

College of San Mateo
Official Course Outline

1. **COURSE ID:** KINE 204 **TITLE:** Advanced Yoga Pedagogy & Philosophy
Units: 3.0 units **Hours/Semester:** 48.0-54.0 Lecture hours; 96.0-108.0 Homework hours; 144.0-162.0 Total Student Learning hours
Method of Grading: Letter Grade Only
Prerequisite: Successful completion of a Yoga Alliance RYS-200 program. **Corequisite:** KINE 203, KINE 205
Recommended Preparation:
 Completion of or concurrent enrollment in ENGL 100 or ENGL 105.
2. **COURSE DESIGNATION:**
Degree Credit
Transfer credit: CSU
3. **COURSE DESCRIPTIONS:**
Catalog Description:
 This course is part of the 300 hour Yoga Teacher Training certificate program. Students will develop their knowledge of yoga pedagogy and philosophy by studying ethics, pedagogical theories, teacher/students communication techniques, yoga philosophy, and how to develop your personal voice as a yoga teacher.
4. **STUDENT LEARNING OUTCOME(S) (SLO'S):**
 Upon successful completion of this course, a student will meet the following outcomes:
 1. Demonstrate the ability to educate students about yoga philosophy while teaching a hatha yoga class.
 2. Use pedagogical theories to enhance yoga teaching capabilities.
5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**
 Upon successful completion of this course, a student will be able to:
 1. Educate students about anatomy and yoga philosophy while teaching a hatha yoga class.
6. **COURSE CONTENT:**
Lecture Content:
 Representative course content:
 - Ethics
 - Teaching Methods
 - Pedagogy Theories
 - Yoga pedagogy theories
 - Koshas
 - Adjustments
 - Cueing
 - Theatrical voice training
 - Rhythm & Tempo
 - Yoga Sutras
 - Gunas
 - Kleshas
 - Nutrition
 - Defining yourself as a yoga teacher
 - Online business presence
 - Online classes
 - You on social media
 - Google AdWords
 - Developing deeper class themes
 - Doshas
 - Chakras
 - Gunas
- Lab Content:**
 NA

7. REPRESENTATIVE METHODS OF INSTRUCTION:

Typical methods of instruction may include:

- A. Lecture
- B. Activity
- C. Discussion

8. REPRESENTATIVE ASSIGNMENTS

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

Writing Assignments:

For each segment of study, students will submit notes on the assigned readings.

Reading Assignments:

For each segment of study there will be assigned readings.

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. Oral Presentation
- G. Projects
- H. Quizzes

10. REPRESENTATIVE TEXT(S):

Possible textbooks include:

- A. Chopra, Deepack. *Perfect Health: The Complete Mind/Body Guide, Revised and Updated Edition*, ed. Three Rivers Press, 2011
- B. Dhole, Heeralal. *The Gunas*, ed. Kessinger Publishing, 2010
- C. Swami Satchidananda. *The Yoga Sutras of Patanjali*, ed. Integral Yoga Publications, 2012
- D. Stephen, Mark. *Yoga Adjustments: Philosophy, Principles, and Techniques*, ed. North Atlantic Books, 2014
- E. Rachman, Martia Bennett . *Yoga's Touch Hands On Adjustments, Alignment and Verbal Cues*, ed. Sacred Nectar Publishing, 2014
- F. Dale, Cindi. *The Subtle Body: An Encyclopedia of Your Energetic Anatomy*, ed. Sounds True Inc, 2009
- G. Ramacharaka, Yogi. *Advanced Course in Yogi Philosophy*, ed. Bamboo Leaf Press, 2022
- H. Natha, Shreyananda. *Teaching Yoga and Meditation Beyond the Poses*, ed. Independently published, 2023
- I. Balkaran, Raj. *The Stories Behind the Poses: The Indian mythology that inspired 50 yoga postures*, ed. Leaping Hare Press, 2022
- J. Stillman, Cate. *Secrets of the Six Figure Yoga Teacher: How to Make Real Money by Leading the Journey to Health and Enlightened Living*, ed. Independently published, 2021

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