

PE - 258 - Power Vinyasa Yoga

COURSE OUTLINE OF RECORD

VIII. General Course Information

Subject:*

PE

Course Number:* 258

Descriptive Title:* Power Vinyasa Yoga

Course Disciplines:*

Physical Education

Division:

Health Sciences and Athletics

Department:*

Physical Education

Catalog Description:*

This course is a Vinyasa yoga practice designed for intermediate students to build strength, endurance, concentration as well as flexibility. This is an athletic form of asana for students who want to learn how to take their yoga practice to the next level.

Conditions of Enrollment:

Prerequisite:

Co-requisite:

Recommended Preparation:

Physical Education 257

Enrollment Limitation:

Course Length: Full Term

Hours Lecture (per week): 0

Hours Laboratory (per week): 3

Outside Study Hours:* 0

Total Hours:* 54

Course Units:* 1

Grading Method: Letter Grade only

Credit Status: Credit, degree applicable

Transfer CSU: Yes
 No

Effective Date: 12/17/2012

Transfer UC: Yes
 No

Effective Date: Fall 2013

General Education ECC: Area 5 - Health and Physical Education

Term: Fall 2013

Other:

CSU GE: Area E - Lifelong Understanding and Self-Development

Term:

Other:

IGETC:

Term:

Other:

IX. Outcomes and Objectives

A. Student Learning Outcomes SLOs (The course student learning outcomes are listed below.)

Student Learning Outcomes:

SLO #1 Surya Namaskar Sequencing

Students will explain the correct sequencing of postures in Surya Namaskar B.

SLO #2 Improvement in Fitness

Students will demonstrate improvements in the fitness components that are positively affected by a Power Yoga Practice.

SLO #3 Power Yoga Innovators

Students will compare and contrast two power yoga Innovators in a written assignment.

B. Course Objectives (The major learning objectives for this course are listed below.)

Course Objectives:

1. Identify the physical and psychological benefits of power yoga.
2. Demonstrate proper sequencing for Surya Namaskaras A and B.
3. Identify the three bandhas used in power yoga and how they are performed.
4. Demonstrate proper Ujjayi Breathing for Power Yoga Sequences.

X. Outline of Subject Matter

(Topics should be detailed enough to enable an instructor to determine the major areas that should be covered to ensure consistency from instructor to instructor and semester to semester.)

Example:

I. Main Topic (3 hours, lecture)

A. Sub topics

B. Sub topics

1. Super sub topic
2. Super sub topic

Major Topics:

I. Power Yoga Basics Orientation (8 hours, lab)

1. Ujjayi Breathing
2. Bandhas
3. Review of Basic Poses

II. Vinyasa Flow Practice Moving Through Asanas with Ujjayi Breathing (2 hours, lab)

1. Full Flow Surya Namaskara A Series
2. Full Flow Surya Namaskara B Series
3. Modifications

III. Standing Sequences (8 hours, lab)

1. Padangusthasana
2. Triangles (extended and twisting)
3. Side Angle
4. Standing Straddle Bend
5. Standing Leg Raise Front and Side
6. Thunderbolt
7. Side Plank
8. Virabhadrasa A and B
1. Others to be introduced--instructor preference

IV. Seated Primary Sequences (8 hours, lab)

1. Dandasana
2. Seated West Stretch
3. Janu Sirsanasa (Head to Knee)
4. Seated Twist
5. Navasana
6. Camel
7. Crow
8. Bow
1. Others to be introduced/ instructor preference

V. Finishing Sequences (6 hours, lab)

1. Bridge
2. Upward Facing Bow (Wheel)
3. Shoulder Stand
4. Plough
5. Rabbit
6. Fish
7. Savasana

VI. Combination of Vinyasa Sequences and Static Poses (7 hours, lab)

1. Add Vinyasa sequences between every four poses
2. Add Vinyasa sequences between every three poses
3. Add vinyasa sequences between every two poses.

