

PE G130: YOGA

Item	Value
Top Code	083500 - Physical Education
Units	.5,1 Total Units
Hours	27-54 Total Hours (Lab Hours 27,54)
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)	• GWC Lifelong Understanding (GE)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

Course Description

This course is designed for students who are interested in learning and practicing basic yoga techniques such as breathing techniques, postures, meditation, and relaxation. Students will learn about the techniques of yoga and how to implement those practices into their daily life. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, PE Activity courses combined: maximum credit, 4 units.

Course Level Student Learning Outcome(s)

1. Course Outcomes
2. Perform yoga poses at a beginning level.
3. Demonstrate breathing techniques, balance, strength and flexibility.
4. Strengthen and tone muscles through basic poses and learning the importance of lifelong fitness.
5. Apply beginning level yoga techniques to enhance vitality and sense of well-being.

Course Objectives

- 1. Demonstrate an understanding how breathing techniques, postures and meditation lead to relaxation
- 2. Incorporate breathing and deep relaxation to reduce stress, improve concentration, circulation and flexibility
- 3. Strengthen and tone muscles through basic poses and learning the importance of lifelong fitness
- 4. Apply yoga techniques to enhance vitality and sense of well-being

Lecture Content

I. Orientation A. Introduction to Yoga. B. Overview and demonstration of basic poses and movements. C. Discuss safety precautions II. Practice A. Breathing B. Strength C. Flexibility D. Combining all components together to create a basic practice III. Group exercise program A. Use of developed program B. Evaluation of progression C. Modifications based on need or limitations

Lab Content

I. Orientation A. Introduction to Yoga. B. Overview and demonstration of basic poses and movements. C. Discuss safety precautions II. Practice A. Breathing B. Strength C. Flexibility D. Combining all components together to create a basic practice III. Group exercise program A. Use of developed program B. Evaluation of progression C. Modifications based on need or limitations

Method(s) of Instruction

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

Reading Assignments

<http://www.abc-of-yoga.com/>

Writing Assignments

The students will be able to demonstrate and apply the techniques of yoga to increase their strength and flexibility. They will make use of their learnings to relax the body successfully and quiet the mind.

Out-of-class Assignments

None listed.

Demonstration of Critical Thinking

Demonstration and application of skills needed to safely execute poses necessary to participate in the class. Students will also need to understand the function of the muscles in the body so they can pay attention to how their body is feeling and modify if necessary.

Required Writing, Problem Solving, Skills Demonstration

The students will be able to demonstrate and apply the techniques of yoga to increase their strength and flexibility. They will make use of their learnings to relax the body successfully and quiet the mind.

Eligible Disciplines

Physical education: Masters degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelors degree in any of the above AND masters degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Masters degree required.

Textbooks Resources

1. Required T. K. V. Desikachar. The Heart of Yoga, Revised ed ed. Inner Traditions, 1999 Rationale: .