



MASTER COURSE OUTLINE

Prepared By: Ryann Leonard, Jenn DeLeon, Libby Sullivan

Date: October 2020

COURSE TITLE

Beginning Yoga

GENERAL COURSE INFORMATION

Dept.: PEH

Course Num: 135

(Formerly:)

CIP Code: 31.0501

Intent Code: 11

Program Code:

Credits: 1

Total Contact Hrs Per Qtr.: 22

Lecture Hrs: 0

Lab Hrs: 22

Other Hrs: 0

Distribution Designation: PEH Activity Credit AC

COURSE DESCRIPTION (as it will appear in the catalog)

Introductory and intermediate yoga postures will be introduced to promote balance, strength, flexibility, and joint stability. Students will also be introduced to basic breath work and meditation practices to enhance stress relief and focus. Students will be exposed to the relationship between the mind and body and the role yoga can play in promoting lifelong health. May be repeated for up to three (3) credits.

PREREQUISITES

None

TEXTBOOK GUIDELINES

None

COURSE LEARNING OUTCOMES

Upon successful completion of the course, students should be able to demonstrate the following knowledge or skills:

1. Demonstrate basic yoga postures.
2. Practice simple meditation and breathing techniques to relieve stress, improve focusing skills, and develop greater body awareness.

INSTITUTIONAL OUTCOMES

None

COURSE CONTENT OUTLINE

1. Learn basic physical yoga postures.
2. Introduction to the 8 Limbs of yoga philosophy.
3. Learn basic meditation and breathing techniques.

DEPARTMENTAL GUIDELINES (optional)

Students will be evaluated based on journaling, reflection writing and a survey of developing body/mind awareness.

PO4 should be assessed: Students will be able to recognize or articulate personal/interpersonal aspects of, or connections between, diverse cultural, social, or political contexts.

DIVISION CHAIR APPROVAL

DATE