

PE C121: POWER YOGA BEGINNING

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), • Pass/No Pass (B)
Local General Education (GE)	• CL Option 1 Self-Development (CE1)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

Course Description

Power Yoga is an ancient Eastern practice, connecting movement using mind, body, and breathing practice. The course focuses on dynamic movement to keep the body strong, flexible, and relaxed. Enrollment Limitation: KIN C121; students who complete PE C121 may not enroll in or receive credit for KIN C121. Transfer Credit: CSU; UC: Credit Limitation: PE Activity courses combined: maximum credit, 4 units.

Course Level Student Learning Outcome(s)

1. Apply major theories and principles of Power Yoga to everyday life.
2. Utilize appropriate posture and technique in performing intermediate Power Yoga movements.
3. Select appropriate techniques for stress reduction, mental clarity, and well-being.

Course Objectives

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)