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Board approved:

Physical Education (PHED) 1612 Intermediate Yoga (1 Unit) transferability CSU/UC

Prerequisite: Successful completion of PHED 1602 with a grade of 'C' or better

Prerequisite knowledge and skills: Before entering the course, the student should be able to:

1. Analyze the five principles of yoga.
2. Demonstrate various postures (asanas).
3. Contrast various postures(asanas).
4. Differentiate the following terms: flexion, extension, hyperextension, abduction, adduction, rotation, and circumduction.
5. Improve sensory, integrative, and motor functioning of the nervous system.
6. Develop balance, flexibility, coordination, and strength.
7. Differentiate between the upper and lower body muscles and muscle groups.
8. Improve circulation and oxygen flow throughout the body.
9. Demonstrate control over breathing (pranayama) increasing focus and concentration.
10. Develop a positive mental state

Hours and Unit Calculations:

48 lab hours (48 total Student Learning Hours) 1 unit

Catalog Description: This course continues to teach students the fundamentals of yoga at the intermediate level. Students will practice various poses (asanas) to increase balance, flexibility, and strength. Students will explore controlled breathing techniques to increase focus and concentration. Yoga will enable students to challenge both their body and mind.

Type of Class/Course: Degree Applicable

Suggested text:

Miller, Noah. *Yoga for Beginners: 100 Yoga Poses to Calm the Mind, Relieve Stress, Strengthen the Body and Increase Flexibility*. 1st ed. CreateSpace Independent Publishing, 2018.

Shaw, Beth Beth Shaw's *Yogafit*, 3rd ed., Human Kinetics, 2016.

Course Objectives:

By the end of the course, a successful student will be able to:

1. Analyze the five principles of yoga.
2. Demonstrate various intermediate postures (asanas).
3. Contrast various intermediate postures(asanas).
4. Differentiate the following terms: flexion, extension, hyperextension, abduction, adduction, rotation, and circumduction.
5. Improve sensory, integrative, and motor functioning of the nervous system.

6. Increase balance, flexibility, coordination, and strength.
7. Differentiate between the upper and lower body muscles and muscle groups.
8. Improve circulation and oxygen flow throughout the body.
9. Demonstrate control over breathing (pranayama) increasing focus and concentration.
10. Develop a positive mental state

#### Course Scope and Content: Laboratory

##### Unit I Introduction to intermediate yoga

- A. Guidelines for practicing yoga
- B. Applicable modifications of yoga poses based on individual needs
- C. Introduction to more advanced stretches
- D. Relaxation techniques for all aspects of life
- E. Breath-awareness and its benefit in yoga

##### Unit II Review 5 Principles of Yoga

- A. Proper Relaxation
- B. Proper Exercise
- C. Proper Breathing
- D. Proper Diet
- E. Positive Thinking & Meditation

##### Unit III Muscular Development and Strength

- A. Standing poses – Increase lower body strength
- B. Floor poses – Increase upper body strength

##### Unit IV Intermediate Flexibility

- A. primary muscles
- B. Flexibility and strength building

##### Unit V Intermediate Asanas (poses)

- A. Warm-up
- B. Standing
- C. Seated
- D. Twisting
- E. Supine & Prone
- F. Backbends
- G. Inverted & Balancing
- H. Finishing
- I. Salutations

#### Methods of Instruction

1. Activity and practice of yoga techniques

2. Critique, Instructor and self-observation
3. Group Discussion
4. Individualized Instruction
5. Lecture
6. Mediated Learning, instructional verbal cues
7. Observation and Demonstration

#### Methods of Evaluation

1. Class Participation
2. Class Work
3. Projects
4. Quizzes
5. Assignments

#### Supplemental Data:

T.O.P. Code:	0835.00- Physical Education
Sam Priority Code:	E- Non- Occupational
Funding Agency:	Y- Not Applicable (funds not used)
Distance Learning:	Not Applicable
Program Status:	Program Applicable
Noncredit Category:	Y- Credit Course
Special Class Status:	N: Course is not a special class
Basic Skills Status:	N: Course is not a basic skills course
Prior to College Level:	Y: Not Applicable
Cooperative Work Experience:	N: Is not a part of a cooperative work experience education program
Eligible for Credit by Exam:	No



Eligible for Pass/No Pass:	Yes
Discipline:	Physical Education or Kinesiology or Health Education