



Perris Union High School District Course of Study

A. COURSE INFORMATION

<p>Course Title: (limited to 34 characters with spaces in Infinite Campus)</p> <div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">Introduction to Yoga</div> <p> <input checked="" type="checkbox"/> New <input type="checkbox"/> Revised </p> <p>If revised, the previous course name if there was a change</p> <div style="border: 1px solid black; height: 20px; width: 100%; margin-bottom: 5px;"></div> <p>Transcript Course Code/Number:</p> <div style="border: 1px solid black; height: 20px; width: 100%; margin-bottom: 5px;"></div> <p>(To be assigned by Educational Services if it's a new course)</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="border: 1px solid black; padding: 2px;">CREDIT TYPE EARNED:</td> <td style="border: 1px solid black; padding: 2px;">CALPADS CODE:</td> </tr> <tr> <td style="border: 1px solid black; padding: 2px;">Physical Education</td> <td style="border: 1px solid black; padding: 2px;">9316-04</td> </tr> </table>	CREDIT TYPE EARNED:	CALPADS CODE:	Physical Education	9316-04	<p>Subject Area:</p> <p> <input type="checkbox"/> Social Science <input type="checkbox"/> English <input type="checkbox"/> Mathematics <input type="checkbox"/> Laboratory Science <input type="checkbox"/> World Languages <input type="checkbox"/> Visual or Performing Arts <input type="checkbox"/> College Prep Elective <input checked="" type="checkbox"/> Other </p> <p>Is this classified as a Career Technical Education course?</p> <p> <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No </p> <p>If yes, which pathway does this course align to? Pathway Name:</p> <div style="border: 1px solid black; height: 20px; width: 100%; margin-bottom: 5px;"></div> <p>CTE CDE Code:</p> <div style="border: 1px solid black; height: 20px; width: 100%; margin-bottom: 5px;"></div>	<p>Grade Level(s)</p> <p> <input type="checkbox"/> MS <input type="checkbox"/> HS <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8 <input checked="" type="checkbox"/> 9 <input checked="" type="checkbox"/> 10 <input checked="" type="checkbox"/> 11 <input checked="" type="checkbox"/> 12 </p>
CREDIT TYPE EARNED:	CALPADS CODE:					
Physical Education	9316-04					
<p>Was this course <u>previously approved by UC</u> for PUHSD?</p> <p> <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No </p> <p>(Will be verified by Ed Services)</p> <p>If Yes, which A-G Requirement does this course meet?</p> <div style="border: 1px solid black; height: 20px; width: 100%; margin-bottom: 5px;"></div>	<p style="text-align: center;">Credential Required to teach this course: <i>To be completed by Human Resources only.</i></p> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;">Single Subject: physical Education</div> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="border: 1px solid black; padding: 5px; text-align: center;"> Signature </td> <td style="border: 1px solid black; padding: 5px; text-align: center;"> 12/12/2023 Date </td> </tr> </table>		 Signature	12/12/2023 Date		
 Signature	12/12/2023 Date					
<p>Submitted by: Jessica Chirat Site: Heritage High School Date: 12-13-2023 Email: jessica.chirat@puhsd.org</p>	<p>Unit Value/Length of Course:</p> <p> <input type="checkbox"/> 0.5 (half-year or semester equivalent) <input checked="" type="checkbox"/> 1.0 (one-year equivalent) <input type="checkbox"/> 2.0 (two-year equivalent) <input type="checkbox"/> Other: </p>					
<p>Approvals</p>	<p>Name/Signature</p>	<p>Date</p>				
<p>Director of Curriculum & Instruction</p>		<p>12/13/23</p>				
<p>Asst. Superintendent of Educational Services</p>		<p>12/13/23</p>				
<p>Governing Board</p>						

Prerequisite(s) (REQUIRED):

None

Corequisite(s) (REQUIRED):

None

Brief Course Description (REQUIRED):

This course is designed to introduce students, safely and accessibly, to the basic postures, breathing techniques, and relaxation methods of yoga. Students will begin to experience the benefits of stretching, moving, and breathing freely as they relieve built-up stress, learn to relax, and ultimately get more out of day-to-day life.

B. COURSE CONTENT**Course Purpose (REQUIRED):**

What is the purpose of this course? Please provide a brief description of the goals and expected outcomes. Note: More specificity than a simple recitation of the State Standards is needed.

The purpose of this course is to provide students with a foundation of basic skills, knowledge, and practice in the field of yoga. Students will utilize this foundation and learn to apply their yoga practice to the demands of their environment. Through this course, with the acquisition of the basic skills of yoga, students can develop an individual practice addressing independent concerns and experience its long-term benefits.

