1. **COURSE TITLE\*: Yoga**
2. **CATALOG – PREFIX/COURSE NUMBER/COURSE SECTION\*: HPER 2217**
3. **PREREQUISITE(S)\*: None COREQUISITE(S)\*: None**
4. **COURSE TIME/LOCATION: (*Course Syllabus – Individual Instructor Specific*)**
5. **CREDIT HOURS\*: 1 LECTURE HOURS\*:**

 **LABORATORY HOURS\*: (2 contact hours) OBSERVATION HOURS\*:**

1. **FACULTY CONTACT INFORMATION: *(Course Syllabus – Individual Instructor Specific)***
2. **COURSE DESCRIPTION\*:** An introduction to the nature and principles of yoga. Students will gain knowledge of the benefits of yoga performing and equipment needed while participating in a yoga program. Course focuses on developing postural alignment in order for students to gain improved strength, endurance, flexibility, balance, and stress reduction.
3. **LEARNING OUTCOMES\*:**
4. **Learn and practice current breathing techniques in yoga**
5. **Demonstrate proficiency in basic yoga poses**
6. **Understand the connection between yoga and stress management**
7. **Participate in a set schedule of yoga exercises each week during the term**
8. **Build a conscious awareness of breath, body position, and mental activity**
9. **Learn to maximize relaxation while sustaining yoga poses**
10. **ADOPTED TEXT(S)\*:****No text is required for this course.**

**9a: SUPPLEMENTAL TEXTS APPROVED BY FULL TIME DEPARTMENTAL FACULTY (INSTRUCTOR MUST NOTIFY THE BOOKSTORE BEFORE THE TEXTBOOK ORDERING DEADLINE DATE PRIOR TO ADOPTION) \*\*\*.**

1. **OTHER REQUIRED MATERIALS: (SEE APPENDIX C FOR TECHNOLOGY REQUEST FORM.)\*\***

**Students will need to have a padded mat for yoga exercises. The instructor will inform students about the size and thickness needed for the course. Some instructors will provide the mat. Students should also dress for exercise: shorts and tee shirt or sweats.**

1. **GRADING SCALE\*\*\*:**

Grading will follow the policy in the catalog. The scale is as follows:

A: 90 – 100

 B: 80 – 89

 C: 70 – 79

 D: 60 – 69

 F: 0 – 59

1. **GRADING PROCEDURES OR ASSESSMENTS: (*Sample)***

|  |  |  |
| --- | --- | --- |
| *Category* | *Total Points* | *% of Grade* |
| Participation in a Yoga Program | 600 | 60% |
| Tests and Quizzes | 200 | 20% |
| Student Journal | 200 | 20% |
| Total | 1000 |  100% |
|  |  |  |
|  |  |  |
|  |  |  |

1. **COURSE METHODOLOGY: *(Sample)***

**Lecture**

**Demonstration**

**Tests and quizzes**

**Group participation in yoga routines**

**Individual participation in yoga exercise**

**Student journal during the term**

1. **COURSE OUTLINE: *(Below is an example outline.)***
* **Week One - Introduction to Yoga's Yoga and Warm Up and Cool Down *(LOs 1, 2, and 3)***
* **Week Two – More on Warm Up and Cool Down and Meditation with Yoga *(LOs 1, 2, and 3)***
* **Weeks Three through Fifteen - Basic Yoga Poses and Routines: The poses will be introduced at the instructor’s discretion*. (LOs 1, 2, 3, 4, 5, and 6)***

**Relaxation Poses**

**Seated Postures**

**Neck Stretches**

**Breathing**

**Butterfly Posture**

**Sun Salutations**

**Leg Lifts**

**Shoulder-stand**

**Plough**

**Back Lying postures**

 **Knees to Chest/rocking**

 **Single Knee to Chest**

 **Hip Lifts**

**Seated Head to Knee**

**Face Down Positions**

**Cobra**

**Leg Lifts**

**Bow**

**Cat Stretch**

**Child’s Pose**

**Seated Spinal Twists**

**Standing Positions**

**Forward Stretch**

**Twists**

**Single Leg Balancing**

**(The following topics should also be covered during the term)**

* **Improving Strength through Yoga (Week Five) *LO 2***
* **Improving Endurance with Yoga (Week Seven) *LO2***
* **Improving Balance through Yoga (Week Nine) *LO 5***
* **Improving Flexibility with Yoga (Week Eleven) *LO 5***
* **Yoga as a Way to Reduce Stress (Week Thirteen) *LO 3***
* **Exploring Different Types of Yoga (Week Fifteen) *LO 2***
1. **SPECIFIC MANAGEMENT REQUIREMENTS\*\*\*:**

**None**

**16. FERPA:\***

Students need to understand that your work may be seen by others. Others may see your work when being distributed, during group project work, or if it is chosen for demonstration purposes. Students also need to know that there is a strong possibility that your work may be submitted to other entities for the purpose of plagiarism checks.

**17. DISABILITIES:\***

Students with disabilities may contact the Disability Services Office, Central Campus, at 800-628-7722 or 937-393-3431.

**18. OTHER INFORMATION\*\*\*:**

**SYLLABUS TEMPLATE KEY**

**\*** Item cannot be altered from that which is included in the master syllabus approved by the Curriculum Committee.

**\*\*** Any alteration or addition must be approved by the Curriculum Committee

**\*\*\*** Item should begin with language as approved in the master syllabus but may be added to at the discretion of the faculty member.