

# PHED 21B: INTERMEDIATE HATHA YOGA

## Foothill College Course Outline of Record

Heading	Value
<b>Units:</b>	1
<b>Hours:</b>	3 laboratory per week (36 total per quarter)
<b>Advisory:</b>	This course is included in the Flexibility & Stability family of activity courses.
<b>Degree &amp; Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Area VII: Lifelong Learning
<b>Transferable:</b>	CSU/UC
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	Not Repeatable

## Student Learning Outcomes

- Identify the principles and goals for Yoga practice.

## Description

Intermediate training in yoga, skills and techniques with independent, group, and personalized training. Emphasis is on practice of intermediate asanas (poses) and pranayama (breathing techniques) with the introduction of ujayi breath.

## Course Objectives

The student will be able to:

- verbalize and demonstrate proper alignment, connection and balance in the practice of intermediate yoga asanas
- demonstrate the ability to coordinate several comprehensive sets of poses to create strength and flexibility throughout the entire body for a daily practice
- demonstrate correct transitions between aerobic yoga postures and sequences
- deeply relax major muscle groups in the body, in isolation or together while keeping the mind relaxed and yet aware
- perform intermediate techniques in the art of breathing

## Course Content

- Principles and methods of intermediate yoga
  - intermediate physical development
  - intermediate mental poise and equanimity
  - intermediate emotional control and direction of attention
  - intermediate philosophy, including the eight limbs of yoga
  - development of character, including the yamas and niyamas
  - thoughtful and compassionate social interaction
  - purification of body and mind, thought, word and deed
- Physical postures
  - training in intermediate yoga postures (may include inversions and handstands, headstands, elbow stands and shoulderstands)
  - practice in increasing the difficulty of aerobic sequences, such as the sun salutations
  - movement routines designed specifically for intermediate level

- intermediate syllabus of poses: standing, inverted, forward bends, twists, shoulder stretches, pelvic openers, strength, inverted spinal, seated, lower back strengtheners, waist bends, and back bending
  - using props and partners to advance skills
- Relaxation skills
    - physical techniques for tension reduction
    - mental techniques for anxiety control
  - Breathing techniques
    - both lying down and sitting up positions for rhythmic controlled breathing exercises
    - intermediate variations of breathing exercises
  - Meditation techniques
    - diverse techniques and styles of seated meditation introduced
    - training in the physical art of sitting, necessary for profound meditation
  - Personal private practice
    - student will be helped in designing personal routines that help with individual physical problems, ailments, and limitations
    - student will be helped through lectures and groups discussions to overcome obstacles of personal and individual practice

## Lab Content

Practice may include, but is not limited to the following:

- Virabhadrasana I (Warrior I pose)
- Virabhadrasana II (Warrior II pose)
- Virabhadrasana III (Warrior III pose)
- Utthita Parsvakonasana (Extended side angle pose)
- Chaturanga Dandasana (Push-up pose)
- Parsvottanasana (Side-chest stretch pose)
- Upavistha Konasana (Seated angle pose)
- Baddha Konasana (Bound-angle pose)
- Ekahastapada Majariasana (Spinal balance pose)
- Urdhva Mukha Svanasana

## Special Facilities and/or Equipment

- Appropriate exercise wear, one yoga mat.
- When taught as an online distance learning or hybrid section, students and faculty need ongoing and continuous internet and email access.

## Method(s) of Evaluation

- Skills and techniques will be assessed by direct instructor observation
- Committed and regular participation
- Oral and written skill tests
- Final examination
  - independent performance of physical postures
  - graded on level of preparedness and ability to attend, concentrate, and focus

## Method(s) of Instruction

Demonstration, group discussion, instructor observation.

## Representative Text(s) and Other Materials

Brown, Christina. *The Modern Yoga Bible*. Walking Stick Press, 2017.

Rector, Skip. *Yoga*. 2017.

## **Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments**

Worksheet for names of intermediate poses; optional reading and writing assignments as recommended by instructor.

### **Discipline(s)**

Physical Education