

COURSE OUTLINE

Yoga I

Course Description

PE 111. Yoga I. 1 credit hour. This course will enable the student to participate in moderate yoga exercise routines for body and mind fitness. The student will learn to perform poses or “asanas” that will strengthen and tone the body as well as increase flexibility and improve posture. Because of its attention to complete breathing, yoga relieves tension and stress.

Course Relevance

Yoga activity courses in physical education provide the student with the opportunity to actively participate and apply an awareness of the importance of developing a lifelong plan of health-enhancing behaviors that generate fitness and physical well-being.

Required Materials

Yoga mat, yoga block, and yoga strap

Learning Outcomes

The intention is for the student to be able to

1. Demonstrate techniques for performing yoga exercises
2. Demonstrate techniques for stretching and toning

Primary Learning PACT Skills that will be DEVELOPED and/or documented in this course

Through the student’s involvement in this course, he/she will develop his/her ability in the following primary PACT skill areas:

1. Health Management
 - The student will apply a physically active lifestyle that helps establish the foundation of the practical principles necessary for a lifetime of successful health management through yoga techniques such as proper breathing and form.

Secondary skills (developed but not documented):

Self-Concept
Time Management

Major Summative Assessment Task(s)

These learning outcomes and the primary Learning PACT skills will be demonstrated by

1. Demonstration of moderate yoga poses and skills by the student cueing and performing specific yoga poses and breathing techniques.

Course Content

- I. Themes – Key recurring concepts that run throughout this course:
 - A. Health benefits of fitness lifestyle involving yoga activities
 - B. Proper form and techniques for moderate yoga exercise routines
- II. Issues – Key areas of conflict that must be understood in order to achieve the intended outcome:
 - A. Applying the intrinsic motivation to maintain a lifestyle of physical activity
- III. Concepts – Key concepts that must be understood to address the issues:
 - A. Identifying the physiological advantages to regular yoga exercises
 - B. Explaining how yoga aids with injury recovery, sports performance, good posture and optimal health
- IV. Skills/Competencies – Actions that are essential to achieve the course outcomes:
 - A. Yoga poses performed on cue
 - B. Proper techniques for stretching, warm up, and cool down
 - C. Proper use of blocks and bands

Learning Units

- I. Demonstrate techniques for performing floor work routines
 - A. Performing yoga routines on cue
 - B. Proper techniques for stretching, warm up, and cool down
 - C. Proper use of bands and blocks
- II. Explain concepts relative to the subject of yoga
 - A. Explain how yoga strengthens and tones the body
 - B. Explain how yoga increases flexibility, improves posture and encourages correct alignment
 - C. Explain how developing proper yoga breathing quiets the busyness of the mind, bringing improved clarity and focus of the mind

Learning Activities

Independent and collaborative learning activities will be assigned to assist the student in achieving the intended learning outcomes. Examples of activities which contribute to the learning process include: instructor lectures, audio-visual aids, group discussion, guest speakers, and drills/skill practice.

Grade Determination

Grade determinates may include the following: assessment task, attendance, daily activity class participation, skill demonstration, and other methods of evaluation employed at the discretion individually or in combination by all instructors.