

LOS ANGELES MISSION COLLEGE - Department of Kinesiology

COURSE OUTLINE

Yoga – KIN 351 HFAC 208

Section #2039 MW 8:55am-10:20am

Spring 2014

Instructor

Shelly Jefferis, MA Kinesiology

Office # 818-364-7600 ext. 4196

Office hour: Mon. & Wed. 7:00-7:15am HFAC 205, Monday 12:00 pm and by appt. HFAC 202

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Course Description:

The student will be able to recognize and demonstrate traditional yoga poses and the possible modifications to reduce the risk of injury according to recent research. The student will improve fitness test levels in the areas of strength and flexibility as measured by pre and post tests.

Number and Title of Course:

KINESIOLOGY 351 *Yoga-HFAC 208* (1 unit)

Class will consist of various techniques to improve overall strength and flexibility. Class will utilize exercise balls and yoga props including blocks and straps. Students will also be introduced to yoga techniques for improving overall relaxation and stress reduction.

Textbook:

Get Fit, Stay Well Authors: Janet L. Hopson, Rebecca J. Donatelle, Tanya R. Littrell,

Student Learning Outcomes (SLO' s):

At the conclusion of the course,

1. The student will improve their fitness level by applying sound training principles and dietary concepts learned in class from the PE professional. The student will be able to recognize and cite specific fitness assessments and use discipline specific terminology in written/oral communication.
2. The student will be able to monitor his or her heart rate and level of exercise during activity.
3. The student will improve his or her level of physical fitness/conditioning through incorporating various components of fitness during exercise sessions. Improvements will be determined from pre/post physical fitness testing.
4. The student will be knowledgeable of specific activities and techniques that are effective for improving cardiovascular condition, muscle strength, and flexibility.
5. The student will understand the numerous benefits associated with physical fitness/exercise
6. The student will understand the essential nutrients needed by the body and current nutritional
7. The student will know names and locations of basic muscles of the body and will understand effective strengthening and flexibility exercises for those muscles.
8. The student will understand various physical fitness testing, the purpose of each test administered and the technique needed to improve in each test.

Course Objectives

1. Throughout the course, students will progressively increase the intensity of their workout in

- an effort to improve overall physical fitness levels.
2. Students will understand basic yoga terminology and safe and effective ways to execute yoga movements and poses.
 3. Throughout the course, students will use various exercises to improve overall strength and flexibility. They will gain an understanding of ways to increase intensity of exercises to match their physical abilities.
 4. Students will learn basic Pilates and Yoga techniques in an effort to increase muscle strength, flexibility and relaxation.
 5. Students will learn about basic nutrition and will be taught the basic nutritional needs of the body. They will also learn about caloric needs and how it relates to overall body composition.
 6. Students will be taught the basic muscles of the body and they will learn the most effective and safe exercises for those specific muscles.
 7. Students will understand physical fitness principles and the purpose of physical fitness testing.

Evaluation Procedures

1. Participation and effort = 80 pts.
Students are expected to participate regularly and put forth effort throughout course.
2. Skills Test = 20 pts
A pre and post skills test will be given to all students determining their level of
3. Fitness Test (pre=20, post=20, improvement=10) = 50 pts.
Students will participate in fitness testing that will include but not limited to, a cardiovascular test, curl-ups, push-ups and flexibility test.
4. Article critique = 20 pts
*Students will complete an article critique based on an article related to fitness, health and/or nutrition. Article needs to be current (last 3 years) and needs to be taken from a reputable source. Critique **must be typed** and one page in length.*
5. Final exam = 50 pts.
Exam will be given at end of semester and will consist of information from class lecture, class activities, and textbook.

Total points: 220 pts

Attendance

- ◆ **three absences** are permissible
- ◆ **four absences** - deduction of 10 points from participation points
- ◆ **five absences** - deduction of 20 points from participation points
- ◆ **six absences** - deduction of 30 points from participation points -
- ◆ **seven absences** - deduction of 40 points from participation points

(MakeUp Policy): IF student receives more than 3 absences, make-ups **might** be permissible, see instructor for details.)

****Tardiness**

Being tardy to class three times will equal one absence. Please notify instructor if you will be tardy to class. It is **extremely** important to arrive to class on time as we will begin each class with quiet breathing and relaxation to prepare for the yoga session.

Excessive tardiness will affect participation points.

Class Format:

Class will consist of a yoga-based warm-up, muscular strengthening, flexibility and relaxation. Designated days will be spent completing fitness testing and there will also be class meetings focusing on

lecture material. Proper shoes are **required** for class. For yoga students ONLY, barefoot is acceptable during workout. It is also recommended that yoga students bring in their own personal mat however there are mats provided. It is recommended that each student wear comfortable workout attire (ie. sweats, T-shirts, shorts, etc.). **Please bring towel and water bottle to class.**

Extra information:

Please arrive to class on time and be prepared. There will be no use of cell phones during class unless an emergency. Be prepared for workouts and lectures each class meeting. You are responsible for lecture material and announcements made in class. If you are absent or arrive late, you must ask another student for the information.

Important Dates/Holidays:

- **President's Day February 14th - 17th**
- **Cesar Chavez March 31st**
- **Spring break April 7th - 13th**
- **Memorial Day May 27th , no classes May 27th**
- **Last day to add – February 21st, last day to drop – February 23rd (online only)**
- **Classes end June 2nd**

Final Exam Schedule:

Mon/Wed Body Conditioning 7:15 am class: June December 9th 7:30 am – 9:30 am
Mon/Wed Yoga 8:50 am class: Monday June 9th 10:00 am – 12:00 pm

NOTE:

A new state policy in effect as of Summer 2012 limits students to 3 attempts per course. Receiving a grade or "W" for a course counts as an attempt, regardless of when the course was taken. Withdrawal by the deadline to avoid a "W" will not count as an attempt. Withdrawal by February 18th 2013 (avoiding a "W") will not count as an attempt.