

Lecture Contact Hours: 32-36; Outside-of-Class Hours: 64-72;
 Laboratory Contact Hours: 48-54; Outside-of-Class Hours: 0;
 Total Student Learning Hours: 144-162

CUYAMACA COLLEGE COURSE OUTLINE OF RECORD

Exercise Science 280 – Yoga Teacher Training Foundation

2 hours lecture, 2 units
 3 hours of laboratory, 1 unit
 Total units: 3

Catalog Description

This course introduces the foundational concepts of teaching yoga to beginners and supports the deepening of one's personal practice. Students explore body mechanics, anatomy, alignment principles, and breathing techniques, specifically in the context of instructing and performing basic yoga poses. Additional topics including the history and philosophy of yoga, Sanskrit basics, asana classification, and types of yoga are covered with a commitment to making yoga inclusive and accessible to all.

Prerequisite

None

Recommended Preparation

"C" grade or higher or "Pass" in ES 028A or equivalent, or concurrent enrollment

Course Content

- 1) Foundations of Yoga
 - a. History and lineages of yoga
 - b. The Yoga Sutras of Patanjali and introduction to yogic philosophy
 - c. Sanskrit language and terminology
- 2) Anatomy, Physiology and Biomechanics
 - a. Major muscles, bones, and joints involved in yoga postures
 - b. Joint actions, primary movement patterns, and the body as a kinetic chain
 - c. Nervous system overview, including stress responses and mind–body connection
 - d. Respiratory system: voluntary and involuntary breathing, mechanics of respiration
 - e. Cardiovascular, endocrine, and digestive systems as they relate to yoga practice
 - f. Biomechanics of movement: stabilization, proprioception, alignment, and common contraindications
- 3) Pranayama and the Subtle Body
 - a. Importance of breath in yoga practice
 - b. Techniques: Ujjayi, Kapalabhati, and Nadi Shodhana
 - c. Adaptations of pranayama for varied student abilities
- 4) Poses by category
 - a. Standing
 - b. Balancing
 - c. Arm-balancing
 - d. Inversions
 - e. Back-bending and forward-bending
 - f. Twisting
 - g. Seated
 - h. Reclining

- 5) Injuries and Modifications
 - a. Alignment principles and safety considerations
 - b. Strategies for modification and adaptation
 - c. Injury prevention and safe progression
- 6) Teaching Yoga and Professional Foundations
 - a. Teacher responsibilities and expectations
 - b. Class setup and creating an inclusive environment
 - c. Certification requirements

Course Objectives

Students will be able to:

- 1) Identify and categorize foundational yoga poses (asanas) using correct Sanskrit terminology and pronunciation.
- 2) Demonstrate safe techniques for entering, holding, and exiting beginner-level asanas with proper alignment.
- 3) Create and evaluate basic yoga sequences that integrate asanas, breathwork, and mindfulness practices.
- 4) Explain the historical and philosophical foundations of yoga, including major lineages, the Yoga Sutras of Patanjali, and the ethical guidelines of the yamas and niyamas.
- 5) Relate principles of anatomy, physiology, and biomechanics to yoga practice, including joint actions, muscle engagement, and the body as a kinetic chain.
- 6) Compare and apply introductory pranayama techniques such as Ujjayi, Kapalabhati, and Nadi Shodhana.
- 7) Analyze yoga postures to determine appropriate modifications for different student abilities, needs, and injuries.
- 8) Differentiate between types of movement and action in asana practice.
- 9) Discuss common injuries in yoga practice and apply principles of safety, prevention, and adaptation.
- 10) Recognize the responsibilities of a yoga teacher, including professionalism, communication, and the creation of inclusive, equitable learning environments.

Method of Evaluation

Grades are based on demonstrated proficiency in the subject matter as determined by multiple measures of evaluation. Assessment frameworks may include alternative, equity-minded approaches to grading, such as ungrading, labor-based grading, or contract grading. The instructor provides regular, timely, and strengths-based feedback so that students can improve their practice and teaching skills. Feedback emphasizes growth and inclusivity, and the instructor proactively addresses concerns with attendance and assignments before the student is at risk of failing.

Methods of evaluation may include:

- 1) Demonstration of yoga poses (asanas), including safe entry, alignment, and modifications.
- 2) Application of breathing techniques (pranayama) in personal practice and teaching demonstrations.
- 3) Written assignments such as observation reports, reflections, evaluations of teaching practice, and short essays on yoga philosophy and history.
- 4) Participation in class discussions, group practices, peer feedback activities, and inclusive classroom dialogue.
- 5) Development and presentation of a basic yoga sequence as a culminating project, including alignment principles and safety considerations.

- 6) Self-assessments, journals, and reflection activities addressing personal growth, challenges, and strategies for working with students of varying abilities.
- 7) Consistent engagement in lab practice and contribution to a supportive, equitable learning environment.

Special Materials Required of Student

- 1) Exercise attire which allows for free range of motion

Minimum Instructional Facilities

- 1) Smart classroom with a computer, digital projector, screen, and remote audio equipment
- 2) Open floor space and wall-mounted body-length mirrors
- 3) Adjustable lighting
- 4) Yoga mats, blocks, straps, blankets, storage space

Method of Instruction

- 1) Instructor lecture and demonstration of yoga poses (asanas), breathing techniques (pranayama), and meditation practices
- 2) Guided practice sessions in which students learn, refine, and apply skills under instructor supervision
- 3) Observation, analysis, and discussion of yoga practice, teaching demonstrations, and peer-led activities
- 4) Small group activities such as collaborative sequencing, feedback exchange, and practice teaching
- 5) Independent reading and study of assigned texts, OER materials, and reflective writing activities
- 6) Use of multimedia resources such as videos, images, and online platforms to support visual and kinesthetic learning. Instruction is supported by strengths-based instructor and peer feedback designed to promote improvement, confidence, and inclusivity.

Out-of-Class Assignments

- 1) **Reading:** course materials to prepare for in-class discussions, demonstrations, and collaborative activities.
- 2) **Writing:** assignments to prepare for in-class discussions, demonstrations, and collaborative activities; development of written teaching scripts for asanas, using both English and Sanskrit names, alignment principles, and anatomical terminology.
- 3) **Other:** personal yoga practice to apply alignment principles and develop teaching strategies in preparation for oral presentations; observation and evaluation of yoga classes offered off-campus to expand understanding of instructional method; in-person or phone interview with a credentialed yoga teacher to gain professional insight into the field; study and review in preparation for written, oral, and practical examinations.

Texts and References

- 1) Required (representative examples):
 - a. Ambrosini, D. M. (2026). *Instructing Hatha Yoga: A guide for teachers and students*. 3rd ed. Human Kinetics.
 - b. Adele, D. (2009). *The Yamas & Niyamas: Exploring yoga's ethical practice*. On-Word Bound Books.
- 2) Supplemental:
 - a. McGonigle, A., & Huy, M. (2022). *The Physiology of Yoga*. Human Kinetics.

Student Learning Outcomes

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

- 1) Perform foundational yoga poses and breathing techniques with safe alignment.

- 2) Create and teach a short beginner yoga sequence that incorporates modifications for diverse student needs.
- 3) Explain how yoga philosophy and anatomy inform practice and instruction.