

PHED-1410 YOGA: BEGINNING YOGA 1 CREDIT

SYLLABUS

CATALOG DESCRIPTION

An introduction to Hatha yoga and its movements. Students explore various concepts and fundamentals of yoga while also learning about the history of the practice. This class will improve physical strength and the ability to perform asanas (poses) while addressing the individual's personal needs and abilities.

PHED 127/129 Beginning Yoga I/ Beginning Yoga II

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. Demonstrate and name various beginning yoga poses.
2. Define basic yoga terminology.
3. Demonstrate proper breathing techniques.
4. Demonstrate an improvement in flexibility, strength, coordination, balance, and posture.
5. Explain the benefits of yoga as a practice and as an exercise.
6. Demonstrate an understanding of how yoga affects our personal well-being.