (Editor). *The Mastery of Movement*, 4 ed. Pre Textos, 2011
- D. Newlove, Jean & Dalby, John. *Laban for All*, ed. Routledge, 2003
- E. Stephens, Mark. *Yoga Adjustments: Philosophy, Principles, and Techniques Paperback – June 3, 2014*, ed. North Atlantic Books, 2014

Other:

- A. Introduction to Laban's Space Harmony: youtube lecture presented by Mark Jarecke.
https://www.youtube.com/watch?v=p-B_E3loAto

Published on Nov 2, 2012

VideoLectures.Net at <http://videlectures.net/>

View the talk in context: http://videlectures.net/solomon_jare...

View the complete seminars: <http://videlectures.net/solomon/>

Speaker: Mark Jarecke, FOUR32C

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More information at <http://videlectures.net/site/about/>

More talks at <http://videlectures.net/>

Mark Jarecke introduces the audience to Rudolf Laban's concepts of Space Harmony. This movement lab takes participants through Laban's systems of spatial architecture and effort quality affinities as well as

experimentation with movement scales through three dimensional platonic solid metaphors.

Origination Date: July 2016

Curriculum Committee Approval Date: April 2017

Effective Term: Fall 2017

Course Originator: Denaya Dailey