

LAST REVIEW: 2010-2011

(i.e. 2006-2007)

NEXT REVIEW: 2015-2016

(i.e. 2011-2012)

STATUS: A

(A, I, D)

COURSE TITLE: Beginning Yoga Exercises

COMMON COURSE NUMBER: PEM 1121

CREDIT HOURS: 1

CONTACT HOUR BREAKDOWN

(Per 16 week term)

CLOCK HOURS:

(Voc. Course ONLY)

Lecture: 32 Lab:

Clinic: Other:

PREREQUISITE(S): None

COREQUISITE(S): None

PRE/COREQUISITE(S): None

COURSE DESCRIPTION *(750 characters, maximum)*: Students will learn proper exercise, relaxation and balance of both the body and mind. A holistic approach to health and stress management is emphasized. Coeducational.

General Education Requirements – Associate of Arts Degree (AA), meets Area(s): Area

General Education Requirements – Associate in Science Degree (AS), meets Area(s): Area

General Education Requirements – Associate in Applied Science Degree (AAS), meets Area(s): Area

UNIT TITLES

1. Proper Exercise
2. Proper Relaxation
3. Proper Breathing
4. Proper Diet
5. Proper Concentration and Positive Thinking

Common Course Number: PEM 1121

UNITS

Unit 1

General Outcome:

- 1.0** **The students shall** be able to discuss and demonstrate proper tone, muscle balance and structure of the body by holding yoga positions (Asanas).

Specific Measurable Learning Outcomes:

Upon successful completion of this unit, the students shall be able to:

- 1.1** Relax in yoga positions.
- 1.2** Recognize and release stress and tension in the body.
- 1.3** Demonstrate an increased awareness of the body and universe.

Common Course Number:

Unit 2

General Outcome:

- 2.0** The students shall be able to relax at will to relieve tension in life's stressful situations as well as to improve physical and mental flexibility.

Specific Measurable Learning Outcomes:

Upon successful completion of this unit, the students shall be able to:

- 2.1** Recognize and release tension.
- 2.2** Increase control of their emotions and thoughts.
- 2.3** Use breathing as a tool to relax.

Common Course Number:

Unit 3

General Outcome:

- 3.0** The students shall be able to breathe correctly and more efficiently (abdominally) to increase their ability to relax, and to rejuvenate at will.

Specific Measurable Learning Outcomes:

Upon successful completion of this unit, the students shall be able to:

- 3.1** Use breathing exercises for breath control.
- 3.2** Breathe to relax.
- 3.3** Use breath control for concentration.

Common Course Number:

Unit 4

General Outcome:

4.0 The students shall be able to discuss nutrition and its role in improving health and life.

Specific Measurable Learning Outcomes:

Upon successful completion of this unit, the students shall be able to:

4.1 Explain how to eat to live rather than living to eat.

4.2 Discuss the essential vitamins.

4.3 Discuss the benefits and drawbacks of vegetarianism.

Common Course Number:

Unit 5

General Outcome:

- 5.0** The students shall be able to improve the quality of their minds and, therefore, their lives through positive thinking and concentration.

Specific Measurable Learning Outcomes:

Upon successful completion of this unit, the students shall be able to:

- 5.1** Concentrate at will.
- 5.2** Describe techniques for increasing positive energy in their lives.