

# PHED 21: FOUNDATIONS OF YOGA

## Foothill College Course Outline of Record

Heading	Value
<b>Units:</b>	1
<b>Hours:</b>	3 laboratory per week (36 total per quarter)
<b>Advisory:</b>	This course is included in the Flexibility & Stability family of activity courses.
<b>Degree &amp; Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Area VII: Lifelong Learning
<b>Transferable:</b>	CSU/UC
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	Not Repeatable

## Student Learning Outcomes

- Demonstrate proper technique and increasing expertise in Yoga postures and sequences.
- Students will learn: Asana, Pranayama, Safe Yoga Practice, Anatomy of Yoga, Core Strength, Balance and Flexibility, Intro. Vinyasa Flow, Intro. Yin Yoga, Meditation in the area of Yoga offered by PE dept.

## Description

Introduction to the fundamentals of yoga, including foundation principles and practices. Emphasis on the demonstration and practice of correct alignment, balance and connection for yoga poses (asanas), yogic locks, and pranayama (breathing techniques) for overall fitness and stress management.

## Course Objectives

The student will be able to:

- identify concepts and aspects of correct alignment, balance and connection
- demonstrate foundational lying, seated and standing asanas to open and strengthen the mind and body in preparation for a beginning yoga practice
- demonstrate the ability to perform and practice yoga fundamentals independently
- relax at conscious will, both mentally and physically
- demonstrate the grasp of foundation levels of meditation skills
- perform foundation techniques in the art of pranayama (breathing)

## Course Content

- Foundational aspects of yoga
  - physical development
  - mental poise and equanimity
  - emotional control
  - philosophy
  - development of character
  - thoughtful and compassionate social interaction
  - purification of body and mind, thought, word and deed
- Training in foundational yoga postures

- movement routines designed specifically for foundational level
- foundational syllabus of poses: inverted, forward bends, twists, shoulder stretches, pelvic openers, strength, inverted spinal, seated, lower back strengtheners, waist bends, and back bending
- using props to increase skills
- Relaxation skills
  - physical techniques for tension reduction
  - mental techniques for stress management and anxiety control
- Breathing techniques
  - lying and seated positions for rhythmic controlled breathing exercises
  - foundation variations of breathing exercises
- Personal private practice
  - student will be encouraged to develop personal routines that help with individual physical problems, ailments, and limitations
  - student will be helped through lectures and group discussions to overcome obstacles of personal and individual practice

## Lab Content

Practice may include, but is not limited to the following:

- Savasana
- Pavanmuktasana
- Supta Matsyendrasana
- Manipurasana
- Sethu Bandhasana
- Supta Ekapadasana
- Supta Padangusthasana
- Supta Ardha Padmasana
- Supta Vrksasana
- Dharmikasana
- Majariasana
- Janu Sirshasana

## Special Facilities and/or Equipment

Appropriate exercise wear, one beach towel, one yoga mat. Foam blocks, woven straps and elastic bands will be supplied by the instructor.

## Method(s) of Evaluation

- skills and techniques will be assessed by direct instructor observation
- committed and regular participation
- oral and written skill tests
  - independent performance of physical postures
  - graded on level of preparedness and ability to attend, concentrate, and focus

## Method(s) of Instruction

Discussion, cooperative learning exercises, laboratory, demonstration.

## Representative Text(s) and Other Materials

Brown, Christina. [The Modern Yoga Bible](#). Walking Stick Press, 2017.

Rector, Skip. [Yoga](#). 2017.

Stephens, Mark. [Yoga Sequencing: Designing Transformative Yoga Classes](#). Berkeley, CA: North Atlantic Books, 2012.

## **Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments**

Basic anatomy worksheet for muscles and bones used in cueing for poses; optional reading and writing assignments as recommended by instructor.

### **Discipline(s)**

Physical Education