



COURSE OUTLINE

DIVISION: Health Professions

COURSE: ALH 1030 - Yoga

Date: Fall 2018

Credit Hours: 2

Prerequisite(s): None

Delivery Method: **Lecture** **1 Contact Hours (1 contact = 1 credit hour)**
 Seminar **0 Contact Hours (1 contact = 1 credit hour)**
 Lab **1 Contact Hours (2-3 contact = 1 credit hour)**
 Clinical **0 Contact Hours (3 contact = 1 credit hour)**
 Online
 Blended

Offered: **Fall** **Spring** **Summer**

IAI Equivalent –**Only for Transfer Courses**-go to <http://www.itransfer.org>:

CATALOG DESCRIPTION: This introductory course contextualizes yoga as it is popularly understood in the West within the broader framework of its traditional origins. The class begins with fundamental exercises and adds new postures and exercises throughout the course which are designed to balance mind, body, and spirit. Through these in-class exercises, students are introduced in a gentle way to spending time on a regular basis in the experiential domain of the mind-body-spirit interface with the goal of enhancing proactive participation in cultivating one’s own health and wellbeing. The wellness benefits of yoga are explored from the mind-body perspective with emphasis on stress reduction and its relationship to wellbeing as understood from a holistic perspective. Psychology of yoga is also discussed, as are foundational moral and ethical principles which contribute to a balanced, stable, and vital lifestyle which is conducive to health and wellness. By the end of the course, students will be well introduced to yoga and in a position to continue practice on their own or prepared to take classes and participate in workshops in any venue with a good sense of their own capacities and limitations and with sufficient knowledge to evaluate suitability of classes for them.

GENERAL EDUCATION GOALS ADDRESSED

[See last page for Course Competency/Assessment Methods Matrix.]

Upon completion of the course, the student will be able:

[Choose up to three goals that will be formally assessed in this course.]

- To apply analytical and problem solving skills to personal, social, and professional issues and situations.
- To communicate successfully, both orally and in writing, to a variety of audiences.
- X To construct a critical awareness of and appreciate diversity.
- To understand and use technology effectively and to understand its impact on the individual and society.
- To develop interpersonal capacity.
- X To recognize what it means to act ethically and responsibly as an individual and as a member of society.
- X To recognize what it means to develop and maintain a healthy lifestyle in terms of mind, body, and spirit.
- To connect learning to life.

EXPECTED LEARNING OUTCOMES AND RELATED COMPETENCIES:

[Outcomes related to course specific goals. See last page for more information.]

Upon completion of the course, the student will be able to:

1. Students will be able to demonstrate knowledge of the traditional origins of yoga.
 - 1.1 Give the meaning of yoga
 - 1.2 Identify the position of Patanjali in the history of yoga
 - 1.3 Place the practicing of yoga postures within the context of yoga systems
 - 1.4 List and define three different types of yoga
2. Students will be able to demonstrate knowledge of the reasons why yoga and other similar practices are beneficial.
 - 2.1 Discuss yoga using the following terminology:
Stress, fight-or flight-response, relaxation response, proper breathing, meditation, cognitive appraisal (perceived meaning of situations), conditioning, letting go, acceptance
 - 2.2 Discuss thoracic, abdominal, and diaphragmatic breathing as they relate to corresponding psychoemotional states, and demonstrate each type of breathing
 - 2.3 Students will be able to discuss the significance of lifestyle and moral-ethical principles to the holistic picture of health and well being
 - 2.4 Students will be able to define Yama and Niyama give examples of each
3. Students will be able to demonstrate knowledge of yogic practices
 - 3.1 Do joints and glands exercises
 - 3.2 Do selected asanas (postures)
 - 3.3 Demonstrate three patterns of Pranayama
 - 3.4 List the typical parts of a relaxation exercise

- 3.5 Give the defining characteristics of meditation
- 3.6 Name and define four types of meditation
- 4. Students will be able to demonstrate knowledge of applicability to the practices and philosophy of yoga to everyday life
 - 4.1 Students will be able to discuss the use of yoga toward making a more proactive role in one's own health and well being

MAPPING LEARNING OUTCOMES TO GENERAL EDUCATION GOALS

[For each of the goals selected above, indicate which outcomes align with the goal.]

Goals	Outcomes
First Goal	
Construct critical awareness of and appreciate diversity	1. Students will be able to demonstrate knowledge of the traditional origins of yoga.
Second Goal	
To recognize what it means to act ethically and responsibly as an individual and as a member of society	1. Students will be able to demonstrate knowledge of the reasons why yoga and other similar practices are beneficial. 3. Students will be able to demonstrate knowledge of basic yoga practices. 4. Students will be able to demonstrate knowledge of the applicability of the philosophy and practices of yoga to everyday life.
Third Goal	
To recognize what it means to develop and maintain a healthy lifestyle in terms of mind, body, and spirit.	1. Students will be able to demonstrate knowledge of the traditional origins of yoga. 2. Students will be able to demonstrate knowledge of the reasons why yoga and other similar practices are beneficial. 4. Students will be able to demonstrate a knowledge of applicability to the practices and philosophy of yoga to everyday life.

COURSE TOPICS AND CONTENT REQUIREMENTS:

INSTRUCTIONAL METHODS:

Lecture
Demonstrations
Experiential Exercises
Handouts
Slides
Videos
Discussion
Exams

INSTRUCTIONAL MATERIALS:

Yoga mats
Blocks
Straps
Blankets
Handouts
Slides
Videos

STUDENT REQUIREMENTS AND METHODS OF EVALUATION:

1. Written exams
2. Reflective journal
3. Observation of competency at performing yoga postures
4. Class participation, attentiveness, preparedness
5. Grading scale (on the basis of total course points):

A = 90 - 100%
B = 80 - 89%
C = 70 - 79%
D = 60 - 69%
F = 59% or lower

Course Competency/Assessment Methods Matrix

(Dept/# Course Name)	Assessment Options																																		
<p>For each competency/outcome place an "X" below the method of assessment to be used.</p>	Assessment of Student Learning	Article Review	Case Studies	Group Projects	Lab Work	Oral Presentations	Pre-Post Tests	Quizzes	Written Exams	Artifact Self Reflection of Growth	Capstone Projects	Comprehensive Written Exit Exam	Course Embedded Questions	Multi-Media Projects	Observation	Writing Samples	Portfolio Evaluation	Real World Projects	Reflective Journals	Applied Application (skills) Test	Oral Exit Interviews	Accreditation Reviews/Reports	Advisory Council Feedback	Employer Surveys	Graduate Surveys	Internship/Practicum /Site Supervisor Evaluation	Licensing Exam	In Class Feedback	Simulation	Interview	Written Report	Assignment			
<p>Assessment Measures – Are direct or indirect as indicated. List competencies/outcomes below.</p>	Direct/ Indirect	D	D	D	D	D	D	D	D	D	D	D	D	D	D	D	D	D	D	I	I	I	I	D	D										
<p>Students will be able to demonstrate knowledge of traditional origins of yoga.</p>									X																										
<p>Students will be able to demonstrate knowledge of the reasons why yoga and other similar practices are beneficial.</p>									X										X																
<p>Students will be able to demonstrate knowledge of yogic practices.</p>				X					X					X					X																
<p>Students will be able to demonstrate knowledge of applicability to the practices and philosophy of yoga to everyday life</p>									X										X																

