

COURSE OUTLINE **Yoga I**

Course Description

PE 111. Yoga I. 1 hour credit. This course will enable the student to participate in moderate yoga exercise routines for body and mind fitness. The student will learn to perform poses or “asanas” that will strengthen and tone the body as well as increase flexibility and improve posture. Because of its attention to complete breathing, yoga relieves tension and stress.

Course Relevance

The principles learned in this course will allow the student to apply the concepts of wellness and health to personal lifestyle through exercise activities. This Yoga course provides the student with the opportunity to actively participate and apply an awareness of the importance of developing a lifelong plan of health-enhancing behaviors that generate fitness and physical well-being. The principles are relevant as the student will take responsibility to assess levels of wellness and be willing to grow, change, and improve personal health by incorporating a fitness lifestyle.

Required Materials

None.

Learning Outcomes

The intention is for the student to be able to:

1. Demonstrate techniques for performing moderate Yoga exercises.
2. Demonstrate improvement in cardiovascular efficiency.
3. Incorporate Yoga stretching and toning exercise into a fitness lifestyle.

Learning PACT Skills that will be developed and documented in this course

Through involvement in this course, the student will develop ability in the following PACT skill area(s):

Personal Development Skills

1. Personal management
 - Through the completion of a personal workout program, the student will demonstrate effective choices with regard to the implementation of Yoga stretching and toning exercise routines that address self-concept, health, time, change and other self-management health issues.

Analytical Thinking Skills

1. Problem solving
 - Through the completion of a personal workout program, the student will select and design a personal training and conditioning program based on wellness lifestyle goals.

Communication Skills

1. Reception and interpretation of messages
 - Through an oral presentation, the student will accurately explain and demonstrate proper techniques for moderate Yoga exercise routines.

Major Summative Assessment Task(s)

These learning outcome(s) and the Learning PACT skill(s) will be demonstrated by:

1. Completing a workout program which demonstrates the student's techniques for moderate Yoga skill techniques (A outcome) and its application to achieve a fitness lifestyle (P outcome).
2. Delivering an oral presentation of proper techniques for selected Yoga exercise routines within the designed personal workout program (C outcome).

Course Content

- I. Skills or Competencies – Actions that are essential to achieve the course outcomes:
 - A. Explain the basic technique skills of moderated Yoga exercise routines
 - B. Demonstrate proper form for Yoga exercise techniques

Learning Units

- I. Yoga techniques for performing floor work routines
 - A. Yoga routines on cue
 - B. Proper techniques for stretching, warm up, and cool down
 - C. Proper use of bands and blocks
- II. Concepts relative to the subject of yoga
 - A. Strengthening and toning the body
 - B. Flexibility, posture and correct alignment
 - C. Clarity and focus of the mind

Learning Activities

Learning activities will be assigned to assist the student to achieve the intended learning outcomes through lecture, instructor-led discussion, audio-visual aids, guest speakers, group activities, drills/skill practice, and other activities at the discretion of the instructor.

Grade Determination

The student will be graded on learning activities and assessment tasks. Grade determinants may include the following: daily activity class participation; skill technique demonstration, and other methods of evaluation employed at the discretion of the instructor.