Course Outline (REQUIRED):

Detailed description of topics covered. All historical knowledge is expected to be empirically based, give examples. Show examples of how the text is incorporated into the topics covered.

Unit 1: History and Philosophy

Students will achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principle, and strategies.

- Identify the physical fitness requirements of an occupation
- Explain the role of physical activity in the prevention of disease
- Describe the enjoyment, self-expression, challenge, and social benefits experienced by achieving one's best in physical activities
- Recognize the value of physical activity in understanding multiculturalism
- Students will:
 - Identify the historical foundations and principles of yoga
 - Debate the origin and chronology of yoga
 - Differentiate between yoga as a physical practice and a religion
 - Apply the individual recognition of yoga as a lifelong practice

Unit 2: Breathing Techniques

Students will demonstrate knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.

- Engage independently in aerobic activities
- Develop personal goals to improve performance in aerobic activities
- Identify and analyze aerobic activities that enhance both personal enjoyment and the challenge in individual and dual activities
- Evaluate the risks and safety factors that may affect participation in aerobic activities throughout a lifetime
- Students will:
 - Understand the biomechanics of breathing
 - Learn and practice different forms of pranayama breathing
 - Learn and practice diaphragmatic breathing
 - Learn and practice shallow breathing
 - Learn and practice ujjayi breathing

Unit 3: Physical Application and Performance

Students demonstrate knowledge of and competency in motor skills, movement patterns, and strategies needed to perform a variety of physical activities.

- Understand the anatomy of yoga
- Create or modify practice/training plans based on evaluative feedback of skill acquisition and performance in aquatic, rhythms/dance, and individual and dual activities
- Demonstrate independent learning of movement skills
- Evaluate the risks and safety factors that may affect participation in individual and dual activities throughout a lifetime
- Students will learn and demonstrate yoga poses from posture types as follows:
 - Back, side, and forward bending
 - Balancing

- Core strength
- Twisting

Unit 4: Advanced Application

Students demonstrate competency in and mastery of motor skills, movement patterns, and strategies needed to perform a variety of physical activities.

- Combine and apply movement patterns, simple to complex, in aquatic, rhythms/dance, and individual and dual activities. Students demonstrate knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity
- Create or modify practice/training plans based on evaluative feedback from skill acquisition and performance
- Practice individual and dual activities in real-world settings
- Achieve a level of fitness that improves health and performance and provides opportunities for enjoyment and challenge in individual and dual activities
- Design a personal physical fitness program to be completed in a home or gym and that will be consistent with the demands of a selected individual or dual activity
- Analyze the role that physical activity plays in social interaction and cooperative opportunities in the family and the workplace
- Students will learn and demonstrate yoga poses from posture types as follows:
 - Back, side, and forward bending
 - Balancing
 - Core strength
 - Twisting

Writing Assignments (REQUIRED):

Give examples of the writing assignments and the use of critical analysis within the writing assignments.

Students will write journal entries to encourage self-reflection, mindfulness, and the integration of yogic principles into students' daily lives.

Examples of Journal Prompts:

Mind-Body Connection:

- How did you feel mentally and physically before starting today's yoga class?
- Describe any moments during the practice where you felt a strong mind-body connection.

Breath Awareness:

- Reflect on the role of your breath in today's practice. How did conscious breathing impact your overall experience?

- Explore how focusing on your breath in yoga class compares to your breathing patterns in daily life.

Challenging Poses:

- Identify a pose or sequence that challenged you today. How did you approach it mentally, and what did you learn from the experience?
- Consider how facing challenges on the mat might relate to facing challenges outside of the yoga class.

Gratitude and Positivity:

- List three things you are grateful for at this moment. How can cultivating gratitude enhance your overall well-being?
- Reflect on any positive thoughts or feelings that emerged during the practice and how you can carry them into your day.

Setting Intentions:

- Before starting class, did you set any intentions for your practice? How did these intentions influence your mindset and focus?
- Explore the idea of setting intentions in your daily life and how it might positively impact your goals.

Body Awareness:

- Pay attention to any sensations or changes in your body during the yoga class. What did you discover about your body today?
- Consider how increased body awareness on the mat can translate into better self-care and body awareness in daily life.

Reflection on Relaxation:

- Reflect on the relaxation or meditation component of the class. How did it affect your mental state and stress levels?
- Explore ways to incorporate relaxation techniques into your routine beyond the yoga class.

Yoga Philosophy:

- Consider any philosophical aspects of yoga discussed in class. How can these principles be applied to your life outside of the yoga studio?
- Reflect on how incorporating mindfulness and presence aligns with your personal values.

Progress and Growth:

- Think about your progress in yoga since the beginning of the semester/year. What milestones have you achieved, and how have you grown?
- Consider how the lessons learned on the yoga mat can contribute to personal growth in other aspects of your life.

