

LOCALLY DEVELOPED COURSE OUTLINE

Yoga (2019)15-3

Yoga (2019)15-5

Yoga (2019)25-3

Yoga (2019)25-5

Yoga (2019)35-3

Yoga (2019)35-5

Submitted By:

Chinook's Edge School Division No. 73

Submitted On:

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Course Basic Information

<u>Outline Number</u>	<u>Hours</u>	<u>Start Date</u>	<u>End Date</u>	<u>Development Type</u>	<u>Proposal Type</u>	<u>Grades</u>
15-3	62.50	09/01/2019	08/31/2023	Acquired	Reauthorization	G10
15-5	125.00	09/01/2019	08/31/2023	Acquired	Reauthorization	G10
25-3	62.50	09/01/2019	08/31/2023	Acquired	Reauthorization	G10
25-5	125.00	09/01/2019	08/31/2023	Acquired	Reauthorization	G10
35-3	62.50	09/01/2019	08/31/2023	Acquired	Reauthorization	G10
35-5	125.00	09/01/2019	08/31/2023	Acquired	Reauthorization	G10

Course Description

In Yoga 15, 25, 35, students experience the health benefits of the practice and discipline of yoga and develop awareness and skills in building and maintaining health, well-being and personal management. These skills enable students to balance school, work and life priorities.

This course requires the following equipment: yoga mats, yoga blocks, yoga straps, bolsters, blankets.

Course Prerequisites

15: prerequisite | none

25: prerequisite | Yoga 15

35: prerequisite | Yoga 25

Course Equivalency:

Students may not earn credits in both Yoga and Yoga Fitness at the same grade level.

Yoga and Yoga Fitness are equivalent courses. As equivalent courses, either Yoga 15 or

Yoga Fitness 15 would meet the prerequisite requirement for either Yoga 25 or Yoga

Fitness 25. Yoga 25 or Yoga Fitness 25 will meet the prerequisite requirement for Yoga

35 or Yoga Fitness 35.

Sequence Introduction (formerly: Philosophy)

In Yoga students experience the health benefits of the discipline of yoga and develop skills that enable them to develop well-being, balance multiple aspects of their lives, and manage priorities. Yoga is a holistic pursuit of wellness where students are encouraged to challenge their limits, both physically and psychologically. By experiencing these challenges, while learning in a supportive group setting, students will gain a better sense of identity, both as individuals and as active agents of a broader world.

Through the various yoga movements, students will develop deep physical literacy in numerous ways and increase their self-awareness, including learning how to relax at will. They will learn to identify the precursors of stress and release them, which will assist them in making responsible personal choices and decisions.

At times, students will work in groups, refining communication skills and collaborating to build understanding, advance learning goals and foster an increased sense of community while experiencing and honouring the benefits of yoga in a healthy, active lifestyle.

Student Need (formerly: Rationale)

The Yoga locally developed course provides a specific response to the need for further opportunities to provide students with high quality physical activity in the high school setting. This course offers an option to students who may consider other physical activity related options in Career and Technology Studies (CTS) or Physical Education.

The growing popularity of yoga, both locally as well as within Canada, accentuates the focus of yoga as a way to develop physical skills as well as self-awareness. An emphasis on focus and relaxation makes this course sequence a valuable addition to the high school curriculum options. This course also helps students to develop a strong foundation for further yoga practice, which can be a lifelong pursuit.

The Yoga locally developed course provides additional opportunities for students to develop and refine learner competencies, including the exploration and development of identity, recognizing the importance of diverse cultures, building resiliency, and learning through interactions with others.

Scope and Sequence (formerly: Learner Outcomes)

The Yoga course offers students the opportunity to study and practice the discipline of yoga. It is designed to safely introduce students to the basic postures (asanas), breathing techniques and relaxation methods of yoga. It will also introduce students to the historical roots of yoga and give them an understanding of anatomy and physiology as it applies to this discipline.

