

# **COURSE OUTLINE**

**LFIT-126**

**Yoga**

1 Semester Hour

## **HOWARD COMMUNITY COLLEGE**

### **Description**

This course will provide students the opportunity to learn and experience the fundamentals of Hatha Yoga. The intent of this course is to promote proper breathing, proper relaxation, and proper exercise, the basis of Yoga. Students will become familiar and comfortable with basic posture and breathing techniques. Throughout the course class participants will be encouraged to incorporate the discipline of Yoga into their life. As students continue the practice of Hatha Yoga a new awareness of positive changes physically, mentally, and emotionally will transpire.

### **Overall Course Objectives**

Upon completion of this course the student will be able to:

1. Perform basic Hatha Yoga postures.
2. Experience improvement in concentration, breathing, and balance.
3. Evaluate and feel complete relaxation.
4. Know pranayama techniques that promote increased lung capacity, release toxins, and mental clarity.
5. Observe an increase in physical strength and flexibility.
6. Become familiar with the history and philosophy of Yoga.
7. Have the knowledge to develop their personal yoga practice.

### **Major Topics**

- I. The postures of Yoga
- II. Practice of Yoga
- III. History of Yoga
- IV. Philosophy of Yoga
- V. Yoga for exercise and relaxation

## **Course Requirements**

### Grading/exams:

Grading procedures will be determined by the individual faculty member but include the following.

- Attendance
- Participation
- Performance of Yoga

## **Other Course Information**