

SEWARD COUNTY COMMUNITY COLLEGE COURSE SYLLABUS

I. TITLE OF COURSE: PE1201- Yoga

II. COURSE DESCRIPTION: 1 credit hours 0 credit hours of lecture and 1 credit hours of lab per week.

This is a user-friendly fitness style of yoga suitable for the general and athletic population. This class will demonstrate new ways to move, breathe, stretch, and feel. Traditional yoga postures will be linked with flowing fitness moves. Students will breathe better, move easier, and be more comfortable. For each unit of credit, a minimum of three hours per week with one of the hours for class and two hours for studying/preparation outside of class is expected.

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Pre-requisite: None

III. PROGRAM AND/OR DEPARTMENT MISSION STATEMENT:

The Seward County Community College physical education program will broaden the understanding of fitness for life by providing general education, appropriate technology, and professional development opportunities that promote a healthy lifestyle.

IV. TEXTBOOK AND MATERIALS:

Yoga Sticky mat

V. SCCC OUTCOMES

Students who successfully complete this course will demonstrate the ability to do the following SCCC Outcomes.

9: Exhibit workplace skills that include respect for others, teamwork competence, attendance/punctuality, decision making, conflict resolution, truthfulness/honesty, positive attitude, judgment, and responsibility

VI. COURSE OUTCOMES:

1. Students should have a working knowledge of the Sun Salutation and key yoga poses.
2. Students will learn about the many benefits of Yoga and how to use this versatile activity in their daily lives.
3. Students should have improved flexibility and enhanced body tone and definition.
4. Students will learn about stress reduction and total relaxation.
5. Students will learn about balance and harmonize mind, body and spirit.
6. Students should have improved lean muscle mass.
7. Students should have increased flexibility and range of motion.
8. Students should have sharpened mental focus and concentration skills.
9. Students will develop proper breathing techniques.
10. Students will have enhanced strength and muscular endurance
11. Students will learn balance and symmetry.

VII. COURSE OUTLINE:

1. Techniques of beginning yoga moves
2. Combined stretching and flexibility

3. Relaxation exercises

VIII. INSTRUCTIONAL METHODS:

1. Discussion
2. Demonstration

IX. INSTRUCTIONAL AND RESOURCE MATERIALS:

1. Music
2. Handouts

X. METHODS OF ASSESSMENT:

Methods of assessing the general course outcomes and the specific course competencies include attendance, work ethic, and demonstrating the proper techniques.
SCCC Outcome #9 will be assessed and measured by class participation and attendance.

XI. ADA STATEMENT:

Under the Americans with Disabilities Act, Seward County Community College will make reasonable accommodations for students with documented disabilities. If you need support or assistance because of a disability, you may be eligible for academic accommodations. Students should identify themselves to the Dean of Students at 620-417-1106 or going to the Student Success Center in the Hobbie Academic building, room 149 A.

Syllabus Reviewed: 12/03/2018 15:25:08