

DANCE190 : Beginning Yoga

General Information

Author:	<ul style="list-style-type: none">Victor Robles
Course Code (CB01) :	DANCE190
Course Title (CB02) :	Beginning Yoga
Department:	DANCE
Proposal Start:	Spring 2025
TOP Code (CB03) :	(1008.00) Dance
CIP Code:	(50.0301) Dance, General.
SAM Code (CB09) :	Non-Occupational
Distance Education Approved:	No
Will this course be taught asynchronously?:	No
Course Control Number (CB00) :	CCC000550171
Curriculum Committee Approval Date:	05/22/2024
Board of Trustees Approval Date:	07/16/2024
Last Cyclical Review Date:	05/22/2024
Course Description and Course Note:	DANCE 190 introduces students to the principles and techniques of yoga. Students will learn yoga positions to facilitate stretching and toning muscles, limbering joints, and aiding spinal alignment. Students will use yoga breathing techniques and meditation exercises to revitalize the body and calm the mind.
Justification:	Mandatory Revision
Academic Career:	<ul style="list-style-type: none">Credit
Mode of Delivery:	
Author:	
Course Family:	

Academic Senate Discipline

Primary Discipline:	<ul style="list-style-type: none">Dance
Alternate Discipline:	No value
Alternate Discipline:	No value

Course Development

Basic Skill Status (CB08)

Course is not a basic skills course.

Allow Students to Gain Credit by Exam/Challenge

Course Special Class Status (CB13)

Course is not a special class.

Pre-Collegiate Level (CB21)

Not applicable.

Grading Basis

- Grade with Pass / No-Pass Option

Course Support Course Status (CB26)

Course is not a support course

General Education and C-ID

General Education Status (CB25)

Not Applicable

Transferability

Transferable to both UC and CSU

Transferability Status

Approved

CSU GE-Breadth Area

E-Lifelong Learning and Self-Development

Area

Lifelong Learning and Self-Development

Status

Approved

Approval Date

02/22/2006

Comparable Course

No Comparable Course defined.

Units and Hours

Summary

Minimum Credit Units (CB07) 1.5

Maximum Credit Units (CB06) 1.5

Total Course In-Class (Contact) Hours 45

Total Course Out-of-Class Hours 36

Total Student Learning Hours 81

Credit / Non-Credit Options

Course Type (CB04)

Credit - Degree Applicable

Noncredit Course Category (CB22)

Credit Course.

Noncredit Special Characteristics

No Value

Course Classification Code (CB11)

Credit Course.

Variable Credit Course

Funding Agency Category (CB23)

Not Applicable.

Cooperative Work Experience

Education Status (CB10)

Weekly Student Hours

In Class

Course Student Hours

Out of Class

Course Duration (Weeks)

18

Lecture Hours	1	2
Laboratory Hours	1.5	0
Studio Hours	0	0

Hours per unit divisor	0
Course In-Class (Contact) Hours	
Lecture	18
Laboratory	27
Studio	0
Total	45

Course Out-of-Class Hours	
Lecture	36
Laboratory	0
Studio	0
Total	36

Time Commitment Notes for Students

No value

Units and Hours - Weekly Specialty Hours

Activity Name	Type	In Class	Out of Class
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No Value	No Value	No Value	No Value
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Pre-requisites, Co-requisites, Anti-requisites and Advisories

No Value

Entry Standards

Entry Standards

Read, write, and converse in English.

Add, subtract, divide, and multiply.

Course Limitations

Cross Listed or Equivalent Course

Specifications

Methods of Instruction

Methods of Instruction

Multimedia

Methods of Instruction

Collaborative Learning

Methods of Instruction

Demonstrations

Methods of Instruction

Field Activities (Trips)

Methods of Instruction

Guest Speakers

Methods of Instruction

Presentations

Methods of Instruction

Lecture

Methods of Instruction

Laboratory

Methods of Instruction

Discussion

Out of Class Assignments

- Attendance of GCC Dance Department performance
- Online research of Hatha yoga from its inception to the present
- Written evaluation of the performance attended

Methods of Evaluation

Rationale

Exam/Quiz/Test

Final exam

Activity (answering journal prompt, group activity)

Class participation in critiques, analysis, and evaluation of yoga practices

Exam/Quiz/Test

Written exams

Exam/Quiz/Test

Movement exams

Exam/Quiz/Test

Written essays

Exam/Quiz/Test

Midterm exam

Textbook Rationale

No Value

Textbooks

Author	Title	Publisher	Date	ISBN
Swanson, Ann	Science of Yoga: Understand the Anatomy and Physiology to Perfect Your Practice	DK	2019	978-1465479358

Other Instructional Materials (i.e. OER, handouts)

No Value

Materials Fee

No value

Learning Outcomes and Objectives

Course Objectives

Demonstrate correct use of Pranyama (breath) in Asanas and meditation.

