

**RARITAN VALLEY COMMUNITY COLLEGE
ACADEMIC COURSE OUTLINE**

FITN 143 Yoga

I. Basic Course Information

A. Course Number and Title: FITN 143 Yoga

B. New or Modified Course: Modified

C. Date of Proposal: Semester: Fall Year: 2023

D. Effective Term: Fall 2024

E. Sponsoring Department: Health Science Education

F. Semester Credit Hours: **1**

G. Weekly Contact Hours: **2** Lecture: 0
Laboratory: 2
Out of class student work per week: 1

H. ☐ Prerequisite (s): None
☐ Corequisite (s): None
☐ Prerequisite (s) and Corequisite (s): None

I. Additional Fees: None

J. Name and E-Mail Address of Department Chair and Divisional Dean at time of approval:

Chair: Linda Romaine, Linda.Romaine@raritanval.edu

Dean: Dr. Sarah Imbriglio, Sarah.Imbriglio@raritanval.edu

II. Catalog Description

Prerequisites/Co-requisites: None

Students will be introduced to the history and practice of yoga, which includes physical postures (asana), and the formal practice of controlling breath (pranayama). Students will learn relaxation techniques incorporated in the yoga practice, and understand the psychological and physical benefits of the practice, which include stress reduction, relaxation, increased flexibility, muscle strength and tone.

III. Statement of Course Need

- A. This course is designed to introduce the student to the history and practice of yoga. Students learn basic yoga postures and breathing techniques, their benefits, risks and modifications.
- B. The course is delivered in both practical application through demonstration of skills in class which includes the history and philosophy of the yoga practice.
- C. This course generally transfers as a fitness/exercise program elective.

IV. Place of Course in College Curriculum

- A. Free Elective
- B. To see course transferability: a) for New Jersey schools, go to the NJ Transfer website, www.njtransfer.org; b) for all other colleges and universities, go to the individual websites.

V. Outline of Course Content

- A. The History and Philosophy of Yoga
- B. Vocabulary of Yoga
- C. Yoga Poses (Asana)
- D. Breathing Techniques (Pranayama)
- E. Self-Assessment and Analysis
- F. Yoga and Stress Relief
- G. Brain Function and Relaxation Response
- H. Meditation Practice and Benefits
- I. Yoga for Special Conditions

VI. A. Course Learning Outcomes:

At the completion of the course, students will be able to:

- 1. Communicate through presentation and/or essay, a specific knowledge of yoga anatomy and principles. (GE-IL, 1)*
- 2. Identify and critically evaluate information. (GE-IL)*
- 3. Demonstrate basic Hatha Yoga poses and modifications for individuals with physical limitations.

4. Demonstrate various breathing techniques to facilitate the relaxation response.

*embedded critical thinking

B. Assessment Instruments

1. demonstrations
2. essays
3. written & practical exams

VII. Grade Determinants

- A. Assignments (Demonstrations and Essays)
- B. Quizzes
- C. Discussion posts and participation
- D. Exams – Written & Practical

Given the goals and outcomes described above, LIST the primary formats, modes, and methods for teaching and learning that may be used in the course:

- A. Lecture/discussion
- B. Small group work
- C. Student oral presentations
- D. Practical demonstrations

VIII. Texts and Materials

- A. *Yoga for Body, Breath, and Mind*
Author: A.G. Mohan, 1993
Publisher: Shambhala Publications, Inc., Boston, MA

(Please Note: The course outline is intended only as a guide to course content and resources. Do not purchase textbooks based on this outline. The RVCC Bookstore is the sole resource for the most up-to-date information about textbooks.)

IX. Resources

- A. RVCC Library

X. Check One: ☐ Honors Course ☐ Honors Options ☒ N/A