



Course Syllabus

KINE 1148/2148-Yoga Course

Catalog Description: This course will prepare the student to practice yoga with harmony of the three aspects of body, mind, and spirit, through breath control, yoga postures, and relaxation exercises. You will learn how to use hatha yoga poses to increase flexibility and balance, have more core strength and energy, and feel more relaxed.

Prerequisites: General good physical condition or permission from physician

Semester Credit Hours: 1

Lecture Hours per Week: 0

Lab Hours per Week: 3

Contact hours per Semester: 48

State Approval Code: 31.0508

Class section meeting time:

Core Components and Related College Student Learning Outcomes

This course counts as part of the academic requirements of the Panola College Core Curriculum and an Associate of Arts or Associate of Science degree. Yes No: If no, skip to Instructional Goals.

Instructional Goals and Purposes: The purpose of this course is to offer hatha yoga for increased physical and mental flexibility and relaxation in a safe environment

LEARNING OUTCOMES: After studying all materials and resources presented in the course, the student will be able to:

1. Perform various Hatha yoga poses for warm-up
2. Perform various "work phase" yoga poses
3. Perform various Hatha yoga poses for cool-down

Course Content:

Students in all sections of this course will learn the following content:

1. Focusing on breath and centering.
2. Safety in yoga
3. Poses that include balance, strength
4. Poses for cool-down
5. Poses that focus on relaxation and clearing.
6. Poses that target flexibility
7. Aspects of body, mind, and spirit, that affect personal health

Methods of Instruction/Course Format/Delivery:

Students will use a mat and various props (blankets and blocks) to perform yoga exercises. Demonstration and return demonstration will be the primary methods of instruction.

Assessment: Grades will be based on

1) Participation in class: maximum 40 points	2) Attendance: maximum 60 points
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Course Grade: The grading scale for this course is:

A = 90-100%; B = 80-89%; C = 70-79%; D = 60-69%; F = below 60

Texts, Materials, and Supplies:

1. **Course Attire:** Students are encouraged to wear comfortable but somewhat “fitted” clothes such as stretch shorts, leggings, sweat pants, and t-shirts. Hair should be secured so as not to interfere with vision in inverted or twisting poses. Yoga is practiced in bare feet.
 2. **Supplies:** Mats and yoga props are provided.
- For current texts and materials, use the following link to access bookstore listings: <http://www.panolacollegestore.com>
 - For testing services, use the following link: <http://www.panola.edu/elearning/testing.html>
 - If any student in this class has special classroom or testing needs because of a physical learning or emotional condition, please contact the ADA Student Coordinator in Support Services located in the Matthews Student Center or go to <http://www.panola.edu/student-success/disability-support-services/> for more information.
 - Withdrawing from a course is the student’s responsibility. Students who do not attend class and who do not withdraw will receive the grade earned for the course.
 - Student Handbook, *The Pathfinder*: <http://www.panola.edu/student-success/documents/pathfinder.pdf>