Alexandria Technical and Community College

PHED 1503: Beginning Yoga

A. COURSE DESCRIPTION
   Credits: 1
   Lecture Hours/Week: 0
   Lab Hours/Week: 1
   OJT Hours/Week: *.*
   Prerequisites: None
   Corequisites: None
   MnTC Goals: None
   This course provides a total mind-body workout. Cardiovascular conditioning, functional strength, flexibility, muscle balancing, breath-work, and relaxation are featured.

B. COURSE EFFECTIVE DATES: 08/25/2003 - Present

C. OUTLINE OF MAJOR CONTENT AREAS
   1. Gain understating of yoga and applications for personal benefit.
   2. Increase muscle strength and balance.
   3. Participate in beginning to moderate level of yoga.

D. LEARNING OUTCOMES (General)
   1. The learner will establish a basic knowledge of Yoga poses.
   2. The learner will design their own individual Yoga routine with a minimum of 15 poses.
   3. The learner will become more aware of his/her own body and mind discovering their own potential.
   4. The learner will learn to use Yoga as a tool to rise above stress.

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies
   None

F. LEARNER OUTCOMES ASSESSMENT
   As noted on course syllabus

G. SPECIAL INFORMATION
   None noted