

KINE 130B -

General Education Information:

SECTION C

Course Description

Repeatability May be repeated 0 times

Catalog Description This course is an intermediate yoga class. The class will build on the beginning yoga postures and poses and will focus on developing flow, energy, and strength.

Schedule Description

SECTION D

Condition on Enrollment

1a. Prerequisite(s): *None*

1b. Corequisite(s): *None*

1c. Recommended

KINE 130 with a minimum grade of C or better

1d. Limitation on Enrollment: *None*

SECTION E

Course Outline Information

1. Student Learning Outcomes:

A. 1. Students will use basic principles of health and wellness to develop an informed personal approach to mental and physical health. 2. Students will understand the principles of lifetime fitness and will incorporate fitness activities into a healthy and active lifestyle. 3. Students will acquire knowledge and demonstrate skills to safely engage in physical activity. 4. Students will learn intermediate postures and will develop strength, endurance, and increased flexibility.

2. Course Objectives: Upon completion of this course, the student will be able to:

A. 1. perform variations on poses/postures with greater strength and endurance.
2. demonstrate yoga postures for: a. energy b. power c. flexibility e. foundation poses for strength and stamina f. balancing poses for focus g. yoga practices for meditation.
3. apply yoga practices to daily life. 4. complete yoga activities. 5. describe yoga styles.

B.

3. Course Content

A. Definition of yoga styles

B. Benefits of yoga both physically and emotionally.

C. Introduction to 0 G[)]TJET 075.744 355.85 251 on 1 class. Tres 744 82.824 468.07 19.06

4. Methods of Instruction:

Activity:

Lecture:

Observation and Demonstration:

5. Methods of Evaluation: Describe the general types of evaluations for this course and provide at least two, specific examples.

Typical classroom assessment techniques

Exams/Tests -- multiple choice and true false

Papers -- research paper of yoga style or technique

Home Work -- readings will be provided for analysis

Final Exam --

Additional assessment information:

Students will be required to maintain a journal of yoga activities.

Letter Grade or P/NP