

Virginia Western Community College

PED 120

Yoga II

Prerequisites

Successful completion of PED 109.

Course Description

Focuses on the forms of yoga training emphasizing flexibility

Semester Credits: 1

Lecture Hours: 0

Lab/Clinical/Internship Hours: 2

Required Materials

Textbook:

None

Other Required Materials:

Yoga Mats, Straps and Blocks (some are provided but students may wish to provide their own)

Course Outcomes

At the completion of this course, the student should be able to:

- Identify the health benefits of Yoga
- Perform basic and modified poses
- Perform sequences of poses using modifications if necessary

Topical Description

1	Describe Background of Yoga
2	Basic Poses <ul style="list-style-type: none">• Sun Salutation• Mountain• Child's• Downward Facing Dog• Cat-Cow• Plank• Warrior• Forward Bend• Cobra• Raised Hands• Balance
3	Relaxation Techniques

Note to Instructors

Optional:

1. Students may be required to make a Yoga Presentation following Instructor Guidelines
2. Instruction should be given on how to develop a sequence of poses
3. A rubric will be given to the students