

College of San Mateo
Official Course Outline

1. COURSE ID: FITN 334.1 **TITLE:** Yoga I

Units: 0.5 or 1.0 units **Hours/Semester:** 24.0-54.0 Lab hours; 24.0-54.0 Total Student Learning hours

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

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 a beginning level. A fitness course using yoga postures to increase flexibility, strength and endurance; improve balance, posture and breathing; teach relaxation techniques. This course is appropriate for all ages and abilities.

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

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

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

5. SPECIFIC INSTRUCTIONAL OBJECTIVES:

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

1. Identify and perform the basic and beginning yoga postures
2. Demonstrate a beginning level increase in the range of motion of major joints
3. Understand the beginning level use of breath as a major component for stretching efficiently
4. Understand beginning 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 a beginning 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 a beginning 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 beginning level Hatha Yoga postures presented during the course. Ability to identify basic muscle groups, joints, and spinal articulations at a beginning level. Ability to demonstrate beginning proper breathing techniques in application of Hatha Yoga. Ability to demonstrate proper postural alignment in all beginning asanas learned. Beginning knowledge of history, vocabulary, and philosophy of Hatha Yoga through written examinations.

10. REPRESENTATIVE TEXT(S):

Possible textbooks include:

- A. Kessler, Christine Lily. *The Art of Living Yoga: Honoring Yoga's Roots in Philosophy & Practice*, ed. Independently published, 2022

Other:

- A. Instructor-generated handouts

Origination Date: October 2023
Curriculum Committee Approval Date: November 2023
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Course Originator: Denaya Dailey