



Course Outline

2026-2027 Catalog

KIN 42 - Yoga I

Catalog Description

Transfer Status: CSU/UC

Unit(s): 1.50

Activity: 51.00 Contact hours/25.50 Out of class hours/76.50 Total hours/1.50 Unit(s)

Total: 51.00 Contact hours/25.50 Out of class hours/76.50 Total hours/1.50 Unit(s)

Course Description: This course introduces the fundamental principles of yoga. Students will learn basic poses (asana), basic breathing techniques (pranayama), and relaxation techniques. Students will also develop knowledge of personal restraints (yamas) and meditation (dhyana).

Objectives

Upon successful completion of this course, the student should be able to:

1. Identify yoga postures by name given pictures, demonstrations, and observations.
2. Demonstrate basic yoga postures with proper form and technique.
3. List and explain the different breathing techniques (pranayama).
4. Identify relaxation techniques used in basic yoga practice.
5. Analyze the benefits of yoga practices towards overall health.
6. Identify and apply the personal restraints (yamas) according to yoga philosophy.

Course Content

Topic Titles / Suggested Time Topic		
<u>Lecture/Activity</u>		
<u>Topics</u>	<u>Lec Hrs</u>	<u>Act Hrs</u>
Introduction and Orientation		3.00
Safety Procedures		6.00
Use of Props		6.00
Breathing Techniques		6.00
Asana Techniques and Form		12.00
Relaxation Exercises and Techniques		3.00
Yoga Philosophy: Yamas - Personal Restraints		3.00
Chakra Energy Centers		6.00
Principles of Meditation		6.00
Total Hours:	0.00	51.00

Methods of Instruction

- A. Class Activities
- B. Demonstrations
- C. Discussion
- D. Homework: Students are required to complete one hour of outside-of-class homework for every two hours of activity
- E. Multimedia Presentations

Methods of Evaluation

- A. Projects
- B. Demonstration
- C. Class participation
- D. Written Assignments
- E. Written or Oral Examinations
- F. Practical Evaluations

Examples of Assignments

Reading Assignments

1. Read an overview on safety, contraindications, modifications in basic asana practice and be prepared to apply the information during class.

2. Read an article on the personal restraints (yamas) and be prepared to discuss in small groups in class.

Writing Assignments

1. Write a one page essay explaining your goals and expectations for applying yoga practices toward an area targeted for self-improvement.
2. Based on your course goals, write a two page reflection on the positive effects you have gained.

Out-of-Class Assignments

1. Choose one chakra and design a yoga program to improve circulation to the physiological area symbolic to the chakra using asanas, colors, and or music as they relate to the chosen chakra.
2. Create a basic yoga practice of 10 asanas. List and illustrate the poses chosen and place them into the appropriate order for practice.

Recommended Materials of Instruction

T.K.S. Desikachar. (1995). The Heart of Yoga. *Inter Tradition, International, 1st*.

Other Learning Materials

Athletic apparel

Yoga mat

Minimum Qualifications

Coaching

Physical Education (Masters Required)

Created/Revised by: Jordan, Jeffrey

Date: 03/10/2025