

Coffeyville Community College

HPER-140

COURSE SYLLABUS

FOR

INDIVIDUAL ACTIVITY: YOGA

Nancy Burrows

Instructor

COURSE NUMBER: HPER-140 **COURSE TITLE:** Individual Activity:
Yoga

CREDIT HOURS: 1

INSTRUCTOR: Nancy Burrows

PHONE:

PREREQUISITE(S): None

**REQUIRED TEXT
AND MATERIALS:** No text is required.
Yoga mat
Yoga strap
Towel
Two Yoga Blocks

The student should wear comfortable clothing that will allow for freedom of movement and heat dispersal.

**COURSE
DESCRIPTION:** This course is designed to meet the interest of students who desire to participate in and develop increased health, body awareness, and balance.

This course will introduce and develop strength and flexibility through the practice of Hatha Yoga. Students will learn basic poses with appropriate modifications, if needed. The benefits of incorporating Yoga practice into their life will be discussed.

**EXPECTED LEARNER
OUTCOMES:** Students will learn the importance of daily practice and the benefits of Yoga: Relaxation, Aids Digestion, Strengthens Spine, Improves Circulation, Reduces Stress and Tension, Fights the Effects of Aging, Increases Strength and Flexibility, and Sharpens Mental Concentration.

**ASSESSMENT OF
OUTCOMES:** Participation is required to achieve desired objectives.

**LEARNING TASKS
& ACTIVITIES:**

Readiness for Exercise

1. Discuss advantages and disadvantages of incorporating Yoga into lifestyle.
2. Evaluate readiness for exercise programs taking into consideration: self-control, attitude, health, and commitment.

Muscular Strength and Endurance

1. Discuss improvement of muscle tone and strength.
2. Discuss benefits of Yoga, including increased muscle stamina, more efficient use of oxygen, and reduced likelihood of athletic injury, increased balance, mobility and flexibility.

GRADING:

Requirements and final evaluation: A Student's final grade will be based on the following (100%):

1. Attendance (50%)
2. Participation (50%)

ATTENDANCE:

Attendance and participation are required to achieve course objectives.

This syllabus is subject to revision with prior notification to the student by the instructor.

COMPETENCIES:

LEARN BASIC YOGA

1. Learn appropriate breathing techniques to achieve the full benefit of the poses, including methods of relaxation and stress relief.
2. Learn to use props will help modify the poses to meet personal needs for proper form.
3. Learn to reduce the risk of injury, by never forcing and straining the muscles. To develop skills that will enable the student to continue on a Yoga program to enhance his/her physique, health, confidence, range of motion and self-esteem.

LEARN THE STRETCHING AND STRENGTHENING TECHNIQUES.

1. Know the names of the muscles as we stretch and use them – examples: Hamstrings, Quadriceps, Biceps, etc.
2. Know how the muscles correspond and aid in alignment of the body – examples: Strengthening the abdominal muscles will aid in proper pelvic alignment and stretching the hamstring will aid in better extension in the legs.
3. Learn how the body will become stronger and benefit from the techniques – examples: better balance and better alignment.

LEARN THE HATHA YOGA VOCABULARY

1. Know Hatha Yoga began in India
2. Learn the names of at least 16 poses and health benefits – examples: Child’s Pose (Develops hip, knee and ankle flexibility. Calms and center for practice), Mountain Pose (Teaches correct posture), Triangle Pose (Tones the thighs, calf muscles and hamstrings. Strengthen the spine and muscles of the back), etc.
3. Recognize the pose and know the Hatha names when the instructor demonstrates Asanas – examples: Mountain Pose, Standing Forward Bend, Downward Dog and Upward Dog, etc.

LEARN ASANAS TO MUSIC

1. Develop a sense of music appreciation for piano and Indian music and the health benefits of listening to it.
2. Incorporate the poses to form an Asanas.
3. Learn the history of Hatha Yoga and some great Yoga Choreographers – examples: Patricia Walden, Rodney Yee, and B.K.S. Iyengar, etc.