



CREDIT COURSE OUTLINE

I. COVER PAGE

(1) PE 29 _____ (2) Yoga _____ (3) 1 _____
 Number Title Units

(4) Lecture / Lab Hours: Total Course Hours Total Lec hours: Total Lab hours: 2.00 Total Contact hours: 36.00 Lec will generate <u>0</u> hour(s) outside work. Lab will generate <u>0</u> hour(s) outside work.	(8) Classification: Degree applicable: X Non-degree applicable: Basic skills: (9) RC Fulfills AS/AA degree requirement: (area) Physical Education General education category: Major: Certificate of: Certificate in:
(5) Grading Basis: Grading Scale Only Pass/No Pass option X Pass/No Pass only	(10) CSU Baccalaureate: X (11) Repeatable: (A course may be repeated three times) 3
(6) Advisories: <i>No defined advisories.</i>	
(7) Pre-requisites (requires C grade or better): Corequisites:	

(12) Catalog Description:
 This course is an introduction to basic yoga practices and principles. Instruction includes classifications of yoga postures as well as guided relaxations and breathing practices. The benefits of yoga include increased flexibility, strength, balance, body awareness and stress reduction. This course is designed for students of all ages and fitness levels.

II. COURSE OUTCOMES:

(Specify the learning skills the student demonstrates through completing the course and link critical thinking skills to specific course content and objectives.)

Upon completion of this course, students will be able to:

- A. Demonstrate a variety of progressions leading up to and including yoga postures
- B. Demonstrate improvement in strength, flexibility, range of movement and general body conditioning.
- C. Design a personal program of yoga postures and breathing exercises for use in maintaining physical well-being and help prevent injuries and discomforts.
- D. Develop a repertoire of techniques for increasing concentration and relaxation.

III. COURSE OBJECTIVES:

(Specify major objectives in terms of the observable knowledge and/or skills to be attained.)

In the process of completing this course, students will:

- A. Analyze body mechanics and function and develop a more positive body image.
- B. Apply techniques for self-evaluation in performing Yoga postures.
- C. Analyze various mental processes which can accompany the of Yoga and draw conclusions for application to personal Yoga practice.
- D. Demonstrate how they synthesize and organize sequences of postures, or 'asanas', into a daily Yoga practice

IV. COURSE OUTLINE:

Lab Content:

A. Demonstration of the physical goals of yoga.

1. Postures, or “asanas”, in standing, lying down and sitting positions; stretches, inversions, twists and back arching with breath awareness.
2. Skeletal posture and mechanics.
3. Breathing as applied to postures.
4. Modulating the degree of stretch in postures:
 - a. Static stretches.
 - b. Proprioceptive neuromuscular facilitation.
5. Hierarchies of moves in progression of postures.
6. Dynamic stretching.

B. The mental patterns of yoga.

1. Observation of tension patterns.
2. Focusing on mental imagery.
3. Breathing exercises for stress release.

V. APPROPRIATE READINGS

Reading assignments may include but are not limited to the following:

A. Sample Text Title:

1. Recommended - o Kaminoff, L. *Yoga Anatomy*, , ed. 1st ed Human Kinetics, champain, il, 2007, ISBN: 0736062785

B. Other Readings

1. Recommended - *yoga/exercise mat*

Global or international materials or concepts are appropriately included in this course

Multicultural materials and concepts are appropriately included in this course

If either line is checked, write a paragraph indicating specifically how global/international and/or multicultural materials and concepts relate to content outline and/or readings.

VI. METHODS TO MEASURE STUDENT ACHIEVEMENT AND DETERMINE GRADES:

Students in this course will be graded in at least one of the following four categories. Please check those appropriate. A degree applicable course must have a minimum of one response in category A, B, or C.

A. Writing

Check either 1 or 2 below	
	1. Substantial writing assignments are required. Check the appropriate boxes below and provide a written description in the space provided.
X	2. Substantial writing assignments are NOT required. If this box is checked leave this section blank. For degree applicable courses you must complete category B and/or C.
	a) essay exam(s)
	b) term or other paper(s)
	c) laboratory report(s)
	d) written homework
	e) reading reports
	f) other (specify)

Required assignments may include but are not limited to the following:

B. Problem Solving	
Computational or non-computational problem-solving demonstrations, including:	
	a) exam(s)
	b) quizzes
	c) homework problems
	d) laboratory reports
	e) field work
	f) other (specify):

Required assignments may include but are not limited to the following:

C. Skill demonstrations, including:	
X	a) class performance(s)
	b) field work
X	c) performance exams(s)
	d) other (specify)

Required assignments may include but are not limited to the following:

Demonstration of how they synthesize and organize sequences of postures into a daily Yoga practice.

D. Objective examinations including:	
X	a) multiple choice
	b) true/false
	c) matching items
	d) completion
	e) other (specify):

COURSE GRADE DETERMINATION:

Description/Explanation: Based on the categories checked in A-D, it is the recommendation of the department that the instructor's grading methods fall within the following departmental guidelines; however, the final method of grading is still at the discretion of the individual instructor. The instructor's syllabus must reflect the criteria by which the student's grade has been determined. (A minimum of five (5) grades must be recorded on the final roster.)

If several methods to measure student achievement are used, indicate here the approximate weight or percentage each has in determining student final grades.

Upon discretion of the individual instructor, the following percentages may be used in determining the students final grade: 50% Participation 25% Skills test 25% Written tests

VII. EDUCATIONAL MATERIALS

For degree applicable courses, the adopted texts, as listed in the college bookstore, or instructor-prepared materials have been certified to contain college-level materials.

Validation Language Level (check where applicable):	College-Level Criteria Met	
	YES	NO
Textbook	<u> X </u>	<u> </u>
Reference materials	<u> </u>	<u> X </u>
Instructor-prepared materials	<u> X </u>	<u> </u>
Audio-visual materials	<u> </u>	<u> X </u>

Indicate Method of evaluation:

Used readability formulae (grade level 10 or higher)
 Text is used in a college-level course X

Used grading provided by publisher _____
Other: (please explain; relate to Skills Levels) _____

<i>Computation Level</i> (Eligible for MATH 101 level or higher where applicable)	_____	<u> X </u>
Content		
Breadth of ideas covered clearly meets college-level learning objectives of this course	<u> X </u>	_____
Presentation of content and/or exercises/projects:		
Requires a variety of problem-solving strategies including inductive and deductive reasoning.	<u> X </u>	_____
Requires independent thought and study	<u> X </u>	_____
Applies transferring knowledge and skills appropriately and efficiently to new situations or problems.	<u> X </u>	_____

List of Reading/Educational Materials

Recommended - o Kaminoff, L. *Yoga Anatomy*, , ed. 1st ed Human Kinetics, champain, il, 2007, ISBN: 0736062785

Comments:

_____ This course requires special or additional library materials (list attached).

_____ This course requires special facilities:

Attached Files:

BASIC SKILLS ADVISORIES PAGE The skills listed are those needed for eligibility for English 125, 126, and Math 101. These skills are listed as the outcomes from English 252, 262, and Math 250. In the right hand column, list at least three major basic skills needed at the beginning of the target course and check off the corresponding basic skills listed at the left.

Check the appropriate spaces.

_____ Eligibility for Math 101 is advisory for the target course.

_____ Eligibility for English 126 is advisory for the target course.

_____ Eligibility for English 125 is advisory for the target course.

If the reviewers determine that an advisory or advisories in Basic Skills are all that are necessary for success in the target course, stop here, provide the required signatures, and forward this form to the department chair, the appropriate associate dean, and the curriculum committee.

CONTENT REVIEW

REQUISITES

No requisites