

Course discipline/number/title: PHED 1128: Yoga For Life II

A. CATALOG DESCRIPTION

1. Credits: 1
2. Hours/Week: 2
3. Prerequisites (Course discipline/number): None
4. MnTC Goals (if any): NA

The practice of Hatha Yoga focuses on creating or enhancing flexibility, balance, strength, and mind/body awareness. This course builds from the foundation of PHED 1125, continuing the exploration of Hatha Yoga, including posture/asanas, breathing exercises (pranayama), meditation practices and relaxation, in more breadth and detail.

B. DATE LAST REVISED (Month, year): October, 2017

C. OUTLINE OF MAJOR CONTENT AREAS:

1. Yoga History and Philosophy.
2. Learning and practicing a variety of Hatha Yoga styles/types.
3. Continuing to explore concepts of energy with practices for energy-specific effect.
4. Learning and practicing a variety of breathing practices and understanding how energetics are affected.
5. Continuing the exploration and refinement of Yoga postures and understanding how energetics are affected.
6. Learning, practicing and journaling meditation techniques while understanding the physiological benefits meditation creates.
7. Learning and practicing relaxation techniques while understanding the physiological benefits relaxation creates.
8. Applying and adapting yoga practices and techniques for safe usage with special populations or in special situations.

D. LEARNING OUTCOMES (GENERAL): The student will be able to:

1. Improve overall flexibility.
2. Improve overall balance.
3. Improve overall strength.
4. Explain how Hatha Yoga is utilized for stress reduction.
5. Explain how Hatha Yoga practices transfer to daily living, for improvement of overall health.
6. Demonstrate Hatha Yoga postures.
7. Demonstrate forms of meditation.

E. LEARNING OUTCOMES (MNTC): NA

F. METHODS FOR EVALUATION OF STUDENT LEARNING:

1. Participation/Attendance
2. Written Assignments
3. Practical Exam
4. Journal

G. RCTC CORE OUTCOME(S) ADDRESSED:

Critical Thinking. Students will think systematically and explore information thoroughly before accepting or formulating a position or conclusion.

H. SPECIAL INFORMATION (if any): None