

COCONINO COMMUNITY COLLEGE

COURSE OUTLINE

Prepared by: Susie Dix and Alan Petersen
Status: Permanent

Date: August 23, 2001

A. Identification:

1. Subject Area: Dance
2. Course Number: DAN111
3. Course Title: Beginning Yoga
4. Credit Hrs: 2
5. Catalog Description:
Beginning Yoga including yoga postures, breathing, history and philosophy. One lecture, two lab. May be taken for S/U credit.

B. Course Goals:

The goal of DAN111 is to provide students with an introduction to Yoga postures and breathing techniques. Students can expect to improve their flexibility, strength, balance, and coordination.

C. Course Outcomes:

Students will:

1. Demonstrate increased flexibility, improved coordination and balance
2. Discuss the history and philosophy of Yoga practice
3. Demonstrate a variety of asanas covered through the course of the semester
4. Demonstrate a variety of yoga breathing techniques

D. Course Content

Will include:

1. Yoga asanas and alignment
2. Yoga breathing techniques
3. Introduction to the history and philosophy of Yoga
 - a. History
 - b. Philosophy
 - c. Different forms of Hatha Yoga
4. Relaxation techniques