PEC136 - Yoga

Document Type: Master Course Outline
Proposal Type: Revision
Requester(s): Bethanie Sand
College: Central
Origination Approved: 05/30/2016 - 10:04 PM

BASIC INFORMATION

Requester(s): Bethanie Sand
College: Seattle Central College
Division/Dept: Allied Health
Dean: David A Gourd
Peer Reviewer(s): Jillian Boyd
David A Gourd

COURSE INFORMATION

Proposed Course Number:
Prefix: PEC
Number: 136

Request a new Prefix
This will be a common course

Full Title: Yoga
Abbreviated Title: Yoga

Catalog Course Description:
Covers Yoga postures, breathing and meditation practices for physical and mental health. The history, philosophy, benefits and holistic nature of Yoga will be explored as well as the development of a personal practice. All fitness levels are welcome and all poses can be modified to accommodate physical limitations.

Course Length: 11 Weeks
Request an Exception

Topical Outline:

- History and Background of Yoga
- Overview of Yoga Asanas (Postures)
  - backbends
  - forward bends
  - twists
- standing poses
- balancing poses
- inversions

- Pranayama – Yoga breathing practices
- Meditation – Different styles and foundations
- Yoga Philosophy – e.g. 8 limbs of Yoga, chakras, nadis
- Anatomy relevant to Yoga
- Modify yoga postures to accommodate fitness level, health conditions, or physical limitations
- Personal Practice Guidelines

COURSE CODING

Funding Source: 1.................State
Institutional Intent: 11.................Academic Transfer

Select the Distribution Area of the AA Degree that this course will satisfy, if applicable:
(No Distribution Areas Selected)

Will this course transfer to a 4-year university? Yes

Please Describe:
Fulfills 2 of the 3 Physical Education credits students may transfer to a 4 year college

Is this course designed for Limited English Proficiency? No
Is this course designed for Academic Disadvantaged? No
Does this course have a Workplace Training component? No

CIP Code: 31.0590

Credits:
Will this course be offered as Variable Credit? No

List Course Contact Hours

- Lecture (11 Contact Hours : 1 Credit) 11
- Lab (22 Contact Hours : 1 Credit) 22
- Clinical Work (33 Contact Hours : 1 Credit) 0
- Other (55 Contact Hours : 1 Credit) 0

Total Contact Hours 33
Total Credits 2
This is to certify that the above criteria have all been met and all statements are accurate to the best of my knowledge.

Faculty involved in originating this program:

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Dean:

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<td>David A Gourd</td>
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Results of CSCC Origination Committee Findings

Participating Faculty Response and Remarks

- [X] Recommended for approval
- [ ] Not recommended for approval

Chairman, Curriculum & Instruction Committee:

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<td>Dan Loos</td>
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Vice President for Instruction:

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<td>Wai-Fong Lee</td>
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