

PE G133: INTERMEDIATE 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), <ul style="list-style-type: none">• Pass/No Pass (B)
Local General Education (GE)	<ul style="list-style-type: none">• GWC Lifelong Understanding (GE)

Course Description

This course is designed for students with previous yoga experience who are interested in expanding their yoga practice through 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.

Method(s) of Instruction

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