

North Hennepin Community College

EXSC 1850: Yoga Core

A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: 0

Lab Hours/Week: 2

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

The yoga core class focuses on core stability and strength. Yoga postures that emphasize core strength will be focused on. The use of medicine balls, stability balls and bosu balls will be used to isolate the basic muscles of the core/torso/back.

B. COURSE EFFECTIVE DATES: 08/01/2015 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Course content will include participation during 50 minute class, learning yoga core postures, breathing techniques, and creating connections between mind and body. Students will learn the use of medicine balls, stability ball and bosu balls for isolating basic muscles of core/torse/back.

D. LEARNING OUTCOMES (General)

1. Learn, practice and improve on various movements and poses of yoga. (MnTC Goal 2, comp.a; NHCC ELO 1,2,3)
2. Begin to find, then unite and practice a healthy balance of the body with the mind. (MnTC goal2, comp. c, NHCC ELO 1,2,3.)
3. Begin to develop the powers of concentration in order to achieve mental focus and increased awareness while striving to control confusion and stress. (MnTC Goal 2, comp. c., NHCC ELO 1,2,3)
4. Attempt to achieve a state of perceived calm and relaxation. (Dept. Goal 2c, NHCC ELO 1,2,3.)
5. Develop and increase muscular tone, strength, and endurance and increase flexibility, range of motion, balance and overall core strength. (Dept. Goals 2d, NHCC ELO 1,2,3.)
6. Achieve cardiovascular/circulatory, and respiratory benefits. (Dept. Goals 2a., NHCC ELO 1,2,3)
7. Articulate an appreciation for the impact of physical fitness/wellness on health. (MnTC Goal 2, NHCC ELO 1,2,3)

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

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

1. Knowledge of Human Cultures and the Physical and Natural World -Through study in the sciences, mathematics, social sciences, humanities, histories, languages, the arts, technology and professions.
2. Intellectual and Practical Skills - Including: Inquiry and analysis; Critical and creative thinking; Written and oral communication; Quantitative literacy; Information literacy; Teamwork and problem solving.