

EASTERN ARIZONA COLLEGE

Beginning Hatha Yoga II

Course Design
2016-2017

Course Information

Division Health & Physical Education
Course Number HPE 102AY
Title Beginning Hatha Yoga II
Credits 1
Developed by Jim Bagnall
Lecture/Lab Ratio 0 Lecture/2 Lab
Transfer Status

ASU	NAU	UA
KIN 105	PES 100	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 why body systems were affected.
- c. Describe 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 understand 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%