

College of San Mateo
Official Course Outline

1. COURSE ID: KINE 206 **TITLE:** Yoga Pedagogy Research 2

Units: 2.0 units **Hours/Semester:** 96.0-108.0 Lab hours

Method of Grading: Letter Grade Only

Prerequisite: Successful completion of a Yoga Alliance 200-hour Yoga Teacher Training. KINE 203

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 at an advanced level. Students will also conduct deeper research on a yoga topic of their choice and attend/assist in organizing a yoga retreat.

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 advanced level of expertise and skill using appropriate sequencing, alignment, and pedagogical skills.
2. Create a restorative yoga class with an advanced level of expertise and skill using appropriate sequencing, alignment, and pedagogical skills.
3. Lead a well-informed workshop on a yoga topic of their choice that will be marketable to potential employers.
4. Have basic knowledge of how to plan and run a yoga retreat.

5. SPECIFIC INSTRUCTIONAL OBJECTIVES:

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

1. Use appropriate and informative verbal cueing at an advanced level while teaching yoga classes.
2. Create intelligent sequencing at an advanced level within a yoga class.
3. Perform appropriate and helpful adjustments at an advanced level while teaching yoga classes.
4. Conduct deep research on a yoga topic of their choice.
5. Work well with others while organizing a yoga retreat.

6. COURSE CONTENT:

Lecture Content:

NA

Lab 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:

- 22 hours - Yoga practice
 - These hours will be spent taking yoga class from the instructor. This will help the students to know what a well cued, adjusted and sequenced class feels like.
- 13 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.
- 10 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 feedback on these classes.

Outside practice and training hours will also be required:

- 30 hours of approved elective studies may include the following:
 - Approved lectures/workshops given by instructor (can include lectures given in the 200 hour YTT class)
 - Special yoga guest speakers at CSM
 - Mentor 200 hour YTT students

- Approved outside continuing education yoga workshops and specialty certifications
- Specialty yoga certifications at CSM
- Attend and participate in leading a camping yoga retreat
 - Morning flow classes
 - Afternoon misc event
 - Evening restorative classes
 - Students will also share highlights from the elective studies that they completed.

7. REPRESENTATIVE METHODS OF INSTRUCTION:

Typical methods of instruction may include:

- Lecture
- Lab
- Activity
- Critique
- Directed Study
- Discussion
- Field Experience
- Field Trips
- Guest Speakers
- Individualized Instruction
- 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.

Other Outside Assignments:

Outside practice and training hours will also be required:

- 30 hours of approved elective studies may include the following:
 - Approved lectures/workshops given by instructor (can include lectures given in the 200 hour YTT class)
 - Special yoga guest speakers at CSM
 - Mentor 200 hour YTT students
 - Approved outside continuing education yoga workshops and specialty certifications
 - Specialty yoga certifications at CSM
- Attend and participate in leading a camping yoga retreat (\$)
 - Morning flow classes
 - Afternoon misc event
 - Evening restorative classes
 - Students will also share highlights from the elective studies that they completed.

9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

- Class Participation
- Class Work
- Exams/Tests
- Field Trips
- Group Projects
- Homework
- Lab Activities
- Oral Presentation
- Papers

- J. Projects
- K. Research Projects
- L. Simulation

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

Possible textbooks include:

- A. Romita, Nancy & Romita, Allegra . *Functional Awareness: Anatomy in Action for Dancers*, 1 ed. Oxford University Press, 2016

Origination Date: July 2016

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Course Originator: Denaya Dailey