

## JCC OFFICIAL COURSE OUTLINE: HPF 143 Yoga for Wellbeing

### 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 1<sup>st</sup> 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

Topic 1: Syllabus overview & Yama – the Don'ts of Yoga	Topic 5: Dhyana (meditation)
Topic 2: Niyama – the Dos of Yoga	Topic 6: Samadhi (union/bliss)
Topic 3: Asana (postures) & Pranayama (breath work)	Topic 7: Asana demonstrations and course review
Topic 4: Pratyahara (awareness of the mind) & Dharana (focusing the mind)	

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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

Able to read		a limited amount of material	Able to compute		basic, pre-algebraic problems
	x	an average amount of material			simple algebraic problems
		an above average amount of material			higher order mathematical problems
Able to read		relatively easy material	Able to write	x	short compositions
	x	moderately difficult material			medium length compositions
		technical or sophisticated material			lengthy compositions
Able to use	x	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 in at least Fall and Winter semesters.

**Day:** ☒ Fall ☒ 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)

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