

HPER 170 : Beginning Yoga

Credits: 2

Class Hours: 4 lecture/lab

Prerequisites: Qualified for ENG 100.

Description: This course will focus on the practice of hatha yoga. General philosophy, history, and benefits toward wellness will be included. The primary emphasis will be on the performance of postures and breathing exercises, along with emphasis on ethical principles, personal conduct, and meditation in order to improve overall wellness.

Semester Offered: Fall, Spring

Designation:

Diversification: Humanities — DH

Course Student Learning Outcomes (CSLOs):

1. Demonstrate a flow of yoga poses with a chosen literary selection.
2. Integrate the principles of yoga into daily lives.
3. Describe and discuss terminology, history, general philosophy, and benefits of hatha yoga.
4. Participate in personal yoga practice outside of class.
5. Demonstrate the correct form of yoga poses, and know both English and Sanskrit terms for the poses.