

## Crafton Hills College Course Outline

1. **Discipline:** Physical Education
2. **Department:** Health and Physical Education
3. **Course Title:** Yoga
4. **Course ID:** PE/I 168X4
5. **Prerequisite(s):** None  
**Corequisite(s):** None  
**Departmental Recommendation(s):** None
6. **Semester Units:** .5 – 1
7. **Minimum Semester Hours:**  
Lecture: 0                      Lab: 24-48                      Clinic: 0                      Field: 0
8. **Need for the Course:**  

Yoga is representative of the variety of course offerings necessary to maintain a comprehensive physical education program. This course is associate degree applicable fulfills a general education requirement for the associate degree and transfers to CSU and UC.
9. **Goals for the Course:**
  - A. To encourage students to engage in some form of physical exercise irrespective of their age and level of fitness.
  - B. To teach the basic principles of yoga for the purpose of improving interaction between mind and body
  - C. To assist students in acquiring the physical skills (Asanas) necessary to perform basic yoga postures.
  - D. To develop the physical aspects of yoga, in gradual increments throughout the semester, so improved fitness (static strength) is achieved.
  - E. To assist students in mastering breathing techniques (Pranayama).
  - F. To enhance skills designed for relaxation of the mind and body
10. **Catalog Description:**  

Yoga training suitable for individuals of all ages and fitness levels. Basic principles of yoga with an emphasis on the practice and mastery of yoga postures. Development of relaxation interconnection between mind and body, and static strength.
11. **Schedule Description:**  

Yoga training suitable for individuals of all ages and fitness levels. Basic principles of yoga with an emphasis on the practice and mastery of yoga postures.

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Board Approved: 1/13/05

Semester Effective: Fall 2005

12. **Entrance Skills:**

- A. **Requisite Skills:** None
- B. **Recommended Skills:** None

13. **Course Objectives:**

**Upon satisfactory completion of the course, students will be able to:**

- A. Identify and critique a variety of yoga postures
- B. Perform correct posture technique
- C. Delineate yoga styles
- D. Improve static strength
- E. Incorporate yoga into a training regime
- F. Locate and define the function of Chakras as body centers
- G. Explain the foundation of breathing and its effects on physical and emotional health
- H. Perform correct breathing technique (Pranayama)
- I. Develop a yoga vocabulary
- J. Identify and perform the sun and moon salutations

14. **Representative Texts and Instructional Materials:**

Coulter, David. (2001). *Anatomy of Hatha Yoga*. Indianapolis: Cardinal Publishers Group.  
Devanada, Vishnu Swami. (1995). *The Complete Illustrated Book of Yoga*. Three Rivers: Three Rivers Press.  
Iyengar, B.K.S. (1995). *The Bible of Modern Yoga*. New York: Schocken Press.

15. **Course Content:**

- A. Introduction to different styles of yoga
- B. History of yoga in the United States
- C. Yoga vocabulary and recognition of Sanskrit language
- D. Warm-up leading to stretching exercises
- E. Stretching exercises
- F. Special conditioning with yoga
- G. Techniques for releasing muscular tension
- H. Asanas (physical aspect of yoga)
- I. Technique for correct yoga breathing (Pranayama)
- J. Nutrition and yoga
- K. Techniques for attaining a meditative state
- L. Chakras and their function in the human body
- M. Development of the spiritual energy (Kundalini) that leads to growth and enlightenment
- N. Yoga as a lifetime activity
- O. Web sites for yoga and meditation

16. **Methods of Instruction:**

- A. Lecture/discussion
- B. Demonstration
- C. Skill practice
- D. Videos and other visual material
- E. Performance critique

17. **Assignments and Methods of Evaluation:**

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- A. Active participation and performance of yoga exercises: 60-75%
- B. Critique of skill performance: 15-25%
- C. Written exams: 10-15%

18. **Distributed Education Methods of Instruction:** None