

COCONINO COMMUNITY COLLEGE

COURSE OUTLINE

Prepared by: Barbara Klimowski
Status: Permanent

Date: February 3, 2011

A. Identification:

1. Subject Area: Dance
2. Course Number: DAN 210
3. Course Title: Yoga II
4. Credit Hrs: 2
5. Catalog Description:

Intermediate studies in Yoga including yoga postures, breathing, history, and philosophy. Includes study into various yoga styles including, but not limited to gentle/restorative, flow, yin, Siyananda, and Kripalu. Prerequisite: DAN 111 or consent of instructor. One lecture, two lab. May be taken for S/U credit with instructor approval.

B. Course Goals:

The goal of DAN 210 is to provide students with previous yoga experience, an intermediate experience in Yoga postures and breathing techniques. Students can expect to improve their flexibility, strength, balance, and coordination. Further study into various yoga styles may include, but are not limited to gentle/restorative, flow, yin, Sivananda, and Kripalu.

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
5. Demonstrate knowledge of various yoga styles and philosophies

D. Course Assessment

Will include:

1. Adhering to attendance policy in syllabus
2. Performance of various styles of yoga for visual assessment
3. Student research in aspects of yoga styles, history, and/or philosophy

E. Course Content

Will include:

1. Yoga asanas and alignment
2. Yoga breathing techniques
3. Study of the history and philosophy of Yoga
 - a. History
 - b. Philosophy
 - c. Different forms of Hatha, Karma, Bhakti, Juana, Raja, and/or Vedanta Yoga
4. Relaxation techniques