

Lecture Contact Hours: 16-18; Outside-of-Class Hours: 32-36;  
Laboratory Contact Hours: 32-36; Outside-of-Class Hours: 0;  
Total Student Learning Hours: 80-90

## **CUYAMACA COLLEGE**

### **COURSE OUTLINE OF RECORD**

#### **Exercise Science 028B – Intermediate Yoga**

1 hour lecture, 1 unit  
2 hours laboratory, 0.5 units  
Total units: 1.5 units

#### **Catalog Description**

This course is designed to help students increase flexibility and balance as well as practice relaxation and stress reduction through intermediate Yoga techniques. The course will focus on safe, effective stretching, balance, stability of supporting muscle groups and breathing techniques. Discussion regarding the history and traditions of Yoga as well as stress reduction will take place. Students will also learn the fundamental principles of physical fitness and their impact on life-long wellness.

#### **Prerequisite**

None

#### **Recommended Preparation**

ES 028A Beginning Yoga

#### **Entrance Skills**

- 1) Knowledge of yoga poses at the beginning level
- 2) Knowledge of breathing techniques at the beginning level

#### **Course Content**

A structured discussion/lab format to include:

- 1) Lecture/discussion on basic body structure including balance and flexibility.
- 2) Floor and standing exercises to improve flexibility, balance, and strength at an intermediate level.
- 3) Pre- and Post-testing of flexibility, muscular strength, and muscular endurance.
- 4) Basic movement and breathing techniques for relaxation and stress reduction.
- 5) Individual work to improve flexibility and range of motion.
- 6) Lectures on the history and traditions of yoga.

#### **Course Objectives**

Students will be able to:

- 1) Implement beginning Yoga techniques relative to safe and effective flexibility improvement.
- 2) Practice to improve flexibility, balance, stability of muscle groups, and breathing techniques.
- 3) Demonstrate knowledge of the history and traditions of Yoga.
- 4) Identify, define and execute basic yoga poses.
- 5) Demonstrate knowledge of the principles of physical fitness as well as health life-style choices and evaluate their impact on an individual's health and well-being.

#### **Method of Evaluation**

- 1) Observation of daily performance and participation
- 2) Periodic tests of specific range of motion tasks and measurements with designated exercises
- 3) Quizzes and exams based on lectures and readings
- 4) Intermediate level skills test

**Special Materials Required of Student**

- 1) Yoga mat (recommended)
- 2) Yoga block (recommended)
- 3) Stretching/flexibility strap (recommended)
- 4) Internet access

**Minimum Instructional Facilities**

Large exercise room with a suspended hardwood floor.  
Mixed audio media equipment.

**Method of Instruction**

- 1) Lecture/discussion.
- 2) Demonstration.
- 3) Individual practice and participation.

**Out-of-Class Assignments**

- 1) **Reading:** review course materials, and other multimedia.
- 2) **Writing:** fitness log, and more.
- 3) **Other:** students are encouraged to practice yoga techniques outside of class an additional hour per week.

**Texts and References**

- 1) Required (representative example): McGonigle, A., & Huy, M. *The Physiology of Yoga*. Human Kinetics, 2022.
- 2) Supplemental: None

**Exit Skills**

Students having successfully completed this course exit with the following skills, competencies and/or knowledge:

- 1) Demonstrate proper yoga poses at an intermediate level
- 2) Demonstrate proper breathing techniques at an intermediate level

**Student Learning Outcomes**

Upon successful completion of this course, students will be able to:

- 1) Demonstrate proficiency in intermediate-level yoga postures and breathing techniques with attention to alignment, safety, and technique.
- 2) Apply intermediate yoga practices to enhance balance, stability, relaxation, and stress reduction