

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 <input type="checkbox"/> No <input checked="" type="checkbox"/>

*If yes, please list the competencies below

Revised Date: 1/31/2020