

# Bemidji State University

## PHED 1230: Yoga

### A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: \*.\*

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course introduces students to basic yoga techniques and allows practice and development of the physical skills needed to perform approximately 40 basic exercises and postures. Liberal Education Goal Area 11.

**B. COURSE EFFECTIVE DATES:** 09/01/2008 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Abdominal Breathing
2. Basic yoga exercises, poses postures, and techniques.
3. Benefits of using yoga
4. Meditation
5. Relaxation

### D. LEARNING OUTCOMES (General)

1. demonstrate the ability to engage in abdominal breathing.
2. demonstrate the ability to do at least 20 basic yoga exercises, poses and postures.
3. demonstrate their ability to use yoga to improve flexibility.
4. develop their ability to use and knowledge of yoga for meditation.
5. develop the ability to use yoga exercises and breathing to promote relaxation.
6. demonstrate knowledge of a variety of poses, postures and exercises, including the benefits of each.
7. demonstrate knowledge of the benefits and uses of yoga.

### E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

### G. SPECIAL INFORMATION

None noted