

I. CATALOG DESCRIPTION:

A. Department Information:

Division: Physical Education, Athletics & Health
Department: Physical Education
Course ID: PE-I 168x4
Course Title: Yoga
Units: 1
Lecture: None
Laboratory: 3 Hours
Prerequisites: None

B. Catalog and Schedule Description:

This course is a study of Yoga. A comprehensive coverage of all aspects of Yoga includes the history, philosophy, psychology, and social aspects of yoga, particularly Hatha Yoga. Participants also study meditation and how meditation affects performance in daily life.

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: Four

III. EXPECTED OUTCOMES FOR STUDENTS:

A. On successful completion of level one of this course, the student should be able to:

1. Demonstrate a variety of yoga postures
2. Perform the sun and moon salutations for 20 minutes continuous
2. Identify vocabulary specific to yoga
3. Explain breathing and its effects on posture
4. Describe 3 postures and their effects on the body
5. Describe the basics of cardiovascular fitness

B. On successful completion of level two of this course, the student should be able to:

1. Define and recognize the different styles of yoga
2. Perform the sun and moon salutations for 30 minutes continuous
3. Describe 5 postures and their effects on the body
4. Identify 3 local yoga centers
5. Demonstrate a familiarity with at least 10 Sanskrit words
6. Describe how yoga can enhance conditioning for a sport

C. On successful completion of level three of this course, the student should be able to:

1. Perform the sun and moon salutations for forty minutes continuous
2. Describe 10 postures and their effects on the body
3. Demonstrate knowledge of the Chakras
4. Demonstrate knowledge of yoga nutrition and a variety of cleansing systems
5. Demonstrate a familiarity with at least 20 Sanskrit words

D. On successful completion of level four of this course, the student should be able to:

1. Perform a routine of yoga postures including twists, inversion, forward bends, back bends, and balance for 45 minutes
2. Describe 15 postures and their effects on the body
3. Demonstrate an advanced knowledge of the Chakras
4. Demonstrate a familiarity with 5 Sanskrit phrases
5. Create individual postures to flow for 45 minutes

IV. COURSE CONTENT:

A. Types of yoga

1. Hatha
2. Raja
3. Kundalini

B. Philosophy of yoga

C. Yoga postures

1. Inverted postures

2. Forward bend postures
3. Balance postures
4. Twist postures
5. Backbend postures
- D. Asanas postures
 1. Beginners
 2. Intermediate
 3. Advanced
- E. Yoga centers and organizations
 1. Local centers
 2. Local organizations
 3. National and international organizations
- F. Yoga nutrition
 1. Vegetarian
 2. Vegan
 3. Lacto vegetarian
 4. Fasting
 5. Toxic cleaning
- G. Chakras
 1. Root
 2. Sacral
 3. Solar plexus
 4. Heart
 5. Throat
 6. Third eye
 7. Crown
- H. Sanskrit language
 1. Vocabulary
 2. Asana
 3. Pranayana
- I. Anatomy
 1. Vertebral column
 2. Respiratory system
- J. Sun salutation
- K. Moon salutation
- L. Standing poses
 1. Triangle
 2. Mountain pose
 3. Warrior pose
 4. Eagle pose
- M. Sitting poses
 1. Hero pose
 2. Lotus pose
 3. Sideway pose
- N. Remedial program
 1. Backache
 2. Constipation
 3. Depression
 4. Fatigue
 5. Headache
 6. Pregnancy
 7. Scoliosis
 8. Stress
- O. Yoga as conditioning for other sports

V. METHODS OF INSTRUCTION:

- A. Lecture
- B. Discussion
- C. Guest lectures
- D. Videos and tapes
- E. Group and skill practice
- F. Readings

VI. TYPICAL ASSIGNMENTS:

- A. Read and summarize an article of your choice on Yoga (website or Yoga Journal)
- B. Research the postures and locate the posture that would strengthen your particular weakness – give name of posture and why you believe it will benefit you

VII. EVALUATION:

- A. Methods of evaluation
 - 1. Methods of evaluation for first semester students
 - a. Beginning level skills test
 - b. Written assignment on breathing and its effects on yoga
 - c. Written final exam
 - 2. Methods of evaluation for second semester students
 - a. Low intermediate level skills test
 - b. Written assignment on conditioning through yoga
 - c. Written final exam
 - 3. Methods of evaluation for third semester students
 - a. High intermediate level skills test
 - b. Written assignment on yoga nutrition and cleansing systems
 - c. Written final exam
 - 4. Methods of evaluation for fourth semester students
 - a. Advanced level skills test
 - b. Written assignment on the Chakras
 - c. Written final exam
- B. Frequency of Evaluation:
 - 1. Skills testing every 3-4 weeks
 - 2. Written assignment and final exam at end of semester

VIII. TYPICAL TEXT(S):

Silva, Mira, and Shyam, Mehta, Yoga the Iyenger Way, Alfred A. Knopf, 1995.
Hewitt, James, The Complete Yoga Book, Reissue Edition, Schocken Books, 1990.
Devanandavishnu, The Complete Illustrated Book of Yoga, Reprint Edition, Three Rivers Press, 1995.
Coulter, David, and McCall, Timothy, Anatomy of Hatha Yoga: A Manual for Students, Teachers, and Practitioners, Body and Breath, 2002.

IX. OTHER SUPPLIES REQUIRED OF STUDENTS: Appropriate clothing