

*Lecture Contact Hours: 16-18; Outside-of-Class Hours: 32-36;
Laboratory Contact Hours: 32-36; Outside-of-Class Hours: 0;
Total Student Learning Hours: 80-90*

CUYAMACA COLLEGE
COURSE OUTLINE OF RECORD

Exercise Science 028A – Beginning Yoga

1 hour lecture, 1 unit
2 hours laboratory, .5 unit
Total units: 1.5 units

Catalog Description

This course is designed to help students increase flexibility and balance as well as practice relaxation and stress reduction through beginning Yoga techniques. The course will focus on safe, effective stretching, balance, stability of supporting muscle groups and breathing techniques. Discussion regarding the history and traditions of Yoga as well as stress reduction will take place. Students will also learn the fundamental principles of physical fitness and their impact on life-long wellness.

Prerequisite

None

Course Content

A structured discussion/lab format to include:

- 1) Lecture/discussion on basic body structure including balance and flexibility.
- 2) Floor and standing exercises to improve flexibility, balance, and strength at a beginning level.
- 3) Pre- and Post-testing of flexibility, muscular strength, and muscular endurance.
- 4) Basic movement and breathing techniques for relaxation and stress reduction.
- 5) Individual work to improve flexibility and range of motion.
- 6) Lectures on the history and traditions of yoga.

Course Objectives

Students will be able to:

- 1) Implement beginning Yoga techniques relative to safe and effective flexibility improvement.
- 2) Practice to improve flexibility, balance, stability of muscle groups, and breathing techniques.
- 3) Demonstrate knowledge of the history and traditions of Yoga.
- 4) Identify, define and execute basic yoga poses.
- 5) Demonstrate knowledge of the principles of physical fitness as well as health life-style choices and evaluate their impact on an individual's health and well-being.

Method of Evaluation

- 1) Observation of daily performance and participation
- 2) Periodic tests of specific range of motion tasks and measurements with designated exercises
- 3) Quizzes and exams based on lectures and readings
- 4) Beginning level skills test

Special Materials Required of Student

- 1) Yoga mat (recommended)
- 2) Yoga block (recommended)
- 3) Stretching/flexibility strap (recommended)
- 4) Internet access

Minimum Instructional Facilities

Large exercise room with a suspended hardwood floor.
Mixed audio media equipment.

Method of Instruction

- 1) Lecture/discussion.
- 2) Demonstration.
- 3) Individual practice and participation.

Out-of-Class Assignments

- 1) **Reading:** review course materials, and other multimedia.
- 2) **Writing:** fitness log, and more.
- 3) **Other:** students are encouraged to practice yoga techniques outside of class an additional hour per week.

Texts and References

- 1) Required (representative example): McGonigle, A., & Huy, M. *The Physiology of Yoga*. Human Kinetics, 2022.
- 2) Supplemental: None

Exit Skills

Students having successfully completed this course exit with the following skills, competencies and/or knowledge:

- 1) Demonstrate proper yoga poses at a beginning level
- 2) Demonstrate proper breathing techniques at a beginning level

Student Learning Outcomes

Upon successful completion of this course, students will be able to:

- 1) Demonstrate beginning-level yoga postures and breathing techniques with proper alignment and safety.
- 2) Apply basic yoga practices to support balance, relaxation, and stress reduction.