COMMON COURSE OUTLINE:  Course discipline/number/title:  PHED 1125: Yoga for Life

A.  CATALOG DESCRIPTION
1. Credits: 1
2. Hours/Week: 2 hours per week
3. Prerequisites (Course discipline/number): None
4. Co-requisites (Course discipline/number): None
5. MnTC Goals (if any): NA

Yoga is a discipline associated with physical, emotional, and spiritual benefits. The focus of the class will be on Hatha Yoga, which is that branch of Yoga that works primarily with the body through asanas or postures that are done seated, standing, and lying supine on the floor. Breathing exercises, relaxation in the postures and meditation will also be highly emphasized. Yoga postures enhance flexibility, balance, and strength, while focusing on mind/body awareness.

B.  DATE LAST REVISED (Month, year):  September, 2002

C.  OUTLINE OF MAJOR CONTENT AREAS:
1. Lecture
   a) Definitions
   b) History of Yoga
   c) Eight main branches of Yoga
   d) Five basic approaches
   e) Body’s energy center
   f) Mechanics of breathing
   g) Philosophy of postures
   h) Stress/relaxation/meditation
   i) Health maintenance and restoration
   j) Safety
   k) Special situations
2. Meditation
   a) History
   b) Breathing techniques
   c) Meditation practice session
3. Exercise – Strength, flexibility, balance
   a) Attunement
   b) Warmup
   c) Postures
      1. Sun salutation
      2. Standing
      3. Balance
      4. Abs
      5. Inversions
      6. Bends/twists
      7. Compensation
   d) Rest/relaxation

D.  LEARNING OUTCOMES (GENERAL): The student will be able to:
1. Improve flexibility, balance, and coordination.
2. Improve strength and stamina.
3. Develop stress management.
4. Improve overall health.
5. Discuss the philosophy of Yoga.
6. Demonstrate Yoga postures.
7. Demonstrate forms of meditation.

E.  LEARNING OUTCOMES (MNTC): NA
F. METHODS FOR EVALUATION OF STUDENT LEARNING:
1. Attendance/participation
2. Exercise session
3. Meditation
4. Written examination/quizzes
5. Demonstrations
6. Portfolios
7. Writing assignments
8. Practical testing

G. SPECIAL INFORMATION (if any): None