Students will develop an enhanced appreciation of their own body and an acceptance of its uniqueness. They will have improved spinal mobility, increased flexibility of movement, increased strength and improved posture and sitting habits. Their focus and concentration will improve, as will their functional breathing. They will learn to be more in touch with their own needs, and those of others.

NOTE: The Guiding Questions span all course levels. Where Learning Outcomes spans all levels, students are expected to show an increased sophistication and refinement of skills in demonstrating the outcome. Overall, Learning Outcomes can be achieved and assessed concurrently rather than sequentially.

Guiding Questions (formerly: General Outcomes)

- 1 How does performing the postures, asanas, breathing techniques and relaxation techniques of a yoga practice assist in experiencing wellness benefits?**
- 2 How can students develop an understanding of their unique needs, limitations and growth through yoga?**
- 3 How can students benefit personally from a yoga program?**
- 4 How is an understanding of anatomy and physiology relevant to yoga?**
- 5 What are the historical roots of yoga as an art, science and philosophy?**

Learning Outcomes (formerly: Specific Outcomes)

1 How does performing the postures, asanas, breathing techniques and relaxation techniques of a yoga practice assist in experiencing wellness benefits?	15-3	15-5	25-3	25-5	35-3	35-5
<p>1.1 Perform and practice basic yoga postures including, but not limited to: ? bridge, setu bandha sarvangasana; ? camel, ustrasana; ? cobra, bhujangasana; ? corpse, savasana; ? cow's head, arms only, gomukhasana; ? downward facing dog, adho mukha svanasana; ? extended side angle, utthita parsvakonasana; ? extended side stretch, parsvottanasana; ? fierce, lightning bolt, utkatasana; ? forward facing hero, adho mukha virasana; ? garland, with heel support, malasana; ? gate, parighasana; ? half-moon, ardha chandrasana; ? hero, virasana; ? mountain, tadasana; ? seated twist, bharadvajasana I; ? seated twist, marichyasana I; ? staff, dandasana; ? standing forward bend, uttanasana; ? tree, vrksasana; ? triangle, utthita trikonasana; ? warrior I, virabhadrasana I; ? warrior II, virabhadrasana II; ? wide-leg forward bend, prasarita padottanasana</p>	X		X		X	
<p>1.2 Perform, practice and refine basic yoga postures including, but not limited to: ? bridge, setu bandha sarvangasana; ? camel, ustrasana; ? cobra, bhujangasana; ? corpse, savasana; ? cow's head, arms only, gomukhasana; ? downward facing dog, adho mukha svanasana; ? extended side angle, utthita parsvakonasana; ? extended side stretch, parsvottanasana; ? fierce, lightning bolt, utkatasana; ? forward facing hero, adho mukha virasana; ? garland, with heel support, malasana; ? gate, parighasana; ? half-moon, ardha chandrasana; ? hero, virasana; ? mountain, tadasana; ? seated twist, bharadvajasana I; ? seated twist, marichyasana I; ? staff, dandasana; ? standing forward bend, uttanasana; ? tree, vrksasana; ? triangle, utthita trikonasana; ? warrior I, virabhadrasana I; ? warrior II, virabhadrasana II; ? wide-leg forward bend, prasarita padottanasana</p>		X		X		X

