

Fond du Lac Tribal and Community College
COURSE OUTLINE

I. Catalog Information

A. Title of Course: Fitness Yoga B. Course Designator: PE 1046

C. Number of Credits: Lecture _____ Lab 1 D. Control Number: 30

E. Catalog/Course description:

This course introduces students to basic yoga techniques and allows practice and development of the physiological and psychological aspects needed to perform these basic poses. Students gain knowledge in basic breathing and stress reduction.

F. Course prerequisites: None

G. Date Approved: 11/12/10

Date Revised: 03/11/14

II. Course Materials (Recommended course materials and resources. List all that apply, e.g. textbooks, workbooks, study guides, lab manuals, videos, guest lecturers)

Materials such as:

The Yoga Directory, Linda Doeser (2003-05) ISBN 0-7858-1628-3 Chartwell Books

III. Learning Goals, Outcomes, and Assessment Minimum of one goal and two learning outcomes in each competency. *If your course does not meet one of the Competencies Across the Curriculum, please justify your rationale.* Minimum of two assessment measures for each learning outcome. Add other goals and outcomes as needed. If this course is part of the Minnesota Transfer Curriculum (MnTC), attach the MnTC goals, outcomes, and your assessment measures to this form; if possible, use them to complete the information below.

A. Information Literacy (the ability to use print and/or non-print tools effectively for the discovery, acquisition, and evaluation of information as well as core computer tools for the manipulation and presentation of information.)

1. Learning Goals:

Goal: Students will use computers to communicate with instructor and obtain information about the many forms of yoga.

2. Learning Outcomes and Assessments:

Outcome 1: Students will use FDLTCC email system to communicate.

Assessment: Student will be able to send email to instructor.

Assessment: Student will read emails sent by instructor and respond as directed.

Outcome 2: Student will conduct online research on yoga forms.

Assessment: Student will retrieve online article detailing the yoga forms available today.

Assessment: Class discussion of information obtained.

B. Ability to Communicate (the ability to listen, read, comprehend, and/or deliver information in a variety of formats.)

1. Learning Goals:

Goal: Introduce students to safe and proper techniques.

2. Learning Outcomes and Assessments:

Outcome 1: Student will understand safety involved in assigned poses (postures) and the concept of individualizing their experience with yoga.

Assessment: Midterm practical exam of poses.

Assessment: Demonstration of core activation, with ongoing assessment.

Outcome 2: Student will understand breathing exercises utilized in yoga.

Assessment: Student will be able to demonstrate proper breathing techniques used in yoga.

Assessment: Student ongoing evaluation during practice in class.

C. Problem Solving (the ability to conceptualize, apply, analyze, synthesize, and/or evaluate information to formulate and solve problems.)

1. Learning Goals:

Goal: Introduce techniques of self-observation, and relaxation exercises which are a lifelong skill.

2. Learning Outcomes and Assessments:

Outcome 1: Student will be able to write/reflect on the goal they set for themselves during the semester.

Assessment: Personal reflection assignments and journaling.

Assessment: Student will demonstrate the use of realistic, and obtainable goal setting through worksheets and the importance of addressing possible obstacles.

Outcome 2: Student will understand the benefits of relaxation exercises.

Assessment: Personal reflection assignments/worksheets.

Assessment: Classroom demonstrations of creative imagery, progressive relaxation with discussions.

D. Culture (knowledge of Anishinaabe traditions and culture, knowledge of one's own traditions and culture, knowledge of others' traditions and cultures, and/or respect for global diversity.)

1. Learning Goals:

Goal: Introduce student to the history of yogic philosophy and the limbs of yoga.

2. Learning Outcomes and Assessments:

Outcome 1: Student will understand the history of yoga.

Assessment: Final written exam.

Assessment: Classroom discussions with ongoing evaluation.

Outcome 2: Student will understand the 8 limbs of yoga.

Assessment: Final written exam.

Assessment: Classroom demonstration of movement, focus, breath utilized in union.

Documentation for MnTC - None

IV. Course Content (Outline the major topics covered in this course.)

The 8 limbs of yoga will be explored and emphasized.

1. Finding neutral "moderation" in all things.

2. Observing ourselves without judgment our breath, our body (posture), our ego, our words, and the way we communicate verbally and non-verbally.

3. Yogic poses.

4. Breathing techniques will be instructed and practiced throughout the course.

5. Learning to turn our attention inward enhancing focus; and clarity.
6. Enhanced concentration exercises through gazing.
7. The ability to change/control the thought waves in our mind, respond rather than react.
8. Discuss what enlightenment means to each of us.

(revised October 2009)