This course is designed for students who are interested in learning and practicing yoga techniques such as breathing techniques, postures, meditation and relaxation. Students will learn about the techniques of yoga and how to make the exercise as enjoyable as possible. They will learn not only what the poses are, but how to stretch, relax and breathe throughout the practice.

**JUSTIFICATION FOR COURSE:**

**PREREQUISITES:**

**COREQUISITES:**

**ADVISORIES:**

**ASSIGNED DISCIPLINES:**

- Physical education

**MATERIAL FEE:** Yes [ ] No [X] Amount: $0.00

**CREDIT STATUS:** Noncredit [ ] Credit - Degree Applicable [X] Credit - Not Degree Applicable [ ]

**GRADING POLICY:** Pass/No Pass [X] Standard Letter [X] Not Graded [ ] Satisfactory Progress [ ]

**OPEN ENTRY/OPEN EXIT:** Yes [ ] No [X]

**TRANSFER STATUS:** CSU Transferable[ ] UC/CSU Transferable[X] Not Transferable[ ]

**LEVELS BELOW TRANSFER:** Not Applicable

**CALIFORNIA CLASSIFICATION CODES:** Y - Not Applicable

**NON CREDIT COURSE CATEGORY:** Y - Not applicable, Credit Course

**OCCUPATIONAL (SAM) CODE:** E

**REPEATABLE ACCORDING TO STATE GUIDELINES:** No [X] Yes [ ]

**REQUIRED FOR DEGREE OR CERTIFICATE:** No [ ] Yes [X]

- Associate in Arts: Liberal Arts: Emphasis in Social Behavior and Self-Development
- Kinesiology
- Physical Education and Health

**GE AND TRANSFER REQUIREMENTS MET:**

- CSU GE Area E: Lifelong Understanding and Self-Development
  - E2 - Activity Course

**COURSE LEVEL STUDENT LEARNING OUTCOME(S) Supported by this course:**
1. apply yoga techniques to enhance vitality and a sense of well-being.
2. perform basic poses to strengthen and tone muscles, and explain the importance of lifelong fitness.
3. apply breathing and deep relaxation to reduce stress and improve concentration, circulation, and flexibility.

COURSE OBJECTIVES:
1. Demonstrate an understanding how breathing techniques, postures and meditation lead to relaxation
2. Incorporate breathing and deep relaxation to reduce stress, improve concentration, circulation and flexibility
3. Strengthen and tone muscles through basic poses and learning the importance of lifelong fitness
4. Apply yoga techniques to enhance vitality and sense of well-being

COURSE CONTENT:

LECTURE CONTENT:

I. Orientation
   A. Introduction to Yoga.
   B. Overview and demonstration of basic poses and movements.
   C. Discuss safety precautions

II. Practice
   A. Breathing
   B. Strength
   C. Flexibility
   D. Combining all components together to create a basic practice

III. Group exercise program
   A. Use of developed program
   B. Evaluation of progression
   C. Modifications based on need or limitations

LABORATORY CONTENT:

I. Orientation
   A. Introduction to Yoga.
   B. Overview and demonstration of basic poses and movements.
   C. Discuss safety precautions

II. Practice
   A. Breathing
   B. Strength
   C. Flexibility
   D. Combining all components together to create a basic practice

III. Group exercise program
   A. Use of developed program
   B. Evaluation of progression
   C. Modifications based on need or limitations

METHODS OF INSTRUCTION:

A. Lecture:
B. Lab:
C. Independent Study:

INSTRUCTIONAL TECHNIQUES:
COURSE ASSIGNMENTS:
Reading Assignments
http://www.abc-of-yoga.com/

Out-of-class Assignments
None listed.

Writing Assignments
The students will be able to demonstrate and apply the techniques of yoga to increase their strength and flexibility. They will make use of their learning's to relax the body successfully and quiet the mind.

METHODS OF STUDENT EVALUATION:
Final Exam
Skills Demonstration

Demonstration of Critical Thinking:
Demonstration and application of skills needed to safely execute poses necessary to participate in the class. Students will also need to understand the function of the muscles in the body so they can pay attention to how their body is feeling and modify if necessary.

Required Writing, Problem Solving, Skills Demonstration:
The students will be able to demonstrate and apply the techniques of yoga to increase their strength and flexibility. They will make use of their learning’s to relax the body successfully and quiet the mind.

TEXTS, READINGS, AND RESOURCES:
TextBooks:

LIBRARY:
Adequate library resources include:
Comments:

Attachments:
Attached Files