



KIN 43 - Yoga II

Catalog Description

Transfer Status: CSU/UC

Unit(s): 1.50

Course Description: This course is a continuation of Yoga I. Students will learn a progression of yoga postures (asanas) and intermediate level asanas. Breathing techniques (pranayama) will accompany each posture learned in this course. Emphasis is placed upon a deeper understanding of yoga philosophy.

Objectives

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

1. list and describe basic and intermediate level asanas and pranayama.
2. list and explain the benefits of pranayama and asana.
3. perform yoga postures (asanas) in proper alignment and form according to individual ability.
4. demonstrate proper breathing techniques with yoga posture movements.
5. identify the eight limbs of yoga.
6. identify Ayurveda's basic principles.
7. create a personal yoga practice based on personal fitness level and lifestyle.

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		1.00
Hints and precautions in doing yoga		0.50
Evaluate current basic yoga fundamental skills		2.50
Contraindications for some yoga asanas		1.00
Second limb of yoga: the Niyamas or 5 self observances		2.50
Third limb of yoga: Asana or body postures; forward bends, back bends, lateral flexions, axial extensions, balance, and inversions		25.00
Fourth limb of yoga: Pranayama, or breathing technique practice		6.00
Yoga's relaxation pose, Shavasana		3.50
The fifth through the eighth limb of yoga: Pratyahara (control of the senses), Dharana (concentration), Dhyana (meditation) and Samadhi (union with the Divine)		4.50
Introduction to Ayurveda, the sister science of yoga		3.00
Energy locks or seals (bandhas) in yoga practice		1.50
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. Quizzes
- B. Journal
- C. Class participation
- D. Written Examinations
- E. Performance Examinations
- F. Practical Evaluations
- G. Mid-term and final examinations

Examples of Assignments

Reading Assignments

1. Read the handout on the Niyamas and be prepared to discuss in small groups.
2. Read the assigned article on breathing techniques. Be prepared to demonstrate proper breathing technique 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 over the course of the semester.

Out-of-Class Assignments

1. Observe a yoga class in the community and interview the teacher. Write a report on your class observation and goal of teacher's lesson plan.
2. Choose the Ayurveda body type that best suits you and write a description of this body type and associated dietary recommendations.

Recommended Materials of Instruction

Swenson, David. (2007). Ashtanga Yoga: The Practice Manual. *Ashtanga Yoga Productions, 2nd*.

Other Learning Materials

Other materials and/or equipment will be provided by the department

A. Athletic apparel B. Yoga mat

Minimum Qualifications

Coaching

Physical Education (Masters Required)

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