

## LABETTE COMMUNITY COLLEGE BRIEF SYLLABUS

### **SPECIAL NOTE:**

This brief syllabus is not intended to be a legal contract. A full syllabus will be distributed to students at the first class session.

### **TEXT AND SUPPLEMENTARY MATERIALS USED IN THE COURSE (if any):**

Please check with the LCC bookstore <http://www.labette.edu/bookstore> for the required texts for this class.

<b><u>COURSE NUMBER:</u></b>	PED 193
<b><u>COURSE TITLE:</u></b>	YOGA
<b><u>SEMESTER CREDIT HOURS:</u></b>	1
<b><u>DEPARTMENT:</u></b>	Physical Education
<b><u>DIVISION:</u></b>	Continuing Education/Workforce
<b><u>PREREQUISITE:</u></b>	None
<b><u>REVISION DATE:</u></b>	September 2017

### **COURSE DESCRIPTION:**

Emphasis in this course will be placed on the fundamental yoga postures for students with a level of knowledge and skill from beginner to intermediate, in the practice of yoga. Students will connect the postures to breath flow with the goals of enhancing flexibility, muscle tone and overall physical and mental wellness. The classes are designed to teach yoga practice and to encourage students to continue yoga practice at home and throughout their lives. Vinyasa, Hot, Yin and Restorative methods are the primary type of yoga method presented, but will also include variations from other yoga styles.

### **COURSE OUTCOMES AND COMPETENCIES:**

**Students who successfully complete this course will be able to:**

1. Gain the ability to master the fundamental yoga postures.

- Understand the fundamentals of the yoga practice
- Practice yoga moves with modifications as needed
- Demonstrate breathing techniques
- Acquire flexibility, balance, and total body awareness
- Gain the ability to link breath to movement