

**Fond du Lac Tribal and Community College
COURSE OUTLINE FORM**

12/11/12

Please return this form to the college vice president of academic affairs and the chairperson of the Academic Affairs and Standards Council (AASC).

1. Prepared by: _____

2. Date submitted: _____

3. Date approved: 02/11/14 Date revised _____

4. Department/discipline: Physical Education

5. Department(s) endorsement(s): _____

(Signatures of the person(s) providing the endorsement are required.)

6. Course Title: Fitness Yoga II

Abbreviated course title (25 characters or less): _____

7. Course Designator: PE 8. Course Level: 1XXX 9. 2046

10. Number of Credits: Lecture _____ Lab 1

11. Control Number (on site) 30 Control Number (online) _____

12. Catalog/Course description:

This course expands on the fundamentals of Fitness Yoga I, with more emphasis on depth and understanding of postures (poses) breathing techniques, and self discovery techniques.

13. Course prerequisite(s) or co-requisite(s): Accuplacer scores/ Other courses

Prerequisite(s): PE 1046 Fitness Yoga I

Co-requisite:

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

Textbook such as:

The Heart of Yoga, Developing a Personal Practice (1995) T.K.V. Dresikacher: Inner Traditions International, Rochester, VT 05767

15. **Course Content** (Provide an outline of major topics covered in 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.

16. Learning Goals, Outcomes, and Assessment Minimum of one goal and two measurable 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 (MTC), attach the MTC goals, outcomes, and your assessment measures to this form.

A. Information and Technology 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.)

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

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

1. Assessment: Student will send email to instructor.

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

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

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

2. 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.)

I. Goal: Introduce students to safe and proper techniques.

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

1. Assessment: Midterm practical exam of poses.

2. Assessment: Demonstration of core activation, with ongoing assessment.

B. Outcome: Student will comprehend breathing exercises utilized in yoga.

1. Assessment: Student will demonstrate proper breathing techniques used in yoga.

2. 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.)

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

A. Outcome: Student will write/reflect on the goal they set for themselves during the semester.

1. Assessment: Personal reflection assignments and journaling.

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

B. Outcome: Student will comprehend the benefits of relaxation exercises.

1. Assessment: Personal reflection assignments/worksheets.

2. 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, culture of work, culture of academic disciplines and/or respect for global diversity.)

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

A. Outcome: Student will comprehend the history of yoga.

1. Assessment: Final written exam.

2. Assessment: Classroom discussions with ongoing evaluation.

B. Outcome: Student will comprehend the 8 limbs of yoga.

1. Assessment: Final written exam.

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

E. Other

17. **Minnesota Transfer Curriculum (MnTC):** If this course fulfills an MnTC goal area, state the goal area and list the goals and outcomes below:

See www.mntransfer.org

Goal Area(s): _____

Goal and Outcomes:

12/11/12