<p>1.3 Perform and practice more advanced yoga postures including but not limited to: ? 3-limb forward bend, triang mukhaikapada pascimottanasana; ? boat & half boat, navasana, paripurna & ardha; ? bound angle, baddha konasana; ? cow's head, arms & legs, gomukhasana; ? dancer's pose, natarajasana; ? eagle, garudasana; ? four limb staff, chataranga dandasana; ? garland, heels down, malasana; ? half Lord of the Fishes, with support, ardha matsyendrasana; ? head to knee, janu sirsasana; ? hold big toes, padangusthasana; ? little bridge, chatushpadasana; ? locust & crocodile, salabasana & makrasana; ? one-leg downward facing dog, eka pada adho mukha svasana; ? plough, legs on chair at first, halasana; ? reclining bound angle, supta baddha konasana; ? reclining hand to big toe, supta padangusthasana; ? reclining hero, supta virasana; ? seated forward bend & twist, marichyasana I, III; ? seated forward bend, paschimottanasana; ? sitting cross-legged, siddhasana; ? sun salutation, surya namasakara; ? upward facing dog, urdhva mukha svanasana; ? wheel, dhanurasana</p>	<p>X X</p>
<p>1.4 Perform, practice and refine more advanced yoga postures including but not limited to: ? 3-limb forward bend, triang mukhaikapada pascimottanasana; ? boat & half boat, navasana, paripurna & ardha; ? bound angle, baddha konasana; ? cow's head, arms & legs, gomukhasana; ? dancer's pose, natarajasana; ? eagle, garudasana; ? four limb staff, chataranga dandasana; ? garland, heels down, malasana; ? half Lord of the Fishes, with support, ardha matsyendrasana; ? head to knee, janu sirsasana; ? hold big toes, padangusthasana; ? little bridge, chatushpadasana; ? locust & crocodile, salabasana & makrasana; ? one-leg downward facing dog, eka pada adho mukha svasana; ? plough, legs on chair at first, halasana; ? reclining bound angle, supta baddha konasana; ? reclining hand to big toe, supta padangusthasana; ? reclining hero, supta virasana; ? seated forward bend & twist, marichyasana I, III; ? seated forward bend, paschimottanasana; ? sitting cross-legged, siddhasana; ? sun salutation, surya namasakara; ? upward facing dog, urdhva mukha svanasana; ? wheel, dhanurasana</p>	<p>X X</p>

1.5 Perform and practice more advanced yoga postures including but not limited to: ? heron pose, krauncasana; ? revolving half-moon, parivrta ardha chandrasana; ? revolving side angle, parivrta parsvakonasana; ? revolving triangle, parivrta trikonasana; ? supported shoulder stand, salamba sarvangasana; ? standing hand to big toe pose, utthita hasta padangusthasana; ? pendant pose, lolasana; ? vishnu's couch, ananatasana; ? leg over shoulder pose, eka hasta bhujasana; ? two legs over arms pose, dwi hasta bhujasana; ? warrior III, virabhadrasana III; ? inverted backbend, viparita dandasana	X					
1.6 Perform, practice and refine more advanced yoga postures including but not limited to: ? heron pose, krauncasana; ? revolving half-moon, parivrta ardha chandrasana; ? revolving side angle, parivrta parsvakonasana; ? revolving triangle, parivrta trikonasana; ? supported shoulder stand, salamba sarvangasana; ? standing hand to big toe pose, utthita hasta padangusthasana; ? pendant pose, lolasana; ? vishnu's couch, ananatasana; ? leg over shoulder pose, eka hasta bhujasana; ? two legs over arms pose, dwi hasta bhujasana; ? warrior III, virabhadrasana III; ? inverted backbend, viparita dandasana	X					
1.7 Demonstrate the safe use of props such as yoga block and yoga strap to do poses safely and comfortably	X		X		X	
1.8 Demonstrate and refine the safe use of props such as yoga block and yoga strap to do poses safely and comfortably		X		X		X
1.9 Demonstrate improved flexibility, strength and range of motion in performance of postures	X		X		X	
1.10 Demonstrate and refine improved flexibility, strength and range of motion in performance of postures		X		X		X
1.11 Develop an increasing awareness and proficiency in day-to-day practice of yoga postures	X	X	X	X	X	X
1.12 Practice and demonstrate basic yogic breathing techniques such as ujjayi I and II, and bramari, and explain their importance for concentration, calming and focus	X		X		X	
1.13 Practice, demonstrate and refine basic yogic breathing techniques such as ujjayi I and II, and bramari, and explain their importance for concentration, calming and focus		X		X		X

