

Administrative Master Syllabus

Course Information

Course Title	Yoga
Course Prefix, Num. and Title	PHED 1134 Yoga
Division	Life Science
Department	Kinesiology
Course Type	Academic General Education Course (from ACGM, but not WCJC Core)
Course Catalog Description	This class will acquaint the student with history, development, branches and practices of yoga with emphasis on physical practice of individual postures, sets of postures, breathing techniques, meditation and relaxation techniques.
Pre-Requisites	None
Co-Requisites	None

Semester Credit Hours

Total Semester Credit Hours (SCH): Lecture Hours:	1:0:3
Lab/Other Hours	
Equated Pay Hours	2
Lab/Other Hours Breakdown: Lab Hours	3
Lab/Other Hours Breakdown: Clinical Hours	Enter Clinical Hours Here.
Lab/Other Hours Breakdown: Practicum Hours	Enter Practicum Hours Here.
Other Hours Breakdown	List Total Lab/Other Hours Here.

Approval Signatures

Title	Signature	Date
Department Head:		
Division Chair:		
VPI:		

Additional Course Information

Topical Outline: Each offering of this course must include the following topics (be sure to include information regarding lab, practicum, and clinical or other non-lecture instruction).

Yoga Instructional Topics

Weeks:

- 01: Class begins, class orientation.
- 02: Initial Fitness Testing. Introduction to Sun Salutations and lying down postures.
- 03: Sun Salutations and lying down postures. History of Yoga.
- 04: Introduction to standing postures.
- 05: Standing postures and core work. Introduction to breathing techniques.
- 06: Core work and combination of lying and standing postures.
- 07: Mid-term Fitness Testing. Combination of lying and standing postures.
- 08: Combination of lying and standing postures continued.
- 09: Introduction to Meditation and stress relief.
- 10: Meditation and upper body strength.
- 11: Yoga variations, the different types of yoga.
- 12: Introduction to Restorative Yoga.
- 13: Combination of poses adding restorative yoga
- 14: Combination of poses adding restorative yoga
- 15: Final Fitness Testing.

Course Learning Outcomes:

Learning Outcomes – Upon successful completion of this course, students will:

- 1. Describe how the components of physical fitness impact health and wellness.
- 2. Explain the influence of personal behaviors and personal responsibilities on the development, treatment, and prevention of hypokinetic diseases, infectious diseases, stress, and addiction.
- 3. Analyze the relationship between physical activity, inactivity, and nutrition on weight and body composition.
- 4. Plan, implement, and evaluate a personal fitness program.



5. Develop an appreciation and positive attitude for a healthy lifestyle and the effects of global trends on physical activity.

Methods of Assessment:

Assessment methods may include but are not limited to:

- Yoga Journal-weekly
- Measures of fitness such as flexibility, muscular endurance, and balance
- Quizzes/Discussion Questions
- Class participation and attendance

Required text(s), optional text(s) and/or materials to be supplied by the student:

None - Course materials may include, but are not limited to instructor handouts, internet resources, or library materials

Suggested Course Maximum:

16

List any specific or physical requirements beyond a typical classroom required to teach the course.

Access to a space (such as a WCJC fitness center, aerobics room)

Course Requirements/Grading System: Describe any course specific requirements such as research papers or reading assignments and the generalized grading format for the course.

Suggested grading criteria are as follows:

- 50% attendance and participation
- 25% Weekly Journals, and Fitness Testing
- 25% Quizzes and Discussion Questions

A=90-100; B=80-89; C=70-79; D=60-69; F= 59 and below

Curriculum Checklist:

☒ **Administrative General Education Course** (from ACGM, but not in WCJC Core) – No additional documents needed.

☐ **Administrative WCJC Core Course** – Attach the Core Curriculum Review Forms

- ☐ Critical Thinking
- ☐ Communication
- ☐ Empirical & Quantitative Skills
- ☐ Teamwork
- ☐ Social Responsibility
- ☐ Personal Responsibility

☐ **WECM Course** – If needed, revise the Program SCANS Matrix and Competencies Checklist