

PE C118: INTRODUCTION TO YOGA

Item	Value
Top Code	083500 - Physical Education
Units	1 Total Units
Hours	36 Total Hours (Lecture Hours 9; Lab Hours 27)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Grading Policy	Standard Letter (S), <ul style="list-style-type: none">• Pass/No Pass (B)
Local General Education (GE)	<ul style="list-style-type: none">• CL Option 1 Self-Development (CE1)
California State University General Education Breadth (CSU GE-Breadth)	<ul style="list-style-type: none">• CSU E2 Activity Course (E2)

Course Description

An overview course in yoga, the integrated study of health and movement. It includes breathing techniques, yoga postures, meditation and relaxation. Emphasis is on practicing the principles of breathing and deep relaxation to reduce stress as well as practicing the postures to improve flexibility, balance, and strength. Enrollment Limitation: KIN C118; students who complete PE C118 may not enroll in or receive credit for KIN C118. Transfer Credit: CSU; UC: Credit Limitation: PE Activity courses combined: maximum credit, 4 units.

Method(s) of Instruction

- Lecture (02)
- DE Live Online Lecture (02S)
- DE Online Lecture (02X)
- Lab (04)
- DE Live Online Lab (04S)
- DE Online Lab (04X)