Course number, title and credits; total time allocation

Course Number  HPF 143  Credits  1  Title  Yoga for Wellbeing

Lecture/Discussion  15 hrs./semester  Lab  0 hrs./semester  Clinical  0 hrs./semester

Catalog Description and Pre- and Co-requisites (same as taxonomy and catalog)
Participants develop yoga as a practice to facilitate lifelong skills, enhancing physical, emotional, and intellectual strength, flexibility, and power. The course emphasizes conscious awareness and internal focus through asana practice, body alignment, breathing techniques, relaxation, and beginning meditation. Pre-requisite: HPF 119 or teacher approval. Students are required to bring their own yoga mat.

Knowledge, Skills and Abilities Students Acquire from this Course (Educational objectives)
1. Explore the classical eight limbs of yoga and provide an interpretation for today's practitioner
2. Develop individual application of traditional principles of movement, skeletal alignment, and body mechanics, emphasizing a safe and intelligent use of the body
3. Expand working knowledge of yoga postures and sequences — asana and vinyasa
4. Cultivate breath control and alternate breathing techniques — pranayama
5. Increase strength, coordination, balance, flexibility, and range of motion
6. Begin meditation practice
7. Recognize and apply the value and benefits of an on-going yoga practice
8. Create a personal health program from yoga

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 (Proficient):

ADO 8 Personal Responsibilities: Sets goals and establishes a plan for personal improvement.
  I) Students will relate concepts from the classical eight limbs of yoga to their personal needs in developing individual physical, mental, and spiritual goals for wellbeing.
  II) Students will actively assess the components of their yoga practice to design a personalized plan for achieving and maintaining their wellbeing goals.

ADO 8 Community Responsibilities: Shows command over tendencies toward self-interest.
  I) In exploration of the 1st limb of yoga, ethics and integrity (Yama), the student will identify and work with personal behavior changes related to one or more of the 5 yamas (nonviolence, truthfulness, self-control, honesty and generosity) as reflected in their journals and final health plan.

Units/topics of Instruction

<table>
<thead>
<tr>
<th>Topic 1: Syllabus overview &amp; Yama – the Don’ts of Yoga</th>
<th>Topic 5: Dhyana (meditation)</th>
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<tbody>
<tr>
<td>Topic 2: Niyama – the Dos of Yoga</td>
<td>Topic 6: Samadhi (union/bliss)</td>
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<tr>
<td>Topic 3: Asana (postures) &amp; Pranayama (breath work)</td>
<td>Topic 7: Asana demonstrations and course review</td>
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<td>Topic 4: Pratyahara (awareness of the mind) &amp; Dharana (focusing the mind)</td>
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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
Course materials are available on JetNet and assignments are to be uploaded there.

Instructional Materials and Costs to Students
Written course materials are given as handouts.
Yoga mat: $10 and up
Course Fee: $26.00

Skills and abilities students should bring to the course

<table>
<thead>
<tr>
<th>Able to read</th>
<th>a limited amount of material</th>
<th>Able to compute</th>
<th>basic, pre-algebraic problems</th>
</tr>
</thead>
<tbody>
<tr>
<td>x</td>
<td>an average amount of material</td>
<td></td>
<td>simple algebraic problems</td>
</tr>
<tr>
<td>x</td>
<td>an above average amount of material</td>
<td></td>
<td>higher order mathematical problems</td>
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<tr>
<td>x</td>
<td>relatively easy material</td>
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<tr>
<td>x</td>
<td>moderately difficult material</td>
<td></td>
<td>short compositions</td>
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<tr>
<td>x</td>
<td>technical or sophisticated material</td>
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<td>medium length compositions</td>
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The course is usually scheduled: This is a new course. We hope it will be offered in at least Fall and Winter semesters.
Day: [x] Fall [x] Winter [] Spring
Evening: [] Fall [] Winter [] Spring

Prepared by Payge Hodapp Date 022212
Approved by Dept. Date
Approved by Dean Date
Approved by Curr. Comm. Date

(Last names, please) Form Revised 1/21/01