1.14 Practice and demonstrate more advanced breathing techniques such as but not limited to viloma I, II & III, and nadishodana, leading to improved concentration and heightened awareness, calming and focus	X	X	
1.15 Practice, demonstrate and refine more advanced breathing techniques such as but not limited to viloma I, II & III, and nadishodana, leading to improved concentration and heightened awareness, calming and focus		X	X
1.16 Perform and practice relaxation techniques such as but not limited to, corpse pose, savasana	X	X	X
1.17 Perform, practice and refine relaxation techniques such as but not limited to, corpse pose, savasana	X	X	X

2 How can students develop an understanding of their unique needs, limitations and growth through yoga?	15-3	15-5	25-3	25-5	35-3	35-5
2.1 Develop an increased appreciation for the body's inherent health, strengths and abilities in the yoga classroom setting	X		X		X	
2.2 Develop an increased appreciation for the body's inherent health, strengths and abilities both in yoga class-based settings and beyond		X		X		X
2.3 Develop increased body awareness and inner confidence through participation in the yoga classroom setting	X		X		X	
2.4 Develop increased body awareness and inner confidence through participation in both yoga class-based settings and beyond		X		X		X
2.5 Safely explore and challenge individual limitations in personal yoga practice in a healthy and non-competitive manner in the yoga classroom setting			X	X	X	X
2.6 Demonstrate a deepened sense of well-being, self-care and self-understanding in the yoga classroom setting					X	X
2.7 Demonstrate an increased awareness of balance in their personal learning environments, such as balance between core subjects and yoga						X

3 How can students benefit personally from a yoga program?	15-3	15-5	25-3	25-5	35-3	35-5

3.1 Demonstrate modification poses, including the use of props such as yoga blocks and straps, for maximum personal benefit, alignment and safety	X	X	X			
3.2 Identify, select and demonstrate appropriate modification poses, including the use of props such as yoga blocks and straps, for maximum personal benefit, alignment and safety		X	X	X		
3.3 Identify specific postures or asanas that benefit particular body needs, such as spinal health	X	X	X			
3.4 Identify, develop and modify specific postures and asanas that benefit particular body needs, such as spinal health		X	X	X		
3.5 Describe personal experiences in developing mindfulness techniques while walking, lying and sitting	X	X	X			
3.6 Describe personal experiences in developing and modifying mindfulness techniques while walking, lying and sitting		X	X	X		
3.7 Apply teacher feedback to personal yoga practice	X	X	X	X	X	X
3.8 Develop a personal yoga practice plan based on personal goals		X	X	X	X	
3.9 Adapt and refine a personal yoga practice plan based on feedback from the teacher				X	X	
3.10 Develop a general understanding of alignment, mechanics and benefits of poses		X	X			
3.11 Develop an advanced understanding of alignment, mechanics and benefits of poses			X	X		
3.12 Develop a general understanding of which yoga poses specifically target particular needs				X		
3.13 Develop an advanced understanding of which yoga poses specifically target particular needs					X	

4 How is an understanding of anatomy and physiology relevant to yoga?	15-3 15-5 25-3 25-5 35-3 35-5
4.1 Explore and identify the functions of the diaphragm, intercostal muscles and lungs in yoga postures or asanas	X
4.2 Explain the functions of the diaphragm, intercostal muscles and lungs in yoga postures or asanas	X

4.3 Summarize major skeletal and muscular structures applicable to yoga postures, asanas	X	X	X
4.4 Summarize both major and minor skeletal and muscular structures applicable to yoga postures, asanas	X	X	X
4.5 Explore and identify basic joint and supporting tissue structure functions applicable to yoga postures or asanas, especially with respect to shoulders and hips		X	X
4.6 Describe basic joint and supporting tissue structure functions applicable to yoga postures or asanas, especially with respect to shoulders and hips		X	X
4.7 Explore and identify principles of physiology associated with yoga postures, asanas, in general	X	X	X
4.8 Explain principles of physiology associated with yoga postures, asanas, in general	X	X	X
4.9 Explore and identify specific anatomical and physiological benefits and improvements resulting from the practice of specific postures or asanas and families of postures or asanas		X	X
4.10 Describe specific anatomical and physiological benefits and improvements resulting from the practice of specific postures or asanas and families of postures or asanas		X	X
4.11 Explore and identify the biomechanics and kinesiology of specific yoga postures or asanas			X
4.12 Analyze the biomechanics and kinesiology of specific yoga postures or asanas			X

