MINNESOTA WEST COMMUNITY & TECHNICAL COLLEGE
COURSE OUTLINE

Faculty members are required to have the outline submitted to the Academic Affairs Office. The course outline is the form used for approval of new courses by the Academic Affairs and Standards Council.

DEPT. PHED COURSE NUMBER: 1126

NUMBER OF CREDITS: 1 Lecture: Lab: 1

Course Title:
Beginning Yoga

Catalog Description:
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

Topics to be Covered (General)
- 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 1/31/2020