

Inver Hills Community College

PHED 1102: Yoga

A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: 0

Lab Hours/Week: 2

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

Introduces the skills, techniques, and physical and mental benefits associated with the practice of yoga. The course emphasizes the performance of yoga postures and breathing and relaxation techniques to improve muscular strength and endurance, muscle tone, flexibility, balance, and to reduce stress. Additional topics include muscle identification, fitness principles, fitness components, and exercise guidelines. This course may be taken up to three times for credit.

B. COURSE EFFECTIVE DATES: 08/23/2006 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Current Issues and Trends 20%
2. Philosophy of Physical Education 20%
3. History of Physical Education 20%
4. Professional Development 20%
5. Professional Literature and Organizations 10%
6. Sub-Disciplines 10%

D. LEARNING OUTCOMES (General)

1. Discuss the physical and mental benefits associated with yoga.
2. Perform several yoga postures with correct positioning.
3. Describe and practice the different types of breathing associated with yoga.
4. Locate and identify major muscle groups.
5. List yoga postures to strengthen or stretch specific muscle groups.
6. Discuss the importance of reducing and/or managing stress.
7. Discuss the role of yoga in a personal fitness program.

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

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted