

PHED 21A: BEGINNING HATHA YOGA

Foothill College Course Outline of Record

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

Student Learning Outcomes

- Students can demonstrate/explain basic knowledge of anatomy, physiology and safety issues related to Yoga practice, including alignment, connection and transitioning safely between poses.
- Demonstrate proper technique and increasing expertise in Yoga postures and sequences.

Description

Principles and methods of practice in the discipline of beginning hatha yoga. Emphasis on the practice and demonstration of the beginning postures and the usage of hatha yoga for increased focus and concentration, integration of personal values and actions, and integration of mind, body and spirit.

Course Objectives

The student will be able to:

- identify basic anatomy and terminology used in the practice of beginning hatha yoga
- demonstrate beginning physical poses of hatha yoga
- demonstrate the ability to perform and practice hatha yoga independently
- practice aerobic hatha yoga postures and sequences
- relax at conscious will, both mentally and physically
- perform beginning techniques in the art of pranayama (breathing)

Course Content

- Aspects of hatha 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
- Physical postures
 - training in beginning hatha yoga postures

- practice in increasing the duration of aerobic sequences, such as the sun salutations
 - movement routines designed specifically for beginning level
 - beginning syllabus of poses: standing inversions, forward bends, twists, shoulder stretches, pelvic openers, strength, inverted spinal, seated, lower back strengtheners, waist bends, and back bending
 - using props and partners to increase skills
- Relaxation skills
 - physical techniques for tension reduction
 - mental techniques for stress management and anxiety control
 - Breathing techniques
 - both lying down and sitting up positions for rhythmic controlled beginning breathing exercises
 - beginning variations of breathing exercises
 - retentions of breath introduced
 - Meditation techniques and visualization techniques
 - diverse techniques and styles of seated meditation introduced
 - training in the physical art of sitting, necessary for profound meditation
 - Personal private practice
 - student will be helped in designing personal routines that help with individual physical problems, ailments, and limitations
 - student will be helped through lectures and groups discussions to overcome obstacles of personal and individual practice

Lab Content

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

- Utthita Trikonasana (Extended Triangle Pose)
- Prasarita Padottanasana (Wide-Leg Standing Forward Bend Pose)
- Adho Mukha Svanasana (Downward-Facing Dog Pose)
- Uttanasana (Standing Forward Bend Pose)
- Anjaneyasana (Lunge Pose)
- Bhujangasana (Cobra Pose)
- Dhanurasana (Bow Pose)
- Viparita Karani (Elevated Legs-up-the Wall Pose)
- Bharadvajasana (Simple Seated-Twist Pose)
- Virasana (Hero-Heroine Pose)

Special Facilities and/or Equipment

- Appropriate exercise wear, one yoga mat, one large towel.
- When taught as an online distance learning or hybrid section, students and faculty need ongoing and continuous internet and email access.

Method(s) of Evaluation

- skills and techniques will be assessed by direct instructor observation
- committed and regular participation
- oral and written skill tests
- final examination
 - 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.

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

Worksheet of sanskrit names for the poses; optional reading and writing assignments as recommended by instructor.

Discipline(s)

Physical Education