Advanced Hatha Yoga I

Course Information

Division: Health & Physical Education
Course Number: HPE 201AY
Title: Advanced Hatha Yoga I
Credits: 1
Developed by: Jim Bagnall
Lecture/Lab Ratio: 0 Lecture/2 Lab
Transfer Status:

<table>
<thead>
<tr>
<th>ASU</th>
<th>NAU</th>
<th>UA</th>
</tr>
</thead>
<tbody>
<tr>
<td>KIN 205</td>
<td>PES Departmental Elective</td>
<td>PE Departmental Elective, PE Activity</td>
</tr>
<tr>
<td>Credit limit of three units</td>
<td></td>
<td>units</td>
</tr>
</tbody>
</table>

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 the body systems that are 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:*
   
   - in the portfolio

   *Performance will be satisfactory when:*
   
   - learner explains in general terms history of yoga posture development
   
   - learner demonstrated 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:*
   
   - by breathing correctly during the appropriate breathing exercises in class
   
   - in the portfolio

   *Performance will be satisfactory when:*
   
   - 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:*
   
   - by progress toward proper posture and correct alignment during physical final
   
   - in the portfolio
Performance will be satisfactory when:
  o 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%