Community and Connection:

- Reflect on the sense of community in the yoga class. How does practicing yoga with others influence your experience?
- Explore the idea of building supportive communities in various areas of your life.

Other supplemental writing assignments include:

Yoga Reflection Journal:

Assignment Description: Maintain a yoga reflection journal for the week you missed class. Write about how you continued or modified your yoga practice at home. Reflect on the challenges and successes you encountered. Consider how these experiences align with the lessons learned in class.

Create a Personal Yoga Sequence:

Assignment Description: Develop a personalized yoga sequence that you can do at home. Explain your choice of poses and the flow of the sequence. Reflect on the physical and mental benefits you hope to gain from this sequence. Include modifications for different levels of experience.

Mindful Breathing Essay:

Assignment Description: Write an essay about the importance of mindful breathing in yoga. Discuss the impact of conscious breathing on stress reduction and mental well-being. Share personal experiences of incorporating mindful breathing into your daily life, especially during moments of tension or stress.

Yoga and Stress Management Research Paper:

Assignment Description: Conduct research on the relationship between yoga and stress management. Explore scientific studies and articles that discuss the physiological and psychological benefits of yoga. Write a research paper summarizing your findings and include personal reflections on how these benefits might apply to your own life.

Yoga Philosophy Reflection:

Assignment Description: Reflect on the philosophical aspects of yoga discussed in class. Choose a specific philosophy or concept (e.g., mindfulness, non-attachment, self-discovery) and explore its relevance in your life. Discuss how understanding and applying these principles can contribute to personal growth and well-being.

Interview a Yogi:

Assignment Description: Conduct an interview with someone who has a regular yoga practice. Ask about their journey, the impact of yoga on their life, and any challenges they've overcome. Write an article summarizing the interview and share insights that may inspire others in their yoga journey.

Mind-Body Connection Essay:

Assignment Description: Explore the mind-body connection in the context of your yoga practice. Reflect on how physical postures, breathing techniques, and mindfulness contribute to a stronger mind-body connection. Discuss any moments in class where you felt a profound sense of unity between your mind and body.

Yoga and Creativity:

Assignment Description: Investigate the relationship between yoga and creativity. Write an essay discussing how the practice of yoga can enhance creative thinking and problem-solving. Share personal anecdotes or examples of how yoga has positively influenced your creativity or ability to think outside the box.

Visual Yoga Journal:

Assignment Description: Create a visual representation of your yoga journey during the week you missed class. Include drawings, diagrams, or images that represent your yoga practice, emotions, and any insights gained. Write captions or annotations explaining the significance of each visual element.

Letter to Your Future Self:

Assignment Description: Write a letter to your future self, reflecting on the importance of maintaining a consistent yoga practice. Share your goals, aspirations, and the role you hope yoga will play in your life. Consider how the principles learned in yoga class can guide you through future challenges.

INSTRUCTIONAL MATERIALS (REQUIRED)

Textbook #1

Title: Teaching Yoga: Essential Foundations and Techniques

Edition: 1

Author: Mark Stephens

ISBN: 9781556438851

Publisher: North Atlantic Books

Publication Date: 2010

Usage:

Primary Text

<input type="checkbox"/> Read in entirety or near	
Textbook #2	
Title:	Edition:
Author:	ISBN:
Publisher:	Publication Date:
Usage: <input type="checkbox"/> Primary Text <input type="checkbox"/> Read in entirety or near	

Supplemental Instructional Materials <i>Please include online, and open source resources if any.</i>
https://www.headspace.com/educators
https://www.yogajournal.com/poses

Estimated costs for classroom materials and supplies (REQUIRED). <i>Please describe in detail.</i> If more space is needed than what is provided, please attach a backup as applicable.	
Cost for a class set of textbooks: \$900	Description of Additional Costs: Class set of yoga blocks and yoga straps sold on Amazon (3 sets of 15 yoga blocks/ 15 yoga straps)
Additional costs: Up to \$300 (one time start up fee with replacements as needed)	
Total cost per class set of instructional materials:	\$1200

Key Assignments (REQUIRED):
Please provide a detailed description of the Key Assignments including tests, and quizzes, which should incorporate not only short answers but essay questions also. How do assignments incorporate topics? Include all major assessments that students will be required to complete
<p>Unit 1: History and Philosophy:</p> <p>Students will gain an understanding of the history and philosophy of yoga as studied in the documented origin years. Students will use chosen and approved websites or applicable literature defining and expounding on the definitions of yoga and the correlating philosophies. Students will have a choice of presenting found knowledge in either written or oral format adhering to defined instructions. The student will learn the origin of yoga, its varied philosophies, and apply this information to their practice.</p> <p>Assignments:</p>

