

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