

COCONINO COMMUNITY COLLEGE
COURSE OUTLINE

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Status: Permanent
Effective Term: Fall 2017

February 3, 2011
February 6, 2017

A. Identification:

1. Subject Area: Fitness (FIT)
 Previously Dance (DAN)
2. Course Number: 210
3. Course Title: Yoga II
4. Credit Hours: 2
5. Course 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: FIT 111 or Consent of Instructor. May be taken for S/U credit. One lecture. Two lab. Fall, Spring.

B. Course Goals: 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;

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. demonstrate a variety of yoga breathing techniques;
5. and demonstrate knowledge of various yoga styles and philosophies.

D. Course Outcomes Assessment will include:

1. course grades determined by the instructor as outlined in the course syllabus;
2. adhering to attendance policy in syllabus;
3. performance of various styles of yoga for visual assessment;
4. and 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. and relaxation techniques.