

YOGA FITNESS
COURSE SYLLABUS
PE 106, 206

One Hour/One Credit Class

Course Description:

This yoga class is designed to promote individual fitness for total mind/body health. The primary emphasis will focus on strength and stretching movements with breathing and relaxation techniques. Appropriate for all ages and fitness levels, the student will benefit from greater body awareness, increase strength, flexibility and an overall feeling of well-being.

Learning Outcomes and Expectations:

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

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

Learning Activities:

Participation will count for a majority of the learning activities. Lectures, handouts, videos and practical experience will be utilized to present materials for the course.

Required Text:

There is no textbook required. Practical experiences will be the primary learning tool. Students will be expected to follow the instructor's cues and perform to their ability. Before the written test, students will attend a study session where they will take notes and review information, which will be part of their final exam.

Workout Attire:

Students should come to class dressed in comfortable clothing, which will allow the student to bend and stoop and sit cross-legged. The exercises are performed in bare feet. Please bring hand towel.

Assessment and Grading:

Attendance, Attitude, and Participation -- 80% of Final Grade
Written/Skill Exam -- 20% of Final Grade

Participation in all class activities is required. A student missing more than two days of class due to injury or illness requires a medical note to return. Should a student become physically disabled during the course of this activity and unable to participate, the following options are available. These options are only available if a valid medical excuse is provided from physician and at the instructor's discretion.

1. Arrange for alternative assignments with the instructor.
2. Accept the grade as calculated by the instructor.

Make-up Policy:

For students wanting to earn an "A" in this course, you will need to be present 100% of the time and complete required assignments. If for some reason a student misses a class and wishes to make-up the work, there will be two options available:

1. Write a two-page report on any yoga topic; include a bibliography.
2. Watch a yoga workout video and write a two-page report.

YOGA FITNESS COURSE OUTLINE

Week 1

- Introduction to yoga class
- Health history
- Syllabus overview
- Course requirements
- Proper body alignment

Week 2

- Introduction to yoga poses
- Warm up body with stretches
- Introduction to basic moves
- Side stretches
- Airplane
- Forward fold
- Cat/cow
- Spinal balance
- Abdominal work

Week 3

- Abdominal work
- Breathing exercises
- Repeat Week 1 poses
- Introduction to warrior poses 1, 2, and 3
- Chair pose

Week 4

- Body core work
- Repeat Week 2 poses
- Introduction to triangle pose
- Introduction to pyramid pose
- Forward lunge
- Balance poses – tree and eagle

Week 5

- Abdominal/back strength moves
- Introduction to flow series
- Introduction to balance pose – extended warrior

Week 6

- Body core work

- Complete introduction to sun salutation
- Introduction to balance pose – dance poses

Week 7

- Continue sun salutation
- Introduction to twist chair
- Abdominal/back work

Week 8

- Warm up – sun salutation
- Introduction to power yoga
- Bounded warrior
- Body core work

Week 9

- Introduction to twisting warrior
- Reverse triangle
- Sequence of warrior poses/continuous movement

Week 10

- Power yoga routine
- Salute to the moon movement series

Week 11

- Deep relaxation
- Written final exam