Bemidji State University

PHED 1230: Skills for Life: Yoga

A. COURSE DESCRIPTION

Credits: 1
Lecture Hours/Week: 0
Lab Hours/Week: 0
OJT Hours/Week: *.*
Prerequisites: None
Corequisites: None
MnTC Goals: None

This course introduces students to basic yoga techniques and allows practice and development of the physical skills needed to perform approximately 40 basic exercises and postures. [BSU Focus: Performance and Participation]

B. COURSE EFFECTIVE DATES: 08/01/2023 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Abdominal Breathing
2. Basic yoga exercises, poses postures, and techniques.
3. Benefits of using yoga
4. Meditation
5. Relaxation

D. LEARNING OUTCOMES (General)

1. demonstrate the ability to engage in abdominal breathing.
2. demonstrate the ability to do at least 20 basic yoga exercises, poses and postures.
3. demonstrate their ability to use yoga to improve flexibility.
4. develop their ability to use and knowledge of yoga for meditation.
5. develop the ability to use yoga exercises and breathing to promote relaxation.
6. demonstrate safe behavior in the skill target setting and the elements of effective skill execution.
7. demonstrate knowledge and experience the benefits of course's "Skill for Life" as a lifetime skill/physical activity.
8. use their newly acquired knowledge to work collaboratively with an assigned class partner and/or to give quality of performance feedback.
9. demonstrate knowledge of a variety of poses, postures and exercises, including the benefits of each.
10. demonstrate knowledge of the benefits and uses of yoga.

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted