

PHYED 35 Course Outline as of Spring 2011**CATALOG INFORMATION**

Dept and Nbr: PHYED 35 Title: YOGA

Full Title: Yoga

Last Reviewed: 4/13/2020

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	2.00	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.00	Lab Scheduled	4.00	3	Lab Scheduled	70.00
		Contact DHR	0		Contact DHR	0
		Contact Total	4.00		Contact Total	70.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 0.00

Total Student Learning Hours: 70.00

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 34 - 4 Enrollments Total

Also Listed As:

Formerly: PHYED 75

Catalog Description:

This course, using Hatha Yoga asanas (postures), will emphasize flexibility, strength, balance, and coordination. Yoga techniques for mind-body connection and centering will include breathing methods and relaxation methods.

Prerequisites/Corequisites:**Recommended Preparation:****Limits on Enrollment:****Schedule of Classes Information:**

Description: This course, using Hatha Yoga asanas (postures), will emphasize flexibility, strength, balance, and coordination. Yoga techniques for mind-body connection and centering will include breathing methods and relaxation methods. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended:

Limits on Enrollment:

Transfer Credit: CSU;UC.
Repeatability: 4 Enrollments Total

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	Area		Effective:	Inactive:
CSU GE:	Transfer Area		Effective:	Inactive:
IGETC:	Transfer Area		Effective:	Inactive:
CSU Transfer:	Transferable	Effective:	Spring 2005	Inactive:
UC Transfer:	Transferable	Effective:	Spring 2005	Inactive:

CID:

Certificate/Major Applicable:

Both Certificate and Major Applicable

COURSE CONTENT

Outcomes and Objectives:

Upon completion of the course, the student will be able to:

1. Apply principles of movement and body awareness into Hatha yoga postures
2. Demonstrate basic Hatha yoga asanas including floor, seated, kneeling, and standing postures.
3. Demonstrate an understanding of breath integration with yoga asanas.
4. Perform a personal Yoga practice based on flexibility, muscular strength, balance, and coordination.
5. Apply Yoga techniques and benefits into daily life practices.
6. Repeating students must demonstrate increased depth and breadth of related skills, with new learning objectives.

Topics and Scope:

- I. Yoga Principles
 - A. Movement Principals
 1. Flexion
 2. Extension/Elongation
 3. Lateral Flexion/Extension
 4. Rotation
 5. Inversion
 6. Centering
 - B. Body Awareness
 1. Alignment
 2. Balance
 3. Integration
- II. Hatha Yoga fundamentals
 - A. Asanas
 1. Seated asanas
 2. Floor asanas
 3. Kneeling

4. Standing asanas
 5. Resting/Restoration
 6. Modifications
- B. Pranayama (breathing) techniques
1. Breath integration with yoga asanas
 2. Breath for relaxation/meditation
 3. Breath for cleansing/clearing
- III. Yoga practice
- A. Designing a personal practice
 - B. Integrating yoga practice into daily living
 - C. Experiencing Yoga benefits
 - D. Using Yoga techniques functionally
 - E. Meditation practices
- IV. Repeating students must demonstrate increased depth and breadth of related skills, with new learning objectives.

Assignment:

May include any or all of the following:

1. Written assessment of personal growth and experience in yoga class, includes analysis of asanas/postures.
2. Reflective journal.
3. Practice and demonstration of yoga asanas/postures
4. 1 to 3 quizzes.
5. Design of personal yoga practice.
6. Repeating students must demonstrate increased depth and breadth of related skills, with new learning objectives.

Methods of Evaluation/Basis of Grade:

Writing: Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Written assessment, journal

Writing 5 - 10%

Problem Solving: Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None

Problem solving 0 - 0%

Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Class performances, Performance exams, Demonstration of asana

Skill Demonstrations 20 - 40%

Exams: All forms of formal testing, other than skill performance exams.

Completion, Essay/short answer, Quizzes

Exams
10 - 30%

Other: Includes any assessment tools that do not logically fit into the above categories.

Attendance and participation

Other Category
40 - 60%

Representative Textbooks and Materials:

Instructor prepared materials