

Minnesota State College Southeast

HLTH 1530: Beginning Yoga

A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: *.*

Lab Hours/Week: 2

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course provides a mind-body workout to promote personal fitness. The course will emphasize relaxation, breathing, balance, muscle development, flexibility, cardiovascular conditioning, and stress management. (Prerequisite: none) (1 credit: 0 lecture/1 lab)

B. COURSE EFFECTIVE DATES: 12/15/2015 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Gain understanding of yoga for personal benefit
2. Increase physical strength and balance
3. Increase flexibility
4. Reduce stress

D. LEARNING OUTCOMES (General)

1. Establish a basic knowledge of yoga poses
2. Develop safe appropriate yoga technique
3. Set realistic personal fitness goals
4. Improve flexibility and core strength
5. Learn to use yoga as a tool to manage 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