

# HPER 171 : Intermediate Yoga

**Credits:** 2

**Class Hours:** 4 lecture/lab

**Prerequisites:** "C" or higher in HPER 170.

**Recommended:** 1) Medical Clearance if you have not been regularly active. 2) Consistent and recurring participation in a Yoga practice.

**Description:** This course will focus on corrective work and improvement of basic poses, as well as intermediate poses, meditation, breathing, and relaxation techniques in Hatha Yoga with independent, group, and personalized training. Students will study yoga history, philosophy, and understand how to apply principles of yoga into a healthy lifestyle.

**Semester Offered:** Spring

**Course Student Learning Outcomes (CSLOs):**

1. Discuss terminology, history, philosophy, and benefits of Hatha Yoga, as well as principles of Ayurveda.
2. Demonstrate a flow of yoga poses with a chosen literary selection.
3. Demonstrate correct form and alignment in beginning and intermediate yoga poses.
4. Demonstrate the ability to integrate the principles of yoga into daily personal life.
5. Design and implement a personal yoga practice that increases flexibility, strength, endurance, and breath control.