**Course number, title and credits; total time allocation**

**Course Number** HPF 119  **Credits** 1 **Title** Introduction to Yoga

**Lecture/Discussion** 16 hrs/semester **Lab** 0 hrs/semester **Clinical**  0 hrs/semester

**Catalog Description and Pre- and Co-requisites (same as taxonomy and catalog)**

Participants will begin to develop yoga as a practice to facilitate lifelong skills enhancing physical, emotional and intellectual strength, flexibility and power. Emphasis is on conscious awareness and internal focus through asana practice, relaxation, body alignment and breathing techniques.

**Knowledge, Skills and Abilities Students Acquire from this Course (Educational objectives)**

1. To gain an introduction to Yoga philosophy, both classical yoga and its interpretation for today’s practitioner.
2. To understand basic principles of movement and alignment.
3. To work with Yoga Postures and sequences – asana and vinyasa
4. To understand the rationale for and to practice Breathing Techniques – pranayama
5. To explore and experience variations in Yoga:
   1. Yoga for fitness
   2. Yoga for inner peace and harmony.
6. To begin to develop a personal yoga practice based to individual needs and goals

**Associate Degree Outcomes Addressed in this Course (These must appear in course syllabus.)**

The Associate Degree Outcome addressed in this class is ADO 8 Rubric for Personal and Ethical Responsibility (Developing):

ADO 8 Personal Responsibilities: Acknowledges responsibility for personal health and well-being.

*\*Students will actively engage in yoga practice, assessing its effect on health and well-being.*

ADO 8 Personal Responsibilities: Identifies personal strengths and weaknesses.

***\**** *Students will identify individual areas for improvement based on yoga concepts  
\*Students will utilize yoga techniques and ideas based on individual needs.*

**Units/topics of Instruction**

Unit 1: History and benefits of yoga, the mind body connection.  
Unit 2: Annamaya Kosha – food   
Unit 3: Pranamaya Kosha – air   
Unit 4: Manomaya Kosha – mind   
Unit 5: Vijnanamaya Kosha – wisdom   
Unit 6: Anandamaya Kosha – bliss   
Unit 7: Dihamas – Meditation – relaxation

**Instructional Techniques and Procedures**

A variety of methods are used: lecture/presentation of concepts, class discussion, demonstration and practice of techniques including yoga postures, pranayama and meditation.

**Instructional Use of Computer or Other Technology**

None

**Instructional Materials and Costs to Students**

Written course materials are handed outs.   
Yoga mat: $10 and up  
Course Fee: $22.00

**Skills and abilities students should bring to the course**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Able to read | x | a limited amount of material | Able to compute |  | basic, pre-aIgebraic problems |
|  | an average amount of material |  | simple algebraic problems |
|  | an above average amount of material |  | higher order mathematical problems |
| Able to read | x | relatively easy material | Able to write | x | short compositions |
|  | moderately difficult material |  | medium length compositions |
|  | technical or sophisticated material |  | lengthy compositions |
| Able to use |  | keyboard skills/familiar with computer | Other necessary abilities |  |  |
|  | computer application |  |  |
|  | web navigation |  |  |

**The course is usually scheduled: This is a new course. We hope it will be offered Fall and Winter**

**Day: [x] Fall [x] Winter [] Spring**

**Evening: [] Fall [] Winter [ ] Spring**

**Prepared by Payge Hodapp Date September 3, 2008**

**Approved by Dept. Date**

**Approved by Dean Date**

**Approved by Curr. Comm. Date**

(Last names, please) Form Revised 1I2l01