5 What are the historical roots of yoga as an art, science and philosophy?	15-3	15-5	25-3	25-5	35-3	35-5
5.1 Explore and identify the meaning of the Sanskrit word, Yoga	X	X	X			
5.2 Describe the meaning of the Sanskrit word, Yoga		X	X		X	
5.3 Investigate the origins of yoga as a discipline and the history of yoga as an art and a science	X	X	X			
5.4 Explain the origins of yoga as a discipline and summarize the history of yoga as an art and a science	X	X	X			

5.5 Investigate the outline of introductory yoga sutras, traced from original historic yogic texts	X	X	
5.6 Summarize the outline of introductory yoga sutras, traced from original historic yogic texts		X	X
5.7 Explore and identify yoga sutras, traced from historic yogic texts		X	
5.8 Critically assess yoga sutras, traced from historic yogic texts			X
5.9 Explore and identify the Eight Limbs of Yoga and their source, from early yogic texts	X	X	X
5.10 Summarize the Eight Limbs of Yoga and their source, from early yogic texts	X	X	X
5.11 Explore and identify the Sanskrit names, and English meanings of, basic postures or asanas	X	X	X
5.12 Describe the Sanskrit names, and English meanings of, basic postures or asanas	X	X	X
5.13 Explore the history of yoga, especially with respect to its growth in popularity in North America, looking at current styles of yoga such as Iyengar, Ashtanga, Moskha, and Flow		X	X
5.14 Summarize the history of yoga, especially with respect to its growth in popularity in North America, looking at current styles of yoga such as Iyengar, Ashtanga, Moskha, and Flow		X	X
5.15 Identify and explore two or more of the great yoga masters		X	
5.16 Describe the teachings of two or more of the great yoga masters			X

Facilities or Equipment

Facility

No required facilities

Facilities:

Equipment

- yoga mats
- yoga blocks
- yoga straps
- bolsters
- blankets

Learning and Teaching Resources

No required resources.

Sensitive or Controversial Content

No sensitive or controversial content.

Issue Management Strategy

Health and Safety

Teachers wishing to teach yoga require certification from a recognized yoga teacher training program. Programs vary widely in their scope, duration, and rigor, but a minimum of 200 hours of teacher training is required. Particular attention should be paid to training in safety precautions relevant to the practice of yoga and the developmental level of the students. This requires a strong knowledge of anatomy as it applies to yoga.

Please also refer to the guidelines for Yoga in the Safety Guidelines for Physical Activity in Alberta Schools, Alberta Education, and the Alberta Centre for Injury Control and Research. This resource is available in print form from Ever Active Schools or online at the Alberta Education website.

Risk Management Strategy

Statement of Overlap with Existing Programs

Provincial Courses with Overlap and/or Similarity

- Physical Education courses

Identified Overlap/Similarity

- Some Physical Education courses provide some exposure to yoga through the non-locomotor activity outcome, which students apply and refine non-locomotor skills and concepts to perform and create a variety of activities

Reasoning as to Why LDC Is Necessary

- The term yoga, nor any of the associated poses do not appear anywhere within the Physical Education program of study and are only taught if the non-locomotor outcome is interpreted through some yoga inspired movement

Locally Developed Courses with Overlap and/or Similarity

- Yoga Fitness 15 25 35

Identified Overlap/Similarity

- Yoga Fitness includes the practice of yoga poses

Reasoning as to Why LDC Is Necessary

- Yoga Fitness does not include the study and practice of the philosophy of yoga

Student Assessment

This course has no unique assessment requirements

Course Approval Implementation and Evaluation

