J. Sargeant Reynolds Community College
Course Content Summary

Course Prefix and Number: PED 109
Credits: 1

Course Title: Yoga

Course Description: Focuses on the forms of yoga training emphasizing flexibility. Part I of II. Laboratory 2 hours.

General Course Purpose: This is an introductory course on the basic movements of yoga, breathing, and postures.

Course Prerequisites and Co-requisites: None

Course Objectives:
Upon completing the course, the student will be able to:

a. Understand concepts of yoga, including philosophy, Asanas, Pranayama, and meditation;
b. Demonstrate proficiency in basic yoga postures;
c. Identify the benefits of yogic breathing and meditation; and

d. Develop and/or identify personal wellness/exercise goals using SMART planning method, focused on the improvement of yoga practice.

Major Topics to Be Included:

a. SMART planning method
b. Building focus, strength, balance, and range of motion
c. Proper body mechanics to ensure safety
d. Stress management and relief through meditation and breathing exercises
e. Intro to energy centers
f. Yogic lifestyle

Effective Date of Course Content Summary: September 14, 2015