Number: PE G130  

TITLE: Yoga

ORIGINATOR: Leilani Johnson  

EFF TERM: Spring 2008

FORMERLY KNOWN AS:

DATE OF OUTLINE/REVIEW: 06-22-2012

CROSS LISTED COURSE:

SEMESTER UNITS: 1.0
HRS LEC: 9.0  HRS LAB: 27.0  HRS OTHER: 0.0
CONTACT HRS TOTAL: 36.0
STUDY NON-CONTACT HRS RECOMMENDED: 18.0

CATALOG DESCRIPTION:
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. UC credit limitations: ATHL G235, ATHL G236, ATHL G263 and all PE activity courses combined – maximum credit, 4 units.

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[ ]

BASIC SKILLS STATUS: Yes [ ] No [X] 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 [ ] NUMBER REPEATS:

REQUIRED FOR DEGREE OR CERTIFICATE: No [ ] Yes [X]
Associate in Arts: Liberal Arts: Emphasis in Social Behavior and Self-Development(Associate in Arts) Kinesiology(Associate in Arts for Transfer) Physical Education and Health(Associate in Arts)

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