



El Camino College

COURSE OUTLINE OF RECORD - Official

I. GENERAL COURSE INFORMATION

Subject and Number: Physical Education 409
Descriptive Title: Adapted Yoga

Course Disciplines: Physical Education

Division: Health Sciences and Athletics

Catalog Description: This course is designed for students with disabilities and provides personalized instruction in yoga. Modified yoga postures (asanas) and breathing practices are introduced to improve strength, flexibility, balance, and stress reduction. This course will give the student both the knowledge and practice for improved health and greater mind and body awareness.

Note: Letter grade or pass/no pass option.

Conditions of Enrollment: *You have no defined requisites.*

Course Length: Full Term Other (Specify number of weeks):
Hours Lecture: 0 hours per week TBA
Hours Laboratory: 3.00 hours per week TBA
Course Units: 1.00

Grading Method: Both
Credit Status Associate Degree Credit

Transfer CSU: Effective Date: 12/15/2008
Transfer UC: Effective Date: Fall 2009

General Education:

El Camino College: 5 – Health and Physical Education
 Term: Fall 2009 Other:

CSU GE: E - Lifelong Understanding and Self-Development
 Term: Fall 2009 Other:

IGETC:

II. OUTCOMES AND OBJECTIVES

A. COURSE STUDENT LEARNING OUTCOMES (The course student learning outcomes are listed below, along with a representative assessment method for

each. Student learning outcomes are not subject to review, revision or approval by the College Curriculum Committee)

SLO #1 Skill

Students will develop more self-awareness and demonstrate the

1. appropriate individualized adaptation of a series of poses and breathing techniques.

SLO #2 Fitness

Students will identify the wellness/fitness components that are positively affected by a Yoga Practice.

- 2.

SLO #3 Benefits

Students will define Yoga and describe its personal benefits and adaptation strategies.

- 3.

The above SLOs were the most recent available SLOs at the time of course review. For the most current SLO statements, visit the El Camino College SLO webpage at <http://www.elcamino.edu/academics/slo/>.

B. Course Student Learning Objectives (The major learning objective for students enrolled in this course are listed below, along with a representative assessment method for each)

1. Compare and contrast various forms of hatha yoga.

Other (specify)

In class worksheets

2. Identify the physical and psychological benefits of yoga.

Essay exams

3. Demonstrate the proper use of assistive devices (belts, blocks) when performing poses.

Class Performance

4. Identify the purpose of each of the asanas as they relate to overall health and fitness.

Class Performance

5. Demonstrate proper diaphragmatic breathing while performing yoga postures.

Class Performance

6. Assess gains in stress relief, strength, and flexibility.

Performance exams

III. OUTLINE OF SUBJECT MATTER (Topics are detailed enough to enable a qualified instructor to determine the major areas that should be covered as well as ensure consistency from instructor to instructor and semester to semester.)

Lecture or Lab	Approximate Hours	Topic Number	Major Topic
Lab	18	I	Viniyoga A. Progressive relaxation and visualization B. Diaphragmatic breathing C. Beginning postures D. Use of props

			E. Individual adjustments
Lab	12	II	Iyengar Yoga A. Precision of postures B. Use of props C. Balancing postures
Lab	18	III	Vinyasa Yoga A. Flow and correction of poses B. Seated pose flow C. Prone pose flow D. Standing pose flow E. Adapted sun salutation F. Continuous movement G. Pranayama breathing
Lab	6	IV	Benefits of Yoga A. Physical 1. strength 2. flexibility 3. balance B. Psychological 1. stress reduction C. Healthy life styles
Total Lecture Hours		0	
Total Laboratory Hours		54	
Total Hours		54	

IV. PRIMARY METHOD OF EVALUATION AND SAMPLE ASSIGNMENTS

A. PRIMARY METHOD OF EVALUATION:

Skills demonstrations

B. TYPICAL ASSIGNMENT USING PRIMARY METHOD OF EVALUATION:

Demonstrate to instructor the proper mechanics of diaphragmatic breathing to calm the mind and body.

C. COLLEGE-LEVEL CRITICAL THINKING ASSIGNMENTS:

1. In a group setting with peer discussion and instructor guidance, create a personalized practice program integrating yoga skills, fitness and benefits.
2. Demonstrate a seated yoga pose to instructor while identifying the adaptations necessary for personalized positioning.

D. OTHER TYPICAL ASSESSMENT AND EVALUATION METHODS:

Objective Exams
 Class Performance
 Multiple Choice
 Completion
 Matching Items
 True/False

V. INSTRUCTIONAL METHODS

Demonstration
 Laboratory

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.

VI. WORK OUTSIDE OF CLASS

Course is lab only - minimum required hours satisfied by scheduled lab time and estimated student hours outside of class per week is zero.

Estimated Independent Study Hours per Week: 0

VII. TEXTS AND MATERIALS

- A. UP-TO-DATE REPRESENTATIVE TEXTBOOKS
- B. ALTERNATIVE TEXTBOOKS
- C. REQUIRED SUPPLEMENTARY READINGS
- D. OTHER REQUIRED MATERIALS

VIII. CONDITIONS OF ENROLLMENT**A. Requisites (Course and Non-Course Prerequisites and Corequisites)**

Requisites	Category and Justification
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B. Requisite Skills

Requisite Skills

C. Recommended Preparations (Course and Non-Course)

Recommended Preparation	Category and Justification
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D. Recommended Skills

Recommended Skills

E. Enrollment Limitations

Enrollment Limitations

Enrollment Limitations and Category	Enrollment Limitations Impact
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Course created by Russell Serr and Mark Lipe on 10/01/2008.

BOARD APPROVAL DATE: 12/15/2008

LAST BOARD APPROVAL DATE: 04/13/2015

Last Reviewed and/or Revised by Kathryn Cass on 01/12/2015

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