

Common Course Outline

PEFT 100

Fitness for Life Yoga

3 Semester Hours

The Community College of Baltimore County

Description

The Fitness for Life Course embodies a synthesis of performance and wellness concepts and skills. It employs a specific movement activity to assist the student in the comprehension and expression of the following: integrating physical activity as a personal health behavior, the universality of the body, body organization and awareness, moving as meditation, fitness appraisal and interpretation of results, nutritional concepts, training principles, and fitness across the lifespan. The course concept and skill will be developed through the study of Yoga. Prerequisites: Reading skill 1, English skill 1

Overall Course Objectives

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

1. Evaluate personal fitness levels through fitness testing;
2. Demonstrate knowledge of physical fitness concepts and practices;
3. Apply Yoga knowledge and skills to design practice sessions to augment fitness;
4. Design and implement practices to achieve personal wellness;
5. Demonstrate discipline and self-reliance working independently;
6. Practice cooperation when working with a partner or small group;
7. Identify the psychomotor (physical), cognitive (intellectual) and affective (emotional) aspects of their yoga practice;
8. Identify the anatomical structures and effective body mechanics fundamental to yoga practice;
9. Appraise movements the body is capable of performing according to the individual's anatomical structure;
10. Identify each asana by name;
11. Coordinate breath with movement;
12. Apply the Yoga principles of action to the performance of each asana;
13. Demonstrate appropriate safety behavior and use of props to support asanas;
14. Demonstrate enhanced fitness in the areas of muscular strength, endurance and flexibility;
15. Demonstrate increased kinesthetic awareness through evaluation and self-correction;
16. Discuss the value of effective movement in everyday life;
17. Experience greater ease of movement in daily activities;
18. Demonstrate the discipline of Yoga through class and outside practice;
19. Describe how personal fitness is related to emotional, intellectual, environmental, social and spiritual well being;
20. Construct a Yoga practice to promote enhanced mood and relaxation response.

Major Topics

1. Yoga as a lifestyle behavior for developing body, mind and spirit

2. Fitness assessment
3. Body organization according to human anatomy and personal capacity
4. Conscious breathing
5. Training principles and the discipline of Yoga
6. Asana practice
7. Stress Management
8. Health-related components of fitness: muscular strength and endurance, flexibility, body composition, cardio-respiratory endurance
9. Fitness training principles
10. Nutrition
11. The philosophical foundations of Yoga

Course Requirements

Specific assignments and procedures for evaluating student performance in this course will be described in the individual class syllabus, but will include the following:

1. Attendance and active participation in all class activities, collaborative work, and discussions
2. Yoga log of weekly practice outside of class
3. A minimum of three writing assignments (2 pages)
4. Mid-term and final exam including objective and critical thinking/synthesis questions

Other Course Information

The Community College of Baltimore County is committed to providing a high-quality learning experience that results in 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 classes, completing all homework and other assignments, participating in class activities and preparing for tests.

We take seriously our responsibility to maintain high-quality programs and will periodically ask you to participate in assessment activities to determine whether our students are attaining the knowledge, attitudes and skills appropriate to various courses and programs. The assessment activities may take many different forms such as surveys, standardized or faculty-developed tests, discussion groups or portfolio evaluations. We ask that you take these activities seriously so that we can obtain valid data to use for the continuous improvement of CCBC's courses and programs.