

COCONINO COMMUNITY COLLEGE  
COURSE OUTLINE

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Status: Permanent  
Effective Term: Fall 2017

August 23, 2001  
February 6, 2017

A. Identification:

1. Subject Area: Fitness (FIT)  
Previously Dance (DAN)
2. Course Number: 111
3. Course Title: Beginning Yoga
4. Credit Hours: 2
5. Catalog Description: Beginning yoga including yoga postures, breathing, history and philosophy. May be taken for S/U credit. One lecture. Two lab.

B. Course Goals: 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;

Upon successful completion of this course, student 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. and demonstrate a variety of yoga breathing techniques.

D. Course Outcomes Assessment will include:

1. course grades determined by the instructor as outlined in the course syllabus;
2. in-class evaluation of demonstrated asanas and techniques;
3. written or oral evaluation of knowledge of the history and philosophy of yoga practice.

E. 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. and relaxation techniques.