

Fond du Lac Tribal and Community College
COURSE OUTLINE FORM

03/19/19

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: 11/12/10 Date revised 3/25/25

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
Abbreviated course title for Transcripts (25 characters or less): _____

7. Course Designator: PE 8. Course Level: 1046

9. Number of Credits: Lecture _____ Lab 1

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

11. 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.

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

Prerequisite(s): None

Co-requisite:

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

Instructor's choice

14. 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.

15. Learning Goals, Outcomes, and Assessment

At FDLTCC we have 4 Competencies Across the Curriculum (CAC) areas. They are as follows:

- A. Information Literacy (the ability to use print and/or non-print tools effectively for the discovery, acquisition, and evaluation of information.)
- B. Ability to Communicate (the ability to listen, read, comprehend, and/or deliver information in a variety of formats.)
- C. Problem Solving (the ability to conceptualize, apply, analyze, synthesize, and/or evaluate information to formulate and solve problems.)
- 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.)

Upon completion of this course, the student will be able to:

Learning Outcomes	Competencies (CAC)	Cultural Standards
1. Demonstrate an understanding of yoga forms by completing online research.	A	1, 2, 3
2. Demonstrate Model safety and proper technique involved in assigned poses (postures).	A, B	1, 2, 3,
3. Demonstrate the Apply effective ways to write and reflect on personal goal setting.	A, B, C, D	1, 2, 5
4. Describe the history of yoga.	A, B, C, D	1, 2, 3, 4, 7

WINHEC Cultural Standards:

- 1. **GIKENDAASOWIN – *Knowing knowledge*:** To develop human beings who value knowledge, learning, and critical thinking and are able to effectively use the language, knowledge, and skills central to an Ojibwe-Anishinaabe way of knowing.
- 2. **GWAYAKWAADIZIWIN – *Living a balanced way*:** To develop balanced human beings who are reflective, informed learners who understand the interrelatedness of human society and the natural environment, recognize the importance of living in harmony with creation, and are able to apply a systems approach to understanding and deciding on a course of action.
- 3. **ZOONGIDE'EWIN – *Strong hearted*:** To increase the students' capacity to live and walk with a strong heart, humble and open to new ideas and courageous enough to confront the accepted truths of history and society.
- 4. **AANGWAAMIZIWIN – *Diligence and caution*:** To develop students' capacity to proceed carefully, after identifying, discussing, and reflecting on the logical and ethical dimensions of political, social, and personal life.
- 5. **DEBWEWIN – *Honesty and integrity*:** To increase students' capacity to think and act with honesty and integrity as they understand and face the realities of increasingly interdependent nations and people.

6. ZAAGI' IDIWIN – *Loving and Caring*: To encourage students' acceptance of the diversity within their school, community, and environment by developing healthy, caring relationships built on respect for all.

7. ZHAWENINDIWIN – *Compassion*: To expand students' knowledge of the human condition and human cultures and the importance of compassion especially in relation to behavior, ideas, and values expressed in the works of human imagination and thought.

16. Minnesota Transfer Curriculum (MnTC): List which goal area(s) – up to two – this course fulfills.
See www.mntransfer.org

Goal Area(s): _____

Provide the specific learning outcomes as listed on the mntransfer.org website that pertain to this course.

17. Are there any additional licensing/certification requirements involved?

_____Yes_____No

Provide the required documentation to show course meets required licensing/certification standards.

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