

College of San Mateo
Official Course Outline

1. **COURSE ID:** KINE 201 **TITLE:** Yoga Pedagogy Lecture
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 200 and KINE 202

2. **COURSE DESIGNATION:**
Degree Credit
Transfer credit: CSU
AA/AS Degree Requirements:
 CSM - GENERAL EDUCATION REQUIREMENTS: E5d. Career Exploration and Self-Development

3. **COURSE DESCRIPTIONS:**
Catalog Description:
 This course is designed as an introduction to teaching the physical discipline of Hatha yoga. Students will learn about different types of Hatha yoga, anatomy, injury prevention, cueing, ethics and develop their own yoga class. 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. Understand components needed to teach a beginning level hatha yoga class, including knowledge of applicable anatomy, fitness benefits and injury prevention.
 2. Develop a class sequence that meets their intended goals as a teacher.
 3. Be able to explain, demonstrate and correct the physical movement involved in hatha yoga.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**
 Upon successful completion of this course, a student will be able to:
 1. Understand components needed to teach a beginning level hatha yoga class, including knowledge of applicable anatomy, fitness benefits and injury prevention.
 2. Develop a class sequence that meets their intended goals as a teacher.
 3. Be able to explain, demonstrate and correct the physical movement involved in hatha yoga.

6. **COURSE CONTENT:**
Lecture Content:
 1. Anatomy
 - A. Skeleton
 - B. Breath Connection
 - C. Joints, Ligaments, Muscles and Tendons, Myofascial and Organ Planes
 - D. Iliopsoas
 - E. Gluteus Maximus, Medius and Minimus
 - F. Tensor Fascia Lata
 - G. Pectineus
 - H. Adductor Magnus
 - I. External Rotators
 - J. Quadriceps
 - K. Hamstrings
 - L. Back Muscles
 - M. Pectoralis Major & Minor
 - N. Latissimus Dorsi
 - O. Trapezius
 - P. Rhomboids
 - Q. Serratus Anterior
 - R. Deltoids
 - S. Rotator Cuff
 - T. Biceps Brachii
 - U. Triceps Brachii

V. Sternocleidomastoid

2. Anatomy quizzes

3. Student presentations on theories and ethics of teaching

A. Taken from reading of Teaching Yoga: The Teacher/Student Relationship by Donna Farhi

4. Certificate Ceremony & Graduation

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 on all reading assignments

Journal on yoga videos

Reading Assignments:

Read Teaching Yoga: The Teacher-Student Relationship, by Donna Farhi.

Read select chapters from Heart of Yoga: Developing a Personal Yoga Practice, by TKV Desikachar

Report on all readings assignments.

Other Outside Assignments:

Read and study anatomy books.

9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

A. Class Participation

B. Exams/Tests

C. Field Trips

D. Homework

E. Oral Presentation

F. Quizzes

G. Research Projects

10. REPRESENTATIVE TEXT(S):

Possible textbooks include:

A. Farhi, D. *Teaching Yoga: Exploring the Teacher-Student Relationship*, ed. Berkley, CA: Rodmell Press, 2006

B. Ray Long. *The Key Muscles of Yoga: Scientific Keys, Volume I*, 3 ed. BandhaYoga, 2009

C. T.K.V. Desikachar. *The Heart of Yoga: Developing a Personal Practice*, ed. Inner Traditions, 1995

D. Stephens, Mark. *Yoga Adjustments: Philosophy, Principles, and Techniques*, 1 ed. North Atlantic Books, 2014

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Course Originator: Denaya Dailey