

RARITAN VALLEY COMMUNITY COLLEGE ACADEMIC COURSE OUTLINE

FITN 143 Yoga

I. Basic Course Information

- A. Course Number and Title: FITN 143 Yoga
- B. New or Modified Course: Modified
- C. Date of Proposal: Semester: Fall Year: 2017
- D. Effective Term: Fall 2018**
- E. Sponsoring Department: Health Science Education
- F. Semester Credit Hours: 1
- G. Weekly Contact Hours: 2 Lecture: 0
 Laboratory: 2
 Out of class student work per week: 1
- H. Prerequisites/Co-requisites: None
- I. Laboratory Fees: None
- J. Name and Telephone Number or E-Mail Address of Department Chair and Divisional Dean at time of approval: time of approval:
 Dept. Chair: Beryl Stetson, Beryl.Stetson@raritanval.edu, 908 526-1200 x8208
 Dept. Dean: Terence Lynn, Terence.Lynn@raritanval.edu, 908 526-1200 x8512

II. Catalog Description

Prerequisites/Co-requisites: None

Students will be introduced to the history and practice of yoga, which includes physical postures (asana), and the formal practice of controlling breath (pranayama). Students will learn relaxation techniques incorporated in the yoga practice, and understand the psychological and physical benefits of the practice, which include stress reduction, relaxation, increased flexibility, muscle strength and tone.

III. Statement of Course Need.

- A. This course is designed to introduce the student to the history and practice of yoga. Students learn basic yoga postures and breathing techniques, their benefits, risks and modifications.
- B. The course is delivered in both practical application through demonstration of skills in class which includes the history and philosophy of the yoga practice.
- C. This course generally transfers as a fitness/exercise program elective.

IV. Place of Course in College Curriculum

- A. Free Elective
- B. This course serves as a program elective for the Associate Degree in Exercise Science and the Fitness Specialist Certificate of Completion as a Fitness & Wellness elective.
- C. To see course transferability: a) for New Jersey schools, go to the NJ Transfer website, www.njtransfer.org; b) for all other colleges and universities, go to the individual websites.

V. Outline of Course Content

- A. The History and Philosophy of Yoga
- B. Vocabulary of Yoga
- C. Yoga Poses (Asana)
- D. Breathing Techniques (Pranayama)
- E. Self-Assessment and Analysis
- F. Yoga and Stress Relief
- G. Brain Function and Relaxation Response
- H. Therapeutic effects of yoga
- I. Yoga for Special Conditions

VI. General Education and Course Learning Outcomes

A. General Education Learning Outcomes:

At the completion of the course, students will be able to:

1. communicate through presentation and/or essay, a specific knowledge of yoga anatomy and principles. (GE-NJ IL, 1)*
2. identify and critically evaluate information. (GE-NJ IL)*

*embedded critical thinking

B. Course Learning Outcomes:

At the completion of the course, students will be able to:

1. describe the history and general philosophy of Hatha Yoga.
2. demonstrate various breathing techniques to facilitate the relaxation response.
3. demonstrate and understanding of the vocabulary of Hatha Yoga.
4. communicate through practical demonstration or writing, at least three Pranayama techniques that facilitate the relaxation response.
5. demonstrate basic Hatha Yoga poses and modifications for individuals with physical limitations.
6. explain the physical and psychological effects of prolonged stress.
7. communicate, either written or verbally, the therapeutic effect of yoga

C. Assessment Instruments

1. demonstrations/presentations
2. essays
3. written & Practical Exams

VII. Grade Determinants

- A. essays
- B. projects
- C. tests
- D. presentations

Given the goals and outcomes described above, LIST the primary formats, modes, and methods for teaching and learning that may be used in the course:

- A. lecture/discussion
- B. small-group work
- C. student oral presentations
- D. practical demonstrations

VIII. Texts and Materials

- A. *Yoga for Body, Breath, and Mind*
Author: A.G. Mohan, 1993
Publisher: Shambhala Publications, Inc., Boston, MA

(Please Note: The course outline is intended only as a guide to course content and resources. Do not purchase textbooks based on this outline. The RVCC Bookstore is the sole resource for the most up-to-date information about textbooks.)

IX. Resources

- A. RVCC Dance Studio
- B. RVCC Library