

**College of San Mateo
Official Course Outline**

1. COURSE ID: KINE 202 **TITLE:** Yoga Asana Studies

Units: 3.0 units **Hours/Semester:** 32.0-36.0 Lecture hours; 48.0-54.0 Lab hours; 64.0-72.0 Homework hours; 144.0-162.0 Total Student Learning hours

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

Corequisite: KINE 200 and KINE 201

2. COURSE DESIGNATION:

Degree Credit

Transfer credit: CSU

3. COURSE DESCRIPTIONS:

Catalog Description:

This course prepares students to teach the physical discipline of Hatha yoga. Students will learn yoga postures, alignment, adjustments, and cueing. They will also practice developing and teaching their yoga classes. 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:

Learn teaching skills, proper anatomical alignment, adjusting cues, and other pedagogical methods in the following yoga topics:

1. Introduction to Teaching Asanas
2. Posture Workshop
3. The Seven Moving Principles
4. Sun Salutations
5. Voice Projection Workshop
6. Standing Postures
7. Sitting Postures
8. Twists
9. Hip Openers
10. Forward Bends
11. Hip Openers
12. Core Refinement
13. Backbends
14. Arm Balances
15. Pranayama
16. Meditation
17. Putting it all together
18. Teach your own class
19. Restorative Yoga
20. Prenatal Yoga
21. Sanskrit Test

Lab Content:

Practice teaching skills in the following yoga topics:

1. Introduction to Teaching Asanas
2. Posture Workshop
3. The Seven Moving Principals
4. Sun Salutations
5. Voice Projection Workshop
6. Standing Postures
7. Sitting Postures
8. Twists
9. Hip Openers
10. Forward Bends
11. Hip Openers
12. Core Refinement
13. Backbends
14. Arm Balances
15. Pranayama
16. Meditation
17. Putting it all together
18. Teach your own class
19. Restorative Yoga
20. Prenatal Yoga
21. Sanskrit Test

7. REPRESENTATIVE METHODS OF INSTRUCTION:

Typical methods of instruction may include:

- A. Lecture
- B. Lab
- C. Activity
- D. Critique
- E. Discussion
- F. Guest Speakers
- G. Observation and Demonstration

8. REPRESENTATIVE ASSIGNMENTS

Representative assignments in this course may include, but are not limited to the following:

Writing Assignments:

- Journaling about in-class workshops.
- Writing yoga class outlines. These will serve as templates for hatha yoga classes that the students will teach.

Reading Assignments:

Readings from Mark Stephens Teaching Yoga and other yoga articles, will be assigned.

9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

- A. Class Participation
- B. Class Work
- C. Exams/Tests
- D. Group Projects
- E. Homework
- F. Lab Activities
- G. Simulation
- H. Written examination

10. REPRESENTATIVE TEXT(S):

Possible textbooks include:

- A. Swanson, A. *Science of Yoga: Understanding the Anatomy and Physiology to Perfect Your Practice*, 1st ed. New York, NY: DK Publishing, 2019
- B. Mark Stephens. *Teaching Yoga: Essential Foundations and Techniques*, ed. North Atlantic Books, 2010
- C. Farhi, D. *Teaching Yoga: Exploring the Teacher-Student Relationship*, ed. Berkley, CA:: Rodmell Press,

2006

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

Possible manuals include:

A. Dailey, Denaya B. 200 Hour Yoga Teacher Training: Asana & Anatomy Manual, Self Published, 10-24-2022

B. Dailey, Denaya B. Yoga History & Culture, Self Published, 10-24-2022

Origination Date: October 2022

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Effective Term: Fall 2024

Course Originator: Denaya Dailey