



# El Camino College

## COURSE OUTLINE OF RECORD - Official

### I. GENERAL COURSE INFORMATION

**Subject and Number:** Physical Education 257  
**Descriptive Title:** Yoga for Health and Fitness

**Course Disciplines:** Physical Education

**Division:** Health Sciences and Athletics

**Catalog Description:** This course is designed to improve both fitness and health through mind and body integration. Yoga postures (asanas) are woven together to provide a workout that targets the body, but does not emphasize any religion or philosophy. Breathing while performing the asanas is stressed. Various styles of Hatha Yoga will be introduced. This course will give the student both the knowledge and the practice to move toward improved health, fitness and mind and body awareness.

**Conditions of Enrollment:** *You have no defined requisites.*

**Course Length:**  Full Term  Other (Specify number of weeks):  
**Hours Lecture:** 0 hours per week  TBA  
**Hours Laboratory:** 3.00 hours per week  TBA  
**Course Units:** 1.00

**Grading Method:** Letter  
**Credit Status:** Associate Degree Credit

**Transfer CSU:**  Effective Date: Prior to July 1992  
**Transfer UC:**  Effective Date: Spring 2002

**General Education:**  
**El Camino College:** 5 – Health and Physical Education  
Term: \_\_\_\_\_ Other: \_\_\_\_\_

**CSU GE:** E - Lifelong Understanding and Self-Development  
Term: Fall 2009 Other: \_\_\_\_\_

**IGETC:** \_\_\_\_\_

### II. OUTCOMES AND OBJECTIVES

**A. COURSE STUDENT LEARNING OUTCOMES** (The course student learning outcomes are listed below, along with a representative assessment method for

**each. Student learning outcomes are not subject to review, revision or approval by the College Curriculum Committee)**

1. Students will evaluate their own results from standard tests of health related fitness using reference values for age and gender.
2. Students will demonstrate improvement and identify the fitness components that are positively affected by a Hatha Yoga Practice.
3. Students will demonstrate the poses of Sun Salutation A and explain the sequential order.

The above SLOs were the most recent available SLOs at the time of course review. For the most current SLO statements, visit the El Camino College SLO webpage at <http://www.elcamino.edu/academics/slo/>.

**B. Course Student Learning Objectives (The major learning objective for students enrolled in this course are listed below, along with a representative assessment method for each)**

1. Identify the physical and psychological benefits of yoga.

Embedded questions

2. Demonstrate proper technique and body alignment for standing poses, balancing poses, seated poses, spinal twists, supine poses, prone poses, and inversions.

Class Performance

3. Analyze the purpose of each of the asanas as they relate to overall health and fitness.

Quizzes

4. Assess gains in stress management, muscle fitness, body composition and flexibility.

Performance exams

5. Compare and contrast various forms of Hatha Yoga.

Embedded questions

6. Demonstrate proper diaphragmatic breathing while performing yoga postures.

Class Performance

**III. OUTLINE OF SUBJECT MATTER (Topics are detailed enough to enable a qualified instructor to determine the major areas that should be covered as well as ensure consistency from instructor to instructor and semester to semester.)**

Lecture or Lab	Approximate Hours	Topic Number	Major Topic
Lab	4	I	Orientation to Yoga A. Physical benefits B. Psychological benefits C. Introduce modern forms of yoga
Lab	8	II	Beginning Postures A. Spinal alignment B. Seated postures, supine, prone, and standing C. Individual adjustments

			D. Progressive relaxation E. Diaphragmatic breathing
Lab	10	III	Emphasis on Precision of Postures A. Holding poses for a longer period of time. B. Use of Props (belts and blocks) if necessary C. Introduce balancing postures, twists and hip openers
Lab	12	IV	Emphasis On Flow and Connection of Poses A. Sun salutations B. Arm balances and inversions C. Transition of poses
Lab	3	V	Mind and Body Integration A. Meditation B. Guided visualizations C. Mindfulness
Lab	17	VI	Introduce Power Yoga A. Continuous movement from one pose to the next B. Build heat, balance and concentration C. Emphasize pranayama breathing
<b>Total Lecture Hours</b>		0	
<b>Total Laboratory Hours</b>		54	
<b>Total Hours</b>		54	

#### IV. PRIMARY METHOD OF EVALUATION AND SAMPLE ASSIGNMENTS

##### A. PRIMARY METHOD OF EVALUATION:

Skills demonstrations

##### B. TYPICAL ASSIGNMENT USING PRIMARY METHOD OF EVALUATION:

Demonstrate to your assigned partner in class, the poses of Sun Salutation A in sequential order.

##### C. COLLEGE-LEVEL CRITICAL THINKING ASSIGNMENTS:

1. In a short-answer exam question, identify three styles of yoga and choose which style you believe fits your lifestyle and goals.
2. Choose postures from the following classifications: standing, balancing, seated, supine, prone, and inversion. Demonstrate to your assigned partner the postures in a sequential pattern where one position flows directly into another.

##### D. OTHER TYPICAL ASSESSMENT AND EVALUATION METHODS:

Performance exams

Other exams

Class Performance

Multiple Choice

Completion  
Matching Items  
True/False

**V. INSTRUCTIONAL METHODS**

Demonstration  
Lecture  
Multimedia presentations

**Note: In compliance with Board Policies 1600 and 3410, Title 5 California Code of Regulations, the Rehabilitation Act of 1973, and Sections 504 and 508 of the Americans with Disabilities Act, instruction delivery shall provide access, full inclusion, and effective communication for students with disabilities.**

**VI. WORK OUTSIDE OF CLASS**

Course is lab only - minimum required hours satisfied by scheduled lab time and estimated student hours outside of class per week is zero.

**Estimated Independent Study Hours per Week: 0**

**VII. TEXTS AND MATERIALS**

- A. UP-TO-DATE REPRESENTATIVE TEXTBOOKS
- B. ALTERNATIVE TEXTBOOKS
- C. REQUIRED SUPPLEMENTARY READINGS
- D. OTHER REQUIRED MATERIALS

**VIII. CONDITIONS OF ENROLLMENT**

**A. Requisites (Course and Non-Course Prerequisites and Corequisites)**

Requisites	Category and Justification
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**B. Requisite Skills**

Requisite Skills
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**C. Recommended Preparations (Course and Non-Course)**

Recommended Preparation	Category and Justification
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**D. Recommended Skills**

Recommended Skills
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**E. Enrollment Limitations**

Enrollment Limitations and Category	Enrollment Limitations Impact
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Course created by Nancy Manahan on 09/01/1972.

**BOARD APPROVAL DATE:**

**LAST BOARD APPROVAL DATE: 11/21/2016**

**Last Reviewed and/or Revised by James Healy on 03/02/2016**

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