



**PEC136 - Yoga**

Document Type: Master Course Outline

Proposal Type: Revision

Requester(s): Bethanie Sand

College: Central

Origination Approved: 05/30/2016 - 10:04 PM

**BASIC INFORMATION**

**Requester(s):** Bethanie Sand

**College:** Seattle Central College

**Division/Dept:** Allied Health

**Dean:** David A Gourd

**Peer Reviewer(s):** Jillian Boyd  
David A Gourd

**COURSE INFORMATION**

**Proposed Course Number:**

Prefix: **PEC**                      Number: **136**

Request a new Prefix

This will be a common course

**Full Title:** Yoga

**Abbreviated Title:** Yoga

**Catalog Course Description:**

Covers Yoga postures, breathing and meditation practices for physical and mental health. The history, philosophy, benefits and holistic nature of Yoga will be explored as well as the development of a personal practice. All fitness levels are welcome and all poses can be modified to accommodate physical limitations.

**Course Length:** 11 Weeks

Request an Exception

**Topical Outline:**

- History and Background of Yoga
- Overview of Yoga Asanas (Postures)
  - backbends
  - forward bends
  - twists

-standing poses

-balancing poses

-inversions

- Pranayama – Yoga breathing practices
- Meditation – Different styles and foundations
- Yoga Philosophy – e. g. 8 limbs of Yoga, chakras, nadis
- Anatomy relevant to Yoga
- Modify yoga postures to accommodate fitness level, health conditions, or physical limitations
- Personal Practice Guidelines

**COURSE CODING**

**Funding Source:** 1.....State

**Institutional Intent:** 11.....Academic Transfer

Select the Distribution Area of the AA Degree that this course will satisfy, if applicable:

(No Distribution Areas Selected)

**Will this course transfer to a 4-year university?**

**Yes**

Please Describe:

Fulfills 2 of the 3 Physical Education credits students may transfer to a 4 year college

**Is this course designed for Limited English Proficiency?**

**No**

**Is this course designed for Academic Disadvantaged?**

**No**

**Does this course have a Workplace Training component?**

**No**

**CIP Code:** 31.0590

Request Specific CIP Code

**Credits:**

**Will this course be offered as Variable Credit?**

No

**No**

**List Course Contact Hours**

Lecture (11 Contact Hours : 1 Credit)	11
Lab (22 Contact Hours : 1 Credit)	22
Clinical Work (33 Contact Hours : 1 Credit)	0
Other (55 Contact Hours : 1 Credit)	0
Total Contact Hours	33
Total Credits	2

**This is to certify that the above criteria have all been met and all statements are accurate to the best of my knowledge.**

Faculty involved in originating this program:

Bethanie Sand  
Print Name

Bethanie Sand  
Signature

5/4/2016  
Date

Dean:

David A Gourd  
Print Name

David A Gourd  
Signature

5/20/2016  
Date

**Results of CSCC Origination Committee Findings**

**Participating Faculty Response and Remarks**

- Recommended for approval
- Not recommended for approval

Chairman, Curriculum & Instruction Committee:

Dan Loos  
Print Name

Dan Loos  
Signature

5/30/2016  
Date

Vice President for Instruction:

Wai-Fong Lee  
Print Name

Wai-Fong Lee  
Signature

5/30/2016  
Date