



ILLINOIS VALLEY COMMUNITY COLLEGE

COURSE OUTLINE

DIVISION: Health Professions

COURSE: ALH 1030 Yoga

Date: Spring 2024

Credit Hours: 2

Complete all that apply or mark "None" where appropriate:

Prerequisite(s): None

Enrollment by assessment or other measure? Yes No

If yes, please describe:

Corequisite(s): None

Pre- or Corequisite(s): None

Consent of Instructor: Yes No

Delivery Method:	<input checked="" type="checkbox"/> Lecture	1.5 Contact Hours (1 contact = 1 credit hour)
	<input type="checkbox"/> Seminar	0 Contact Hours (1 contact = 1 credit hour)
	<input checked="" type="checkbox"/> Lab	1 Contact Hours (2-3 contact = 1 credit hour)
	<input type="checkbox"/> Clinical	0 Contact Hours (3 contact = 1 credit hour)

Offered: **Fall** **Spring** **Summer**

CATALOG DESCRIPTION and IAI NUMBER (if applicable):

This introductory course contextualizes yoga as it is popularly understood in the West within the broader framework of its traditional origins. The class begins with fundamental exercises and adds new postures and exercises throughout the course which are designed to balance mind, body, and spirit. Through these in-class exercises, students are introduced in a gentle way to spending time on a regular basis in the experiential domain of the mind-body-spirit interface with the goal of enhancing proactive participation in cultivating one's own health and wellbeing. The wellness benefits of yoga are explored from the mind-body perspective with emphasis on stress reduction and its relationship to wellbeing as understood from a holistic perspective. Psychology of yoga is also discussed, as are foundational moral and ethical principles which contribute to a balanced, stable, and vital lifestyle which is conducive to health and wellness. By the end of the course, students will be well introduced to yoga and in a position to continue practice on their own or prepared to take classes and participate in workshops in any venue with a good sense of their own capacities and limitations and with sufficient knowledge to evaluate suitability of classes for them.

ACCREDITATION STATEMENTS AND COURSE NOTES:

None

COURSE TOPICS AND CONTENT REQUIREMENTS:

1. Students will be able to demonstrate knowledge of the traditional origins of yoga.
2. Students will be able to demonstrate knowledge of the reasons why yoga and other similar practices are beneficial.
3. Students will be able to demonstrate knowledge of yogic practices
4. Students will be able to demonstrate knowledge of applicability to the practices and philosophy of yoga to everyday life

INSTRUCTIONAL METHODS:

Lecture

Demonstrations

Experiential Exercises

Handouts

Slides

Videos

Discussion

Exams

EVALUATION OF STUDENT ACHIEVEMENT:

1. Written exams
2. Reflective journal
3. Observation of competency at performing yoga postures
4. Class participation, attentiveness, preparedness

Grading scale (on the basis of total course points):

A = 90 - 100%

B = 80 - 89%

C = 70 - 79%

D = 60 - 69%

F = 59% or lower

INSTRUCTIONAL MATERIALS:

Textbooks

Resources

Yoga mats

Blocks

Straps

Blankets

Handouts

Slides

Videos

LEARNING OUTCOMES AND GOALS:

Institutional Learning Outcomes

- 1) Communication – to communicate effectively;
- 2) Inquiry – to apply critical, logical, creative, aesthetic, or quantitative analytical reasoning to formulate a judgement or conclusion;
- 3) Social Consciousness – to understand what it means to be a socially conscious person, locally and globally;
- 4) Responsibility – to recognize how personal choices affect self and society.

Course Outcomes and Competencies

- 5. Students will be able to demonstrate knowledge of the traditional origins of yoga.
 - 5.1. Give meaning to yoga.
 - 5.2. Identify the position of Patanjali in the history of yoga
 - 5.3. Place the practicing of yoga postures within the context of yoga systems
 - 5.4. List and define three different types of yoga.
- 6. Students will be able to demonstrate knowledge of the reasons why yoga and other similar practices are beneficial.
 - 6.1. Discuss yoga using the following terminology:
 - 6.2. Stress, fight-or flight-response, relaxation response, proper breathing, meditation, cognitive appraisal (perceived meaning of situations), conditioning, letting go, acceptance
 - 6.3. Discuss thoracic, abdominal, and diaphragmatic breathing as they relate to corresponding psychoemotional states, and demonstrate each type of breathing
 - 6.4. Students will be able to discuss the significance of lifestyle and moral-ethical principles to the holistic picture of health and well being
 - 6.5. Students will be able to define Yama and Niyama give examples of each
- 7. Students will be able to demonstrate knowledge of yogic practices
 - 7.1. Do joints and glands exercises
 - 7.2. Do selected asanas (postures)
 - 7.3. Demonstrate three patterns of Pranayama
 - 7.4. List the typical parts of a relaxation exercise
 - 7.5. Give the defining characteristics of meditation
 - 7.6. Name and define four types of meditation
- 8. Students will be able to demonstrate knowledge of applicability to the practices and philosophy of yoga to everyday life
 - 8.1. Students will be able to discuss the use of yoga toward making a more proactive role in one's own health and well being