Reproduce a basic Vinyasa sequence.

Discuss and compare the development of various forms of Hatha yoga.

Examine the application of the practice of yoga and its relationship to the body, mind, and personal health.

Design a personal yoga practice.

SLOs

Analyze and define basic yoga terminology and practical poses.

Expected Outcome Performance: 70.0

<i>ILOs</i> Core ILOs	Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate creativity that leads to innovative ideas.
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<i>DANCE</i> Choreographic Studies and Dance Technique	Explain dance vocabulary of various dance styles.
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<i>KIN</i> Fitness Specialist - Certificate	apply fundamental science of kinesiology to assess, design, implement and lead fitness programs for individuals and groups in a diverse population
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<i>ILOs</i> Core ILOs	Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.
<i>DANCE</i> Choreographic Studies and Dance Technique	Demonstrate technical dance skills using correct body alignment and muscle coordination
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	Demonstrate technical dance skills using correct body alignment and muscle coordination
<i>KIN</i> Fitness Specialist - Certificate	apply fundamental science of kinesiology to assess, design, implement and lead fitness programs for individuals and groups in a diverse population

Additional SLO Information

Does this proposal include revisions that might improve student attainment of course learning outcomes?

No

Is this proposal submitted in response to learning outcomes assessment data?

No

If yes was selected in either of the above questions for learning outcomes, explain and attach evidence of discussions about learning outcomes.

No Value

SLO Evidence

No Value

Course Content

Lecture Content

Introduction (4 hours)

- Elements of Hatha yoga
- Elements of Kundalini
- Yoga Vocabulary

Basic Positions (Asanas) (3 hours)

- The sun salutation
- Easy pose
- Leg raises
- The headstand
- The shoulder stand
- The bridge
- The fish
- The forward bend
- The cobra
- The locust
- The bow
- The half spinal twist
- The lotus
- The crow
- The triangle

Breathing (Pranayama) (3 hours)

- Anuloma viloma
- Brahmari
- Sitkari
- Sithali

Meditation (3 hours)

- Principles of meditation
- Mastery of the mind
- Tratak Mantras

Yoga and Health (5 hours)

- Muscles
- Skeleton
- Spinal movements
- Digestion
- Respiration
- Circulation

Total Hours: 18**Laboratory/Studio Content****Basic Positions (Asanas) (6 hours)**

- The sun salutation
- Easy pose
- Leg raises
- The headstand
- The shoulder stand
- The bridge
- The fish
- The forward bend
- The cobra
- The locust
- The bow
- The half spinal twist
- The lotus
- The crow
- The triangle

Breathing (Pranayama) (6 hours)

- Anuloma viloma
- Brahmari
- Sitkari
- Sithali

Meditation (6 hours)

- Principles of meditation
- Mastery of the mind
- Tratak Mantras

Yoga and Health (9 hours)

- Muscles
- Skeleton
- Spinal movements
- Digestion
- Respiration
- Circulation

Total Hours: 27**Additional Information**

Is this course proposed for GCC Major or General Education Graduation requirement? If yes, indicate which requirement in the two areas provided below.

Yes

GCC Major Requirements

Physical Education

GCC General Education Graduation Requirements

No Value

Repeatability

Not Repeatable

Justification (if repeatable was chosen above)

No Value

Resources

Did you contact your departmental library liaison?

No

If yes, who is your departmental library liaison?

No Value

Did you contact the DEIA liaison?

No

Were there any DEIA changes made to this outline?

No Value

If yes, in what areas were these changes made:

No Value

Will any additional resources be needed for this course? (Click all that apply)

- No

If additional resources are needed, add a brief description and cost in the box provided.

No Value