Course Prefix and Number:  PED 295  

Credits:  2  

Course Title:  Topics in Physical Education: Yoga II  

Course Description:  
Focuses on the forms of yoga training emphasizing flexibility, breathing, and meditation.  
Prerequisite: PED 109.  Lecture 1 hour.  Laboratory 2 hours.  Total 3 hours per week.  

Course Prerequisites/Corequisites:  
PED 109  

Course Objectives:  
Upon completing the course, the student will be able to:  
  a. Demonstrate the principles of alignment (physical alignment, energy anatomy, myo-facial lines)  
  b. Identify physiology as applied to the subject and application of yoga practice  
  c. Demonstrate 2-3 breathing techniques properly  
  d. Explain and practice 2-3 meditations  
  e. Identify the muscles involved in the major asanas (the core muscles: transverse abdominals and serratus anterior muscles)  

Major Topics to be Included:  
  a. Benefits of yoga  
  b. Strength and cardio conditioning studies and practice as intro to intermediate/advanced yoga asanas  
  c. Muscles involved in the asanas  
  d. Fundamentals of alignment  
  e. Fundamentals of basic breathing techniques  
  f. Intermediate postures/asanas  
  g. Intermediate breathing techniques  
  h. Meditation and endurance to include mindfulness and embodiment of meditation  
  i. Analytical training and practice techniques to facilitate a level 1-2 and Level 2+ Vinyasa flow practice  
  j. Philosphic viewpoints of Yoga Gita and/or Patanjali’s Yoga Sutras  
  k. Well-being to include how brain chemistry changes and influences wellbeing with regular yoga practice  

Effective Date of Course Content Summary (Month, Date Year):  January 1, 2014