

Yoga I

Class

KINE 1150

Asanas (postures), Pranayamas (breathing techniques) and relaxation for proficiency in Hatha Yoga technique. Yoga terminology, basic nutrition, and historical background of Yoga. Three hours per week. One hour credit.

Course Learning Objectives

1. To describe historical development/background of Hatha Yoga.
2. To identify philosophical system underlying Hatha Yoga.
3. To identify basic yoga postures.
4. To execute basic yoga postures.
5. To list steps in executing postures.
6. To identify which postures are appropriate to opening various parts of the body.
7. To identify which postures are appropriate to relaxing and calming the mind.
8. To demonstrate sport and fitness-related skills and apply the use of the skills in lifetime activity in the promotion of health and wellness.
9. To demonstrate knowledge of nutrition and its implications for sport performance, physical fitness, and wellness.
10. To demonstrate the biomechanics of fundamental movements and skills.
11. To develop the kinesthetic sense in the process of acquiring movement skills. 5. To recognize the importance of the relationship between lifetime activity and the quality of life.
12. To discuss the elements of physical fitness.
13. To recognize the importance of exercise as it relates to health and wellness.
14. To discuss the relationship between nutrition, obesity, weight control and exercise.
15. To discuss the impact/effect of physical activity as it relates to the individual, the community, and society.

Required Textbooks

The Runners Yoga Book, Jean Couch

Evaluation Standards

Student success is measured by assessment techniques aligned to course goals and learning outcomes. A variety of techniques may be used, including but not limited to objective exams/quizzes, classroom participation, physical assessments, demonstrations, written reports and group projects. Individual faculty members may also include selected computer programs and demonstrations of health facts with the aid of media and laboratory. Individual faculty members are responsible for designing evaluation instruments to measure student mastery of course goals and learning outcomes and for indicating the nature of such instrument in the instructor's class requirements.

Semester grade will have letter grade assigned as follows

90-100 A
80-89 B
70-79 C
60-69 D
Below 60 F

Disabilities

ADA Statement:

Any student with a documented disability (e.g. learning, psychiatric, vision, hearing, etc.) may contact the Office on the Weatherford College Weatherford Campus to request reasonable accommodations. *Phone:* 817-598-6350
Office Location: Office Number 118 in the Student Services Building, upper floor. *Physical Address:* Weatherford College 225 College Park Drive Weatherford, TX.

Academic Integrity

Academic Integrity is fundamental to the educational mission of Weatherford College, and the College expects its students to maintain high standards of personal and scholarly conduct. Academic dishonesty of any kind will not be

tolerated. Academic dishonesty includes, but is not limited to, cheating on an examination or other academic work, plagiarism, collusion, and the abuse of resource materials including unauthorized use of Generative AI. Departments may adopt discipline specific guidelines on Generative AI usage approved by the instructional dean. Any student who is demonstrated to have engaged in any of these activities will be subject to immediate disciplinary action in accordance with institutional procedures.

Lab Fee

\$24