

# EASTERN ARIZONA COLLEGE

## Beginning Hatha Yoga I

Course Design  
2016-2017

### Course Information

**Division** Health & Physical Education  
**Course Number** HPE 101AY  
**Title** Beginning Hatha Yoga I  
**Credits** 1  
**Developed by** Jim Bagnall  
**Lecture/Lab Ratio** 0 Lecture/2 Lab

### Transfer Status

ASU	NAU	UA
KIN 105, EXW 105	PES Departmental Elective	PE Departmental Elective, PE Activity Credit limit of three units

**Activity Course** Yes  
**CIP Code** 31.0501  
**Assessment Mode** Portfolio  
**Semester Taught** Upon Request  
**GE Category** AAS degree only  
**Separate Lab** No  
**Awareness Course** No  
**Intensive Writing Course** No

### Prerequisites

None

### Educational Value

All ages seeking self improvement of the mind and body to attain a calmer and more confident attitude.

### Description

This course is designed to give the student an understanding of yoga basics for proper breathing and spinal health. The student will learn elementary steps toward meditation to relax and calm the mind using 20 to 30 basic poses and variations thereof.

### Supplies

Students should wear loose, non-restrictive clothing.

## **Competencies and Performance Standards**

### **1. Describe the performance of yoga postures in terms of concentration, flexibility, muscle tone, and internal health.**

#### **Learning objectives**

*What you will learn as you master the competency:*

- a. Explain why yoga postures were developed.
- b. Explain what body systems are affected.
- c. Explain the apparently paradoxical concept of strengthening the body while calming the mind at the same time.

#### **Performance Standards**

*Competence will be demonstrated:*

- o in the portfolio

*Performance will be satisfactory when*

- o learner explains in general terms history of yoga posture development
- o learner demonstrates general grasp of mental and physical health benefits of yoga

### **2. Demonstrate proper breathing techniques to ensure maximum oxygen and energy flow throughout the body.**

#### **Learning objectives**

*What you will learn as you master the competency:*

- a. Explain health effects over a lifetime of improper/proper breathing.
- b. Explain the importance of linking breath flow to body movement.
- c. Demonstrate belly breathing.
- d. Demonstrate three-part breathing.
- e. Demonstrate alternate nostril breathing.

#### **Performance Standards**

*Competence will be demonstrated:*

- o by breathing correctly during the appropriate breathing exercises in class
- o in the portfolio

*Performance will be satisfactory when:*

- o learner demonstrates proper performance of belly breath, three part breath, and alternate nostril breathing

### **3. Demonstrate and practice the awareness of the health benefits of executing basic yoga postures with correct body alignment.**

#### **Learning objectives**

*What you will learn as you master the competency:*

- a. Demonstrate and practice approximately 20-30 basic yoga postures, with variations and other postures introduced periodically for variety and informational purposes.

#### **Performance Standards**

*Competence will be demonstrated:*

- o by progress toward proper posture and correct alignment during physical final
- o in the portfolio

*Performance will be satisfactory when:*

- learner demonstrates and maintains proper stance of each posture, or best variation to the student's physical capability

***Types of Instruction***

Demonstration

Student participation

***Grading Information***

***Grading Rationale***

Attendance 50%

Participation 30%

Physical Final 10%

Portfolio 10%