

# **Course Syllabus**

**Department:** Physical Education and Integrated Health Care

**Date:** August 2012

**I. Course Prefix and Number:** PE 112

**Course Name:** Yoga for Beginners

**Credit Hours and Contact Hours:** 1 Credit hour, 2 contact hours

**II. Catalog Description including pre- and co-requisites:** Yoga for Beginners teaches basic postures and breathing exercises that derive from ancient India. Students are encouraged to develop a greater body-mind alliance, which is often not addressed in our culture. The combination of relaxation, general body toning, flexibility, and meditation gives the student an awareness of their enhanced human potential. Concepts of yoga philosophy are discussed, which provides the basis for the practice of these techniques. There is no pre-requisite for this course.

**II. Course Outcomes and Objectives**

**Student Learning Outcomes:**

**The student will:**

1. Practice mindful meditation.
2. Demonstrate various forms of breathing exercises, called pranayama breathing.
3. Discover various yoga postures, called asanas.
4. Integrate mantras (yoga chanting) into their yoga practice.
5. Describe physiological and psychological changes resulting from the practice of yoga.

**Relationship to Academic Programs and Curriculum:**

This course can be used to fulfill one credit of the Physical Education requirement for all majors at FLCC. It is considered an introductory course, and no prior knowledge of Yoga is required.

**College Learning Outcomes Addressed by the Course:**

- |   |   |
|---|---|
| <input type="checkbox"/> writing                      | <input type="checkbox"/> computer literacy        |
| <input type="checkbox"/> oral communications          | <input checked="" type="checkbox"/> ethics/values |
| <input checked="" type="checkbox"/> reading           | <input type="checkbox"/> citizenship              |
| <input type="checkbox"/> mathematics                  | <input type="checkbox"/> global concerns          |
| <input checked="" type="checkbox"/> critical thinking | <input type="checkbox"/> information resources    |

### **III. Instructional Materials and Methods**

#### **Types of Course Materials:**

Instructor's hand-outs and reading assignments will be provided. Texts related to this topic are available in the FLCC library.

#### **Methods of Instruction (e.g. Lecture, Lab, Seminar ...):**

Lecture, discussions, demonstrations, and active physical participation in activity.

### **IV. Assessment Measures (Summarize how the college and student learning outcomes will be assessed):**

The Physical Education and Integrated Health Care Department believes each instructor should determine the grading system and evaluation methods that will be used in their section of the course. The methods of assessment must be communicated through the Course Outline that is given to the students the first week of the semester. Possible assessment methods include: quizzes, tests, collected assignments, group activities, demonstration of skills and performance. Such assessments and related assignments will develop critical thinking techniques and reading, along with developing ethics and values regarding an appreciation of lifetime physical wellness.

### **V. General Outline of Topics Covered:**

Each class will consist of the study and practice of Yoga. Classes will begin with a theme or posture, and discussion of specific theme or posture, followed by meditation and a yoga asana practice. The focus will be on the discussion and practice of:

- A. Asanas (postures)
- B. Pranayama (breath control)
- C. Mantras (repetitive chants)
- D. Yoga Nidra (relaxation)
- E. Meditation

Students will be encouraged to note physiological and / or psychological changes resulting from the practice of Yoga. Students will be encouraged to practice yoga outside of class time.