VII. Creative Yoga (6 hours, lab)

1. Yoga Play
2. Students develop a sequence using the principles of power yoga

VIII. Components of Fitness (3 hours, lab)

1. Flexibility
2. Strength
3. Endurance

Assessments

Total Lecture Hours: 0

Total Laboratory Hours: 54

Total Hours: 54

XI. Primary Method of Evaluation and Sample Assignments

A. Primary Method of Evaluation (choose one):

Primary Method of Evaluation

B. Typical Assignment Using Primary Method of Evaluation

Typical Assignment Using Primary Method of Evaluation: Demonstrate to instructor the proper sequence of the poses of Surya Namaskar B by performing them in a class setting without instructor guidance.

C. College-level Critical Thinking Assignments

Critical Thinking Assignment 1: Create a 12-part asana sequence using the principles of vinyasa and muscle balancing and demonstrate the sequence in a group setting in class.

Critical Thinking Assignment 2: In a written report, research three different innovators of Power Yoga i.e. Baron Baptiste, Daryl Bender Birch and Brian Kest, and compare and contrast how their approaches are different.

D. Other Typical Assessment and Evaluation Methods

Other Evaluation
Methods:

Class Performance

Presentation

Quizzes

Written Homework

If Other:

XII. Instructional Methods

Note: In compliance with Board Policies 1600 and 3410, Title 5 California Code of Regulations, the Rehabilitation Act of 1973, and Sections 504 and 508 of the Americans with Disabilities Act, instruction delivery shall provide access, full inclusion, and effective communication for students with disabilities.

Instructional
Methods:

Demonstration

Group Activities

If other:

XIII. Work Outside of Class

Work Outside of Class

Course is lab only - minimum required hours satisfied by scheduled lab time

If Other:

XIV. Texts and Materials

A. Up-to-date Representative Textbooks: (Please use the following format: Author, Title, Edition, Publisher, Year. If you wish to list a text that is more than 5 years old, please annotate it as a “discipline standard”.)

Up-To-Date
Representative
Textbooks:

B. Alternative Textbooks: (Please use the following format: Author, Title, Edition, Publisher, Year. If you wish to list a text that is more than 5 years old, please annotate it as a “discipline standard”.)

Alternative
Textbooks:

C. Required Supplementary Readings

Required
Supplementary
Readings:

D. Other Required Materials

Other Required
Materials:

XV. Conditions of Enrollment

A. Requisites (Course Prerequisites and Corequisites) Skills needed without which a student would be highly unlikely to succeed.

Requisite

Category

Requisite course:

Requisite and Matching skill(s):
Bold the requisite skill. List the corresponding course objective under each skill(s).

B. Requisite: (Non-Course Prerequisite and Corequisites) Skills needed without which a student would be highly unlikely to succeed.

Requisite:

Requisite and Matching skill(s):
Bold the requisite skill. List the corresponding course objective under each skill(s). if applicable

C. Recommended Preparations (Course) (Skills with which a student's ability to succeed will be strongly enhanced.)

Requisite course: Physical Education-257

Requisite and Matching skill(s):
Bold the requisite skill. List the corresponding course objective under each skill(s).

Students ideally should have some background knowledge in basic yoga and have average to high level fitness levels. However, students will be allowed to work at their own level of ability and fitness level. Students need to be free of injuries since this is a vigorous fitness based approach to yoga.

PE 257 - Demonstrate proper technique and body alignment for standing poses, balancing poses, seated poses, spinal twists, supine poses, prone poses, and inversions.

PE 257 - Analyze the purpose of each of the asanas as they relate to overall health and fitness.

PE 257 - Demonstrate proper technique and body alignment for standing poses, balancing poses, seated poses, spinal twists, supine poses, prone poses, and inversions.

PE 257 -Demonstrate proper diaphragmatic breathing while performing yoga postures.

PE 257 -Analyze the purpose of each of the asanas as they relate to overall health and fitness.

D. Recommended Preparation (Non-Course) (Skills with which a student's ability to succeed will be strongly enhanced.)

Requisite:

Requisite and Matching skill(s):
Bold the requisite skill. List the corresponding course objective under each skill(s). if applicable

E. Enrollment Limitations

Enrollment Limitations and Category:

Enrollment Limitations Impact:

Course Created by: Charleen Zartman

Date: 09/24/2012

Board Approval Date: 12/17/2012

**Last Board Approval
Date:**

**Last Reviewed and/or
Revised by:** Charleen Zartman

Date: April 2019