J. Sargeant Reynolds Community College  
Course Content Summary

Course Prefix and Number: PED 120  
Credits: 1

Course Title: Yoga II

Course Description: Focuses on the forms of yoga training emphasizing flexibility, breathing, and meditation. Part II of II. Prerequisite: PED 109. Laboratory 2 hours per week.

General Course Purpose: Students will gain an increased knowledge of yoga training emphasizing individual range of motion while deepening their study of yoga benefits. The course serves as a personal wellness general education elective.

Course Prerequisites and Co-requisites:  
Prerequisite: PED 109

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

a. Identify concepts of yoga including philosophy, Asanas, Pranayama, and meditation;

b. Demonstrate proficiency of basic yoga postures;

c. Identify the benefits of yogic breathing and meditation;

d. Teach one to two yoga postures and critique yoga posture demonstrations by peers; and

e. Develop and/or identify personal wellness/exercise goals using the 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: October 1, 2015