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:
    Possible manuals include:
    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