

Common Course Outline

PELF 143

Hatha Yoga

2 Semester Hours:

The Community College of Baltimore County

Description

Hatha Yoga

Explores Yoga from a historical, philosophical perspective; engages the student on a body/mind spirit level and offers experiences in all of the domains of learning, enabling the student to increase grow, develop, relate successfully to others, and respond creatively to the exigencies of modern life.

Pre-requisites: None. This course may be used to fulfill 2 elective credits

Overall Course Objectives

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

1. perform basic Yoga asanas (postures) at a beginning competency;
2. discuss the philosophy and history of Yoga;
3. be aware of their growth in poise, strength, flexibility, and balance;
4. describe changes in stress level and mental perception of life events;
5. demonstrate improved ability to focus and concentrate;
6. demonstrate proper breathing;
7. independently lead themselves through an effective Yoga session;
8. gradually increase their ability to hold the postures for a longer time;
9. discuss the relationships of Yoga to other aspects of life — personal and professional;
10. describe a transformation in thinking patterns that result in a more positive attitude toward demands of life.

Major Topics

1. Philosophy of Yoga
2. History of Hatha Yoga
3. Beginning Asanas
4. Physical strength, flexibility, and balance
5. Stress theory
6. Breathing techniques
7. Yoga and Wellness
8. The transforming effects of Yoga

Course Requirements

1. A minimum of one written and one oral exam
2. A minimum of two reading and two writing assignments

Other Course Information

The Community College of Baltimore County is committed to providing a high-quality learning experience that

results in a growth in knowledge, attitudes, and skills necessary to function successfully as a transfer student, in a career and as a citizen. To accomplish this goal, we maintain high academic standards and expect students to accept responsibility for their individual growth by attending class, completing all homework and other assignments, participating in class activities and preparing for tests.