

**College of San Mateo**  
**Official Course Outline**

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 838 or ENGL 848 or ESL 400.
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 yogaEnergies: Seals, Locks, Lines, and Expressions
  1. Chakras
  2. Nadis
  3. Bandhas
  4. Mudras
  5. MantrasAyurveda and Nutrition
  1. Ayurvedic constitution/Doshas
  2. NutritionYoga as a Career
  1. Get your own class
  2. Make your class a successFinal 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:

- A. Stephens, Mark. *Yoga Adjustments: Philosophy, Principles, and Techniques*, 1 ed. North Atlantic Books, 2014
- B. T. K. V. Desikachar. *The Heart of Yoga: Developing a Personal Practice*, ed. Inner Traditions, 1999

Possible manuals include:

- A. Mark Stephens. Teaching Yoga: Essential Foundations and Techniques, North Atlantic Books, 05-25-2010

**Origination Date:** November 2017

**Curriculum Committee Approval Date:** December 2017

**Effective Term:** Fall 2018

**Course Originator:** Denaya Dailey