

# Minnesota State University Moorhead

## PE 137: Yoga I

### A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: 1

Lab Hours/Week: 0

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course is designed to teach students the fundamentals of hatha yoga. Each class will cover different physical and philosophical aspects of yoga. This class requires daily active participation along with reading, course work, and discussion. No prior yoga experience necessary.

**B. COURSE EFFECTIVE DATES:** 08/25/2008 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Discuss and review knowledge of Yoga.
2. Discuss and view meditation practices.
3. Practice safe body mechanics.

### D. LEARNING OUTCOMES (General)

1. Demonstrate physical working knowledge of foundational yoga postures and their variations.
2. Understand and practice various forms of meditation and visualization.
3. Learn about breath work for relaxation and mind, body control.
4. Improve posture, balance, flexibility, stamina and strength.
5. Practice and learn about safe body mechanics during yoga postures.
6. Participate in discussions related to the book and worksheets.

### E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

### G. SPECIAL INFORMATION

None noted