

Montgomery County Community College
 ESW 148
 Hatha Yoga
 2-1-2

COURSE DESCRIPTION:

Introduction to Hatha Yoga postures, breathing exercises, mental discipline, terminology, precepts and practices. The influence of Yoga on Western culture and guideline for advanced study will also be discussed. This course is subject to a course fee. Refer to <http://mc3.edu/adm-fin-aid/paying/tuition/course-fees> for current rates.

REQUISITES:

Previous Course Requirements

None

Concurrent Course Requirements

None

LEARNING OUTCOMES Upon successful completion of this course, the student will be able to:	LEARNING ACTIVITIES	EVALUATION METHODS
1. Practice basic Level 1 yoga postures and breathing exercises, and their physical, mental, and emotional benefits.	Demonstration and Practice Lecture Assigned Readings Written Examinations Journaling Discussion Movement Activities Case Studies	Skill Assessment Case Studies Journaling Create a Home Practice Session
2. Describe the basic philosophy and understandings of yogic practices.	Demonstration and Practice Lecture Assigned Readings Student Presentations Written Assignments Research Resources Written Examinations Journaling Discussion Movement Activities Case Studies	Exam Case Studies Journaling

LEARNING OUTCOMES	LEARNING ACTIVITIES	EVALUATION METHODS
3. Create a home practice session consisting of exercise, relaxation, meditation and/or visualization, breathing techniques, and self-observation.	Demonstration and Practice Lecture Assigned Readings Student Presentations Journaling Discussion Movement Activities	Create a Home Practice Session Journaling
4. Recognize the influence of Yoga on contemporary society.	Demonstration and Practice Lecture Assigned Readings Student Presentations Written Assignments Research Resources Written Examinations Journaling Discussion Movement Activities Case Studies	Exam Case Studies
5. Integrate self-awareness, balance, and yogic practices into everyday life.	Demonstration and Practice Lecture Assigned Readings Student Presentations Written Assignments Research Resources Written Examinations Journaling Discussion Movement Activities Case Studies	Create a Home Practice Session Journaling

At the conclusion of each semester/session, assessment of the learning outcomes will be completed by course faculty using the listed evaluation method(s). Aggregated results will be submitted to the Associate Vice President of Academic Affairs. The benchmark for each learning outcome is that *70% of students will meet or exceed outcome criteria*.

SEQUENCE OF TOPICS:

1. Course Introduction
 - a. Philosophy
 - b. Guidelines for Practice
 - c. Classroom Etiquette
2. Centering & Warming Up
3. Alignment Principles in Level 1 Postures

4. Pranayama/Breathing Exercises
5. Refining Alignment
6. Standing Poses
7. Hand-Balancing Poses
8. Hip-Opening Poses
9. Abdominal Poses
10. Back Bending Poses
11. Twists
12. Forward Bending Poses
13. Sun Salutation
14. Rest Pose
15. Meditation
16. Selecting Healthy Food Choices

LEARNING MATERIALS:

Kraines, M. G. and Sherman, B. R. (2010). *Yoga for the Joy of It*. Sudbury, MA: Jones and Bartlett.

Other learning materials may be required and made available directly to the student and/or via the College's Libraries and/or course management system.

COURSE APPROVAL:

Prepared by:	Date:
Revised by: Connie Miller & Dr. Anne Livezey	Date: 2/2009
VPAA/Provost Compliance Verification: Dr. John C. Flynn, Jr.	Date: 9/11/2009
Revised by: Dr. Anne Livezey	Date: 6/2012
VPAA/Provost or designee Compliance Verification: Victoria L. Bastecki-Perez, Ed.D.	Date: 6/18/2012
Revised by: Dr. Anne Livezey	Date: 1/6/2018
VPAA/Provost or designee Compliance Verification:	Date: 1/10/2018



This course is consistent with Montgomery County Community College's mission. It was developed, approved and will be delivered in full compliance with the policies and procedures established by the College.