



## **PHED 130 Intermediate Yoga – 1 Credit**

### **SYLLABUS**

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#### **CATALOG DESCRIPTION**

This class is designed to give a more advanced knowledge of yoga poses and terminology. This class will improve physical strength and ability to perform asanas (poses). Hatha Yoga addresses the individual and teaches to listen to personal needs and abilities. By focusing on the breath, the student learns to pay attention, drawing thoughts inward, gaining control of senses and developing peace of mind.

Will meet Physical

Education activity requirements for AA degree.

Prerequisites:           None

Semester Offered:     Fall, Spring

#### ***Common Student Learning Outcomes***

*Upon successful completion of San Juan College programs and degrees, the student will demonstrate competency in...*

##### **BROAD AND SPECIALIZED LEARNING**

Students will actively and independently acquire, apply, and adapt skills and knowledge with an awareness of global contexts.

##### **CRITICAL THINKING**

Students will think analytically and creatively to explore ideas, make connections, draw conclusions and solve problems.

##### **CULTURAL AND CIVIC ENGAGEMENT**

Students will act purposefully, reflectively, and ethically in diverse and complex environments.

##### **EFFECTIVE COMMUNICATION**

Students will exchange ideas and information with clarity in multiple contexts.

##### **INFORMATION LITERACY**

Students will be able to recognize when information is needed and have the ability to locate, evaluate, and use it effectively.

##### **INTEGRATING TECHNOLOGIES**

Students will demonstrate fluency in the application and use of technologies in multiple contexts.

*Student work from this class may be randomly selected and used anonymously for assessment of course, program, and/or institutional learning outcomes. For more information, please refer to the Dean of the appropriate School.*

## Course Learning Outcomes

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

1. To improve level of fitness.
2. Become familiar with 20 basic yoga poses.
3. Learn and understand Yoga terminology.

## EXPECTED LEARNING OUTCOMES

Upon successful completion of the course, the student will be able to ...

4. Demonstrate their capability to hold poses.
5. Show knowledge of the yoga poses with written exam.
6. Demonstrate knowledge of terminology by performing the poses when asked by the instructor.

Accommodations Statement- Students who need accommodations (i.e., note taker, interpreter, special seating, etc.) need to provide accommodation notices to the instructor. Students can contact the Students with Disabilities on Campus (SDOC) Coordinator in the Counseling Center, located in the Clocktower Building, to make arrangements and provide documentation in accordance with the Americans with Disabilities Act of 1990