

Virginia Western Community College

PED 109

Yoga

Prerequisites

None

Course Description

Focuses on the forms of yoga training emphasizing flexibility. (VCCS MCR Description)

An introductory course presenting the basic poses. Students should expect workouts to be basic and progressing to more challenging poses, although students can always modify. (Additional Description added by the faculty)

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 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 in how to develop a sequence of poses
3. A rubric will be given to the students