COURSE OUTLINE
Revision: Christine Dormaier, March 2008

DEPARTMENT: Academic Programs
CURRICULUM: Physical Education
COURSE TITLE: Yoga
COURSE NUMBER: PEC 136
TYPE OF COURSE: Academic Transfer
   Special Requirement Met: None
AREA(S) OF KNOWLEDGE: Elective
COURSE LENGTH: 1 quarter
CREDIT HOURS: 2
LECTURE HOURS: 22
LAB HOURS: 0
CLASS SIZE: 25
PREREQUISITES: None

COURSE DESCRIPTION:
Covers postures or asanas, breathing, meditation exercises for physical and mental fitness. Presents yoga as a philosophy and an art form, introducing a number of poses with their purposes.
PEC 136 Yoga
March 2008

STUDENT LEARNING OUTCOMES ADDRESSED:

1. Human Relations - Use social interactive skills to work in groups effectively. Recognize the diversity of cultural influences and values.
2. Personal Responsibility - Be motivated and able to continue learning and adapt to change. Value one’s own skills, abilities, ideas. Take pride in one’s work.

GENERAL COURSE OBJECTIVES:

At the end of the course the student will:

1. Be able to perform basic yoga poses.
2. Understand basic yoga breathing and its uses.
3. Have a greater knowledge of the philosophy of yoga.
4. Be able to recognize signs of stress in their lives.

TOPICAL OUTLINE:

I. Overview of yoga
II. Asana - postures
III. Pranayama – focused breathing
IV. Pranayama II – focused breathing
V. Meditation
VI. Sound in Movement
VII. Philosophy of yoga – Yamas, our attitudes to the outside world
VIII. Philosophy of yoga – Niyamas, our attitudes towards ourselves
IX. Philosophy of yoga – Pratipaksabhabanam, changing our attitudes
X. Review

Total hours 20

REVISED BY: Christine Dormaier
DATE: March 2008
<table>
<thead>
<tr>
<th>SLO #</th>
<th>Included in Course Objective Number</th>
<th>SSCC Student Learning Outcomes</th>
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</thead>
<tbody>
<tr>
<td>SLO 1.1</td>
<td></td>
<td>Communication - Read and listen actively</td>
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<tr>
<td>SLO 1.2</td>
<td></td>
<td>Communication - Speak and write effectively</td>
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<tr>
<td>SLO 2.1</td>
<td></td>
<td>Computation - Use mathematical operations</td>
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<tr>
<td>SLO 2.2</td>
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<td>Computation - Apply quantitative skills</td>
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<tr>
<td>SLO 2.3</td>
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<td>Computation - Identify, interpret, and utilize higher level mathematical and cognitive skills</td>
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<tr>
<td>SLO 3.1</td>
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<td>Human Relations - Use social interactive skills to work in groups effectively</td>
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<tr>
<td>SLO 3.2</td>
<td>3</td>
<td>Human Relations - Recognize the diversity of cultural influences and values</td>
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<tr>
<td>SLO 4.1</td>
<td></td>
<td>Critical Thinking and Problem Solving -</td>
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<td>SLO 5.1</td>
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<td>Technology - Select and use appropriate technological tools</td>
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<tr>
<td>SLO 6.1</td>
<td>1</td>
<td>Personal Responsibility - Be motivated and able to continue learning and adapt to change</td>
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<tr>
<td>SLO 6.2</td>
<td>1, 2</td>
<td>Personal Responsibility - Value one's own skills, abilities, ideas and art</td>
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<tr>
<td>SLO 6.3</td>
<td></td>
<td>Personal Responsibility - Take pride in one's work</td>
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<tr>
<td>SLO 6.4</td>
<td>1, 2, 3, 4</td>
<td>Personal Responsibility - Manage personal health and safety</td>
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<td>SLO 6.5</td>
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<td>Personal Responsibility - Be aware of civic and environmental issues</td>
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<tr>
<td>SLO 7.1</td>
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<td>Information Literacy - Access and evaluate information</td>
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<tr>
<td>SLO 7.2</td>
<td></td>
<td>Information Literacy - Use information to achieve personal, academic, and career goals, as well as to participate in a democratic society</td>
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</tbody>
</table>

PREPARED BY: Christine Dormaier  
DATE: March 2008