

Prepared by: A. Clark  
Reviewed by: K. Bandy  
Reviewed by: M. Rossi  
Date Prepared: Fall 2023  
Textbook Update: Spring 2025  
C & GE approved: January 5, 2024  
Board approved:

Physical Education (PHED) 1602 Beginning Yoga (1 Unit) CSU

Hours and Unit Calculations:

48 lab hours (48 total Student Learning Hours) 1 unit

Prerequisite: None

Catalog Description: This course will introduce students to the fundamentals of yoga. Students will practice various poses (asanas) to develop balance, flexibility, and strength. Students will explore controlled breathing techniques to increase focus and concentration. Yoga will enable students to challenge both their body and mind.

Type of Class/Course: Degree Applicable

Suggested text:

Miller, Noah. *Yoga for Beginners: 100 Yoga Poses to Calm the Mind, Relieve Stress, Strengthen the Body and Increase Flexibility*. 1st ed. CreateSpace Independent Publishing, 2018.

Shaw, Beth Beth Shaw's *Yogafit*, 3rd ed., Human Kinetics, 2016.

Course Objectives:

By the end of the course, a successful student will be able to:

1. Analyze the five principles of yoga.
2. Demonstrate various postures (asanas).
3. Contrast various postures(asanas).
4. Differentiate the following terms: flexion, extension, hyperextension, abduction, adduction, rotation, and circumduction.
5. Improve sensory, integrative, and motor functioning of the nervous system.
6. Develop balance, flexibility, coordination, and strength.
7. Differentiate between the upper and lower body muscles and muscle groups.
8. Improve circulation and oxygen flow throughout the body.
9. Demonstrate control over breathing (pranayama) increasing focus and concentration.
10. Develop a positive mental state

Course Scope and Content: Laboratory

Unit I Introduction to Yoga

- A. Guidelines for practicing yoga
- B. Applicable modifications of yoga poses based on individual needs
- C. Difference between static stretching and dynamic stretching
- D. Relaxation techniques for all aspects of life

E. Breath-awareness and its benefit in yoga

Unit II Principles of Yoga

- A. Proper Relaxation
- B. Proper Exercise
- C. Proper Breathing
- D. Proper Diet
- E. Positive Thinking & Meditation

Unit III Muscular Development and Strength

- A. Standing poses - development of lower body strength
- B. Floor poses - development of upper body strength

Unit IV Flexibility

- A. Primary muscles
- B. Flexibility and strength building

Unit V Asanas (poses)

- A. Warm-up
- B. Standing
- C. Seated
- D. Twisting
- E. Supine & Prone
- F. Backbends
- G. Inverted & Balancing
- H. Finishing
- I. Salutations

Methods of Instruction

- 1. Activity and practice of yoga techniques
- 2. Critique, Instructor and self-observation
- 3. Group Discussion
- 4. Individualized Instruction
- 5. Lecture
- 6. Mediated Learning, instructional verbal cues
- 7. Observation and Demonstration

Methods of Evaluation

- 1. Class Participation and performance
- 2. In Class Assessments through observation
- 3. Projects
- 4. Quizzes
- 5. Assignments

Supplemental Data:

T.O.P. Code:	0835.00- Physical Education
--------------	-----------------------------

Sam Priority Code:	E- Non- Occupational
Funding Agency:	Y- Not Applicable (funds not used)
Distance Learning:	Not Applicable
Program Status:	Program Applicable
Noncredit Category:	Y- Credit Course
Special Class Status:	N: Course is not a special class
Basic Skills Status:	N: Course is not a basic skills course
Prior to College Level:	Y: Not Applicable
Cooperative Work Experience:	N: Is not a part of a cooperative work experience education program
Eligible for Credit by Exam:	No
Eligible for Pass/No Pass:	Yes
Discipline:	Physical Education or Kinesiology or Health Education