

PE G130: YOGA

Item	Value
Curriculum Committee Approval Date	02/20/2024
Top Code	083500 - Physical Education
Units	.5,1 Total Units
Hours	27-54 Total Hours (Lab Hours 27,54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Local General Education (GE)	• Area 7E Lifelong Understanding and Self-Development (GE)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

Course Description

This course is designed for students who are interested in learning and practicing basic yoga techniques such as breathing techniques, postures, meditation, and relaxation. Students will learn about the techniques of yoga and how to implement those practices into their daily life. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, PE Activity courses combined: maximum credit, 4 units.

Course Level Student Learning Outcome(s)

1. Course Outcomes
2. Perform yoga poses at a beginning level.
3. Demonstrate breathing techniques, balance, strength and flexibility.
4. Strengthen and tone muscles through basic poses and learning the importance of lifelong fitness.
5. Apply beginning level yoga techniques to enhance vitality and sense of well-being.

Course Objectives

- 1. Perform yoga poses at a beginning level
- 2. Demonstrate breathing techniques, balance, strength and flexibility
- 3. Strengthen and tone muscles through basic poses and learning the importance of lifelong fitness
- 4. Apply beginning level yoga techniques to enhance vitality and sense of well-being

Lecture Content

Lab Content

Orientation Introduction to yoga Overview and demonstration of beginning level poses and movements Discuss safety precautions

Practice Breathing techniques Strength and safety Flexibility and mobility Postures Relaxation Meditation methods Create a practice for beginners Physical practices Mental practices Proper posture Breathing exercises Breathing and movement Mind and body practice Yoga practice Use of developed program Evaluation of progression Modifications based on need or limitations Yoga props

Method(s) of Instruction

- Lab (04)
- DE Live Online Lab (04S)
- DE Online Lab (04X)

Reading Assignments

Writing Assignments

Out-of-class Assignments

Demonstration of Critical Thinking

Demonstration and application of skills needed to safely execute poses necessary to participate in the class. Students will also need to understand the function of the muscles in the body so they can pay attention to how their body is feeling and modify if necessary.

Required Writing, Problem Solving, Skills Demonstration

The students will demonstrate and apply the techniques of yoga to increase their strength, flexibility, and relaxation.

Eligible Disciplines

Coaching: Any bachelor's degree and two years of professional experience, or any associate degree and six years of professional experience. Physical education: Master's degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelor's degree in any of the above AND master's degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Master's degree required.