

**PALOMAR COLLEGE**  
**COURSE OUTLINE OF RECORD FOR**  
**NONCREDIT COURSE**

(Use this form only for Noncredit courses)

**COURSE NUMBER AND TITLE:    CNED 270 Hatha Yoga**

**MINIMUM NUMBER OF SEMESTER HOURS:       16**

**SCOPE OF COURSE:**

This course will allow the individual to progress from beginner to advanced status. Yoga integrates static and dynamic physical postures with mental discipline to achieve greater well-being. Students will increase strength, flexibility, and balance; decrease mental and physical stress; and improve circulation throughout the body.

**SPECIFIC COURSE OBJECTIVES:**

The successful student will:

1. Analyze, understand, and execute the fundamental yoga positions correctly.
2. Analyze, understand, and execute proper breathing techniques.
3. Self-monitor the mind-body response while exercising.
4. Recognize pain as a signal to stop and assess the execution of a specific pose.
5. Incorporate yoga into an effective and satisfying wellness program.
6. Assess physical performance as an individual achievement, rather than a competition against others.
7. Understand principles of mild muscle pain alleviation.
8. Demonstrate practical techniques of stress reduction.
9. Experience ability to reduce emotional and physical stress.
10. Attain increased flexibility, strength, and endurance.
11. Experience increased well-being.

**CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:**

- I. Physical
  - A. Basic anatomy
  - B. Breathing exercises
  - C. Stretching exercises
  - D. Strengthening exercises
  - E. Balance enhancement exercises
  - F. Stress reduction techniques
  - G. Correct posture and movement
- II. Psychological
  - A. Recognition of stress triggers
  - B. Positive self-image enhancement
  - C. Emotional stress reduction
  - D. Serenity

- E. Self-motivation techniques
- III. The Yoga Poses or Postures
- IV. Learning the Sequence of Postures
- V. Equipment for Protection
- VI. Proper Warm-up and Cool-down Techniques
- VII. Healthy Foods
- VIII. Commitment to Life Long Well-Being

**MATERIALS REQUIRED:**

Loose comfortable clothing and supportive footwear

**TEXTS RECOMMENDED OR REQUIRED:**

None required. The instructor-prepared handouts will be the main reference for learning the individual exercises and the sequence in which they are practiced.

**INSTRUCTIONAL METHODOLOGY:**

**Check all that apply:**

- lecture
- laboratory
- lecture-laboratory combination

**DISTANCE LEARNING:**

**This course may be offered as a distance learning course and meets Title 5 regulations 55370, 55372, 55374, 55376, 55378, and 55380.**

Yes  No

**If yes, check all that apply.**

- Television Course (Video one-way, e.g. ITV, video cassette, etc.)
- Online Course (Text one-way, e.g. newspaper, correspondence, electronic file, etc.)
- Two-Way Video Conferencing (Two-way interactive video and audio)
- One-Way Video Conferencing (One-way interactive video and two-way interactive audio)
- Computer Assisted Instruction (A specialized form of mediated instruction relying primarily on student access to information and prepared lessons or teaching materials through a computer terminal, but not under immediate supervision of a qualified instructor.)

**METHODS OF DETERMINING WHETHER THE STATED OBJECTIVES HAVE BEEN MET BY STUDENTS:**

Student will self-assess individual flexibility, strength, mobility, muscle tone, endurance, and general feeling of well-being to measure his/her degree of satisfaction and achievement. Instructor and class members will provide positive input and give feedback to one another as each progresses toward his/her individual goal.

**CONTACT PERSON:** Lee Kerckhove, 2154

**SIGNATURES ON FILE:**