

# Minnesota State University Moorhead

## PE 138: Yoga II

### A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: 1

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course is designed for students to further advance their yoga practice. Practical work will focus on advanced physical postures. Coursework will involve a more in-depth study of all aspects of yoga non-physical.

**B. COURSE EFFECTIVE DATES:** 08/25/2008 - 05/12/2017

### C. OUTLINE OF MAJOR CONTENT AREAS

None

### D. LEARNING OUTCOMES (General)

None

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

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

### G. SPECIAL INFORMATION

None noted