

## COURSE OUTLINE

Reviewed: Janet Kapp Date: February 2009

DEPARTMENT: Physical Education (PEC)

CURRICULUM: Physical Education

COURSE TITLE: Yoga II

COURSE NUMBER: PEC 137

TYPE OF COURSE: Academic Transfer

COURSE LENGTH: 1 quarter

CREDIT HOURS: 2

LECTURE HOURS: 11

LAB HOURS: 22

CLASS SIZE: Variable

PREREQUISITES: PEC 136 or permission of the instructor

COURSE DESCRIPTION: Covers postures or asanas, breathing, meditation exercises for physical and mental fitness. Presents yoga as a philosophy and an art form, introducing a number of poses with their purposes.

## STUDENT LEARNING OUTCOMES ADDRESSED:

1. Communication-Read and listen actively to communicate.
2. Human Relations - Use social interactive skills to work in groups effectively. Recognize the diversity of cultural influences and values.
3. Personal Responsibility - Be motivated and able to continue learning and adapt to change. Value one's own skills, abilities, ideas and art. Manage personal health and safety.

## GENERAL COURSE OBJECTIVES:

At the end of the course the student will:

1. Build on PEC 136 with stronger asana/postures and further discussion of yoga principles and philosophy.
2. Acquire factual knowledge about the philosophy and techniques of yoga.
3. Practice the components of a yoga practice-asana, pranayama, and meditations.

4. Understand and discuss dharma, artha, kama, and moksa in terms of life purposes and goals.
5. Engage in self study and conscious intention in terms of personal patterns and habits.
6. Demonstrate techniques for performing intermediate and advanced asana/postures
7. Understand and discuss the benefits of practicing yoga

TOPICAL OUTLINE:

- I. Discipline-Abhyasa and viragya. Personal practice and commitment to change
- II. Components of a yoga practice and why.
- III. The Four Aims of Life
- IV. Wisdom-Seven levels of wisdom
- V. Kriya Yoga-The yoga of action
- VI. Klesas-The obstacles
- VII. Change and how we react to it

APPROX. HOURS 33

PEC 137 Yoga II  
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Originated or Revised BY: Janet Kapp  
DATE: February 2009

| SLO #   | Included in Course Objective Number | SSCC Student Learning Outcomes  |
|---------|-------------------------------------|---|
| SLO 1.1 | 1,2,4,7                             | Communication - Read and listen actively  |
| SLO 1.2 |                                     | Communication - Speak and write effectively   |
| SLO 2.1 |                                     | Computation - Use mathematical operations   |
| SLO 2.2 |                                     | Computation - Apply quantitative skills   |
| SLO 2.3 |                                     | Computation - Identify, interpret, and utilize higher level mathematical and cognitive skills   |
| SLO 3.1 |                                     | Human Relations - Use social interactive skills to work in groups effectively   |
| SLO 3.2 | 1                                   | Human Relations - Recognize the diversity of cultural influences and values   |
| SLO 4.1 |                                     | Critical Thinking and Problem Solving -   |
| SLO 5.1 |                                     | Technology - Select and use appropriate technological tools   |
| SLO 6.1 | 5,6,7                               | Personal Responsibility - Be motivated and able to continue learning and adapt to change  |
| SLO 6.2 | 3                                   | Personal Responsibility - Value one's own skills, abilities, ideas and art  |
| SLO 6.3 |                                     | Personal Responsibility - Take pride in one's work  |
| SLO 6.4 | 5,6,,7                              | Personal Responsibility - Manage personal health and safety   |
| SLO 6.5 |                                     | Personal Responsibility - Be aware of civic and environmental issues  |
| SLO 7.1 |                                     | Information Literacy - Access and evaluate information  |
| SLO 7.2 |                                     | Information Literacy - Use information to achieve personal, academic, and career goals, as well as to participate in a democratic society |