

MINNESOTA WEST COMMUNITY & TECHNICAL COLLEGE

COURSE OUTLINE

DEPT. PHED

COURSE NUMBER: 1126

NUMBER OF CREDITS: 1

Lecture: 0 Lab: 1 OJT: 0

Course Title:

Beginning Yoga

Catalog Description:

Beginning Yoga teaches methods and techniques of hatha yoga with an emphasis on the vinyasa style. Promotes the fitness and health benefits of mind-body awareness.

Prerequisites or Necessary Entry Skills/Knowledge:

None

FULFILLS MN TRANSFER CURRICULUM AREA(S) (*Leave blank if not applicable*)

- Goal 1: Communication: By meeting the following competencies:
- Goal 2: Critical Thinking: By meeting the following competencies:
- Goal 3: Natural Sciences: By meeting the following competencies:
- Goal 4: Mathematics/Logical Reasoning: By meeting the following competencies:
- Goal 5: History and the Social and Behavioral Sciences: By meeting the following competencies:
- Goal 6: The Humanities and Fine Arts: By meeting the following competencies:
- Goal 7: Human Diversity: By meeting the following competencies:
- Goal 8: Global Perspective: By meeting the following competencies:
- Goal 9: Ethical and Civic Responsibility: By meeting the following competencies:
- Goal 10: People and the Environment: By meeting the following competencies:

Topics to be Covered

Physical Postures

Sun Salutation

Breathing Techniques

Meditation

Mantra/Chants

Student Learning Outcomes

Perform a variety of yoga postures.

Recognize and identify postures in a Sun Salutation.

Regulate breathing as a form of meditation.

Is this course part of a transfer pathway: Yes No

***If yes, please list the competencies below**

Revised Date: 1/31/2020