

# Lassen Community College Course Outline

## PEAC-44 Yoga

1.0 Units

### I. Catalog Description

Introduction to basic yoga postures. Study and practice of exercises for self-awareness, breathing, relaxation, visualization and meditation. This course has been approved for online and hybrid delivery for emergency use only.

Transfers to both UC/CSU  
General Education Area: E2  
51 Hours Lab  
Scheduled:

### II. Coding Information

Repeatability: Take 1 Time  
Grading Option: Graded or Pass/No Pass  
Credit Type: Credit - Degree Applicable  
TOP Code: 083500

### III. Course Objectives

#### A. Course Student Learning Outcomes

Upon completion of this course the student will be able to:

1. Demonstrate increased flexibility.
2. Perceive a reduction in personal stress levels and an improved ability to manage stress through yoga.

#### B. Course Objectives

Upon completion of this course the student will be able to:

1. Perform basic varied Yoga Postures.
2. Experience improvement in concentration, breathing and balance.
3. Evaluate and feel complete relaxation.
4. Know pranayama techniques that promote increased lung capacity, Release toxins and clarity.
5. Observe an increase in physical strength and flexibility.
6. Become familiar with the history and philosophy of Yoga.
7. Have the knowledge to develop their personal yoga practice.

### IV. Course Content

1. Basic Yoga postures
2. Basic History of Yoga
3. Basic Philosophy of Yoga
4. Techniques specific to:
  - a. Breathing
  - b. Relaxation
  - c. Movement
  - d. Concentration
  - e. Sense withdrawal
5. Yoga Exercises
  - a. Stress relieving stretches
  - b. Vertical, Horizontal and Diagonal Stretches

- c. The Lumbar stretches
- d. Sideway and Diagonal Bending
- e. Shoulder Stand Series
- f. Breathing Exercises and the Cleansing Breath
- g. Bowing down Poses and the Simple Spinal Twist
- h. Sun Salutation
- i. Meditation and Meditative Visualization
- j. Deep Relaxation
- k. Using Yoga to Restore Health

## V. Assignments

### A. Appropriate Readings

N/A

### B. Writing Assignments

N/A

### C. Expected Outside Assignments

N/A

### D. Specific Assignments that Demonstrate Critical Thinking

Student critical thinking is demonstrated through the ability to make correct decisions and apply the appropriate exercises for personal improvement throughout the semester.

## VI. Methods of Evaluation

### Traditional Classroom Evaluation

The first day of class the instructor will provide each student with a written course syllabus indicating the evaluation procedure to be used. The formulation of a student grade will be based upon: Competency as demonstrated through each student's ability to perform the exercises necessary to meet the varied needs of Yoga components of physical fitness. The instructor will observe and evaluate each student's decision making ability in following semester-long instructor-designed group yoga.

### Hybrid Evaluation

All quizzes and exams will be administered during the in person class time. Students will be expected to complete on-line assignments and activities equivalent to in class assignments and activities for the on-line portion of the course. Electronic communication, both synchronous and asynchronous (chat/forum) will be evaluated for participation and to maintain effective communication between instructor and students.

### Online Evaluation

A variety of methods will be used, such as: papers, assignments, asynchronous and synchronous (chat/forum) discussions, on-line quizzes and exams, posting to on-line website and email communications.

## VII. Methods of Delivery

Check those delivery methods for which, this course has been separately approved by the Curriculum/Academic Standards Committee.

Traditional Classroom Delivery  Correspondence Delivery

Hybrid Delivery

Online Delivery

### Traditional Classroom Delivery

Method of instruction may include, but are not limited to:

Lecture, Demonstration

**Hybrid Delivery**

A combination of traditional classroom and on-line instruction will be utilized. Each semester a minimum of 17 hours will be taught face-to face by the instructor and the remaining hours will be instructed on-line through the technology platform adopted by the District. Traditional class instruction will consist of exercises/assignments, lectures, visual aids, and practice exercises. Online delivery will consist of exercises/assignments, lecture posts, discussions, adding extra resources and other media sources as appropriate.

**Online Delivery**

Participation in on-line discussions. On-line exercises/assignments contained on website. Web based video vignettes with discussion paper, email communications, postings to forums, on-line lecture notes and web links will compromise the method of instruction.

**VIII. Representative Texts and Supplies**

None

**IX. Discipline/s Assignment**

Physical Education

**X. Course Status**

Current Status: Active

Original Approval Date: 4/20/2004

Revised By: Carrie Nyman

Curriculum/Academic Standards Committee Revision Date: 05/05/2020

Reviewed for IPR with no change: 03/15/2022