

FORM VERSION: 5/95  
Date: March 9, 1999

PALOMAR COLLEGE  
COURSE OUTLINE OF RECORD FOR  
DEGREE CREDIT COURSE

X  Transfer course       X  A.A. degree applicable course

(check all that apply)

**COURSE NUMBER AND TITLE:** PE 112 Yoga

**UNIT VALUE:** 1.0, 1.5, 2.0

**MINIMUM NUMBER OF SEMESTER HOURS:** 32, 48, 64

**BASIC SKILLS REQUIREMENTS:** Appropriate language skills.

**ENTRANCE REQUIREMENTS:** None

**PREREQUISITE:** None

**COREQUISITE:** None

**RECOMMENDED PREPARATION:** None

**SCOPE OF COURSE:** Investigation and practice of the principles of physical Hatha Yoga. Emphasis is on improved body alignment, joint flexibility, muscle tone and breathing.

**SPECIFIC COURSE OBJECTIVES:** Upon completion of this course the students will be able to:

- 1) Perform from memory a complete Yoga exercise routine, beginning, intermediate, or advanced.
- 2) Demonstrate selected Yoga breathing techniques.
- 3) Perform from memory selected relaxation techniques.
- 4) Demonstrate working knowledge of classical yoga postures by explaining and analyzing a specific posture in relation to the eight limbs of yoga.

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

- I. History of yoga
- II. Philosophy
- III. Classical forms
  - A. Standing postures
    - 1. warriors
    - 2. head to knees
    - 3. triangle
    - 4. reverse triangle
    - 5. sun salutation
  - B. Sitting postures
    - 1. child's posture
    - 2. spinal twist
    - 3. head to knees
  - C. Prone positions
    - 1. universal posture
    - 2. cobra
    - 3. lions posture
    - 4. plow
- IV. Breathing techniques
- V. Relaxation techniques and stress management

**REQUIRED READING:**

Tourda, Wayne and Vincent D. McCullough. Harmony With The Movement Of The Universe: A Collection of Writings On Aikido and Yoga. California: McGraw Hill, 1998.

**SUGGESTED READING:**

None

**REQUIRED WRITING:**

None

**OUTSIDE ASSIGNMENTS:**

**Students are expected to spend a minimum of three hours per unit per week in class and on outside assignments, prorated for short-term classes.**

Read and study handouts, lecture notes, and text. Practice skills, and study for exams. Observe other relative classes applicable to Aikido and yoga.

**INSTRUCTIONAL METHODOLOGY:**

**Check all that apply:**

- lecture
- laboratory
- lecture-laboratory combination
- directed study

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

Yes \_\_\_\_\_ No

**If yes, check all that apply.** (See guidelines for preparation for definitions.)

telecourse  
 mediated instruction  
 computer assisted instruction

**GRADING POLICY AND STANDARDS** (include methods of determining whether the stated objectives have been met by students):

Participation 70%  
(2) Essay written exams given  
as mid-term and final in paragraph form 30%

**IS COURSE REPEATABLE FOR REASON(S) OTHER THAN DEFICIENT GRADE?**

Yes  No  Number of times course may be taken for credit: 4

If yes, identify specific provision of Title 5 Division 2 section(s) 55761-55763 and 58161 which qualifies course as repeatable:

58161 (c) (2) (A) and (B)

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