- Investigate and read relevant information defining and describing the history of yoga
- Present information gained through reading of history of yoga either in written or oral format
- Investigate and read relevant information defining and describing the many philosophies of yoga
- Present information gained through reading of the philosophies of yoga either in written or oral format
- Develop personal philosophy of yoga as it pertains to individual need
- Apply individual yoga philosophy to daily life in effective manner
- Learn methods of adapting yoga philosophy applicable to changing social environment

Unit 2: Breathing Techniques:

Students will demonstrate several examples of breathing techniques used during yoga practice. During the flow of yoga practice, students will make use of appropriate breathing technique applicable to required yoga pose(s). The student will learn the differences in yoga breathing combined with the respective yoga pose(s).

Assignments:

- Read past and current trends in different forms of breathing used in the practice of yoga
- Learn to utilize different forms of pranayama breathing within the structure of yoga practice
- Use different forms of pranayama breathing when encountered with different poses and balances during yoga practice
- Exhibit effective breathing techniques during yoga practice and be able to adapt and adjust as the flow of yoga practice continues
- Apply learned relaxation breathing techniques during savasana and restoration

Unit 3: Physical Application and Performance

Students will demonstrate learned yoga poses flowing from one to another utilizing appropriate breathing techniques. Students may produce this yoga flow either individually or in group format. The students will follow the prompt lead by the teacher or student leader using a pre-planned routine or an open flow format. The students will learn how to quickly and physically adjust to commands, prompts, and suggested adjustments from the instructor. The student will gain appreciation for the demands of yoga practice and make conscientious decisions concerning individual limitations.

Assignments:

- Apply learned proper conduct and behaviors required for effective yoga practice
- Cultivate respect and appreciation of others' yoga practice by honoring the community environment of the yoga session
- Apply learned respectful behaviors required for effective yoga practice outside the classroom boundaries
- Test individual limits requiring flexibility, strength, balance, and endurance
- Engage in complete focus on oneself during yoga practice
- Continue flow of yoga poses into prolonged set practice

- Utilize learned flow routines to enhance cardiovascular endurance
- Physically present knowledge of learned yoga poses in individual or partner setting

Unit 4: Advanced Application

The student will effectively demonstrate specific yoga poses in a moderately timed position then flowing to the next pose. Using poise and decorum, the student will flow from one pose to the next without demonstration from the teacher. The student will demonstrate competence in advanced poses and continue with a balance pose, completing the yoga practice with savasana (relaxation). The student will learn effective methods to complete a planned flow session of yoga identifying all poses without teacher prompt. The student will also learn the power and depth of yoga and make connection with the physical body and the internal emotions and energy inside.

Assignments:

- Present prepared yoga routine including use of music
- Incorporate advanced yoga poses into individual yoga practice
- Practice flow of yoga poses without teacher prompt
- Present yoga routine using advanced poses either individual, partner, or group setting
- Weekly personal journal entry – individual reflection, physical reflection
- Cumulative vocabulary terms and identifiers
- Related current event discussion/oral presentation
- Demonstration of asana
- Demonstration of flow asana
- Written description of asana
- Self-analysis of progression of asana (verbal, written)
- Small group presentation - each student role-plays as both teacher and student

Instructional Methods and/or Strategies (REQUIRED):

Please list specific instructional methods that will be used.

- Strategy for personal, social, and physical development
- Team Building Activities
- Collaboration
- Small group Activities
- Personal Reflections on Individual Progression

Assessment Methods and/or Tools (REQUIRED):

Please list different methods of assessments that will be used.

The evaluation of student progress and evaluation will be based on the following criteria outlined below:

- Assessments: 60-75% of the final grade

- Assignments and class discussions: 25-40% of the final grade

Student achievement in this course will be measured using multiple assessment tools including but not limited to:

- Attendance, promptness, dress (daily points)
- Participation, cooperation, sincere effort (daily points)
- Demonstration of yoga etiquette and mutual respect (daily points)
- Small group demonstration (rubric assessed)
- Personal reflection - written/oral

COURSE PACING GUIDE AND OBJECTIVES (REQUIRED)

Day(s)	Objective	Standard(s)	Chapter(s)	Reference
10	Unit 1: History and Philosophy		Chapters 1-3	
10	Unit 2: Breathing Techniques		Chapters 8-9	
50	Unit 3: Physical Application and Performance		Chapters 4 & 7	
20	Unit 4: Advanced Application		Chapters 10-12	

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C. HONORS COURSES ONLY

Indicate how much this honors course is different from the standard course.

NA

D. BACKGROUND INFORMATION

Context for course (optional)

History of Course Development (optional)