

COURSE OUTLINE

**Dance 190
Beginning Yoga**

I. Catalog Statement

Dance 190 introduces the student to the principles and techniques of Yoga. The course emphasizes Yoga positions to facilitate stretching and toning muscles, limbering joints, and aiding spinal alignment. The use of Yoga breathing techniques and meditation exercises to revitalize the body and calm the mind is included.

Total Lecture Units: 1.0

Total Laboratory Units: 0.5

Total Course Units: 1.5

Total Lecture Hours: 16.0

Total Laboratory Hours: 24.0

Total Faculty Contact Hours: 40.0

Prerequisite: None.

II. Course Entry Expectations

Skills Level Ranges: Reading 5; Writing 5; Listening-Speaking 5; Math 1.

III. Course Exit Standards

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

1. identify and define the basic Asanas (Yoga positions);
2. demonstrate and explain Pranayama (breath), and meditation;
3. perform a basic set of Asanas;
4. discuss the fundamental aspects in the practice of Yoga and their relationship to the body, mind, and personal health.

IV. Course Content

Total Faculty Contact Hours=40

A. Introduction

Lecture: 4 hours

1. Elements of Hatha Yoga
2. Elements of Kundalini Yoga
3. Vocabulary

B. Basic Positions (Asanas)

Lecture: 3 hours – Laboratory 6 hours

1. The Sun Salutation
2. Easy Pose
3. Leg Raises
4. The Headstand
5. The Shoulderstand
6. The Bridge
7. The Fish
8. The Forward Bend
9. The Cobra
10. The Locust
11. The Bow
12. The Half Spinal Twist
13. The Lotus
14. The Crow
15. The Triangle

C. Breathing (Pranayama)

Lecture: 3 hours – Laboratory: 6 hours

1. Anuloma Viloma
2. Brahmari
3. Sitkari
4. Sithali

D. Meditation

Lecture: 3 hours – Laboratory: 6 hours

1. Principles of Meditation
2. Mastery of the mind
3. Tratak
4. Mantras

E. Yoga and Health

Lecture: 3 hours – Laboratory: 6 hours

1. Muscles
2. Skeleton
3. Spinal movements
4. Digestion
5. Respiration
6. Circulation

V. **Methods of Instruction**

The following instructional methodologies may be used in the course:

1. classroom lecture and demonstration;
2. warm up and performance of sets of Yoga positions;
3. interpretation and practical application of breath control and meditation;
4. video and multimedia presentations;
5. in-class critiques, done individually and in groups.

VI. Out of Class Assignments

The following out of class assignments may be used in this course:

1. attendance at GCC Dance Department performance;
2. on-line research of the genre;
3. written evaluation of the performance attended.

VII. Methods of Evaluation

The following methods of evaluation may be used in this course:

1. movement exams;
2. class participation in critiques, analysis, and evaluation of yoga practices;
3. written exams;
4. written essays;
5. final exams.

VIII. Textbooks

Official course handouts.

IX. Student Learning Outcomes

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

1. identify and define the basic Asanas (Yoga positions);
2. demonstrate and explain Pranayama (breath), and meditation;
3. perform a basic set of Asanas;
4. discuss the fundamental aspects in the practice of Yoga and their relationship to the body, mind, and personal health.