

**Course Objectives/Course Outline**  
**Spokane Community College**

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**Course Title:** Yoga Fitness

**Prefix and Course Number:** PE 106

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**Course Learning Outcomes:**

**By the end of this course, a student should be able to:**

- Demonstrate a knowledge of fitness information by passing a written exam with 80% or better.
- Perform a series of yoga stretches and poses appropriate for their individual fitness level.
- Understand and incorporate proper breathing techniques associate with yoga poses.
- Perform the sun salutation series A.
- Develop an appreciation for the health and fitness benefits of practicing yoga.
- Increase their personal efficiency in muscular strength, endurance and flexibility.
- Understand and describe basic terminology associated with yoga.
- Discover the peace and tranquility of the mind/body connection.

**Course Outline:**

- I. Introduction
  - A. Health history
  - B. Overview
  - C. Requirements
  - D. Proper body alignment
- II. Poses
  - A. Warm up stretches
  - B. Basic moves
  - C. Side stretches
  - D. Airplane
  - E. Forward fold
  - F. Cat/cow
  - G. Spinal balance
  - H. Abdominal work
- III. Advanced abdominal work
  - A. Breathing exercise
  - B. Poses
  - C. Warrior posses-1,2,3
  - D. Chair pose
- IV. Body Core
  - A. Poses
  - B. Triangle pose
  - C. Pyramid pose
  - D. Forward lunge
  - E. Balance poses-tree and eagle
- V. Abdominal/back strength moves
  - A. Flow series
  - B. Balance pose-extended warrior
- VI. Body Core
  - A. Sun Salutation
  - B. Balance pose-dance poses
- VII. Sun Salutation

- A. Twist chair
- B. Abdominal/back work
- VIII. Warm ups
  - A. Sun Salutation
  - B. Power yoga
  - C. Bounded warrior
  - D. Body core work
- IX. Twisting warrior
  - A. Reverse triangle
  - B. Sequence of warrior poses/continuous movement
- X. Power yoga routine
  - A. Salute to the moon movement series
- XI. Deep Relaxation
  - A. Written final exam