QUEENSBOROUGH COMMUNITY COLLEGE
Health, Physical Education and Dance Department

YOGA

PEE 530 Yoga 1credit
Professor:  Email:
Office:  Phone:

COURSE DESCRIPTION:
Developed in India, Hatha Yoga is an ancient system that includes asana (poses), pranayama (controlled breath), meditation and yoga philosophy. By undertaking these modes of practice, students can achieve a state of being, as well as mental and physical health. The effect of yoga is to tone, limber and energize the body, develop optimal functioning of the nervous and endocrine systems, calm the mind, relieve stress and improve self-discipline. This course will present basic asanas, pranayama, meditation and yoga philosophy.

REQUIRED: Yoga mat

EDUCATIONAL OBJECTIVES:

<table>
<thead>
<tr>
<th>General educational Objectives addressed by this course</th>
<th>Briefly describe activities in the course which helps students meet each of these general education objectives</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Students will communicate effectively through Writing, listening and speaking.</td>
<td>a. Students will prepare three homework assignments of their reflections of the yoga philosophy discussed in class. Listening skills will be developed by integrating information that is presented in the class on yoga philosophy and on the correct way to perform yoga poses and yoga breathing techniques. Speaking skills will be developed by students asking questions in yoga philosophy and how to perform yoga poses and breathing techniques.</td>
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<tr>
<td>2. Students will apply aesthetic and intellectual criteria in the evaluation or creation of works in the humanities or the arts.</td>
<td>a. Students will adapt and modify poses to suit their bodies so that they can perform poses in an appropriate manner.</td>
</tr>
<tr>
<td>3. Students will integrate knowledge and skills in their major field and across disciplines.</td>
<td>a. Students will demonstrate critical and creative thought by reflecting on the yoga philosophy and how it affects them in their everyday life.</td>
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</tbody>
</table>

COURSE OBJECTIVES AND STUDENT LEARNING OUTCOMES:

<table>
<thead>
<tr>
<th>1. Students will recognize the proper form for each yoga pose.</th>
<th>a. Students will demonstrate and execute the basic yoga poses. Each student will identify what is proper and what needs to be improved.</th>
</tr>
</thead>
<tbody>
<tr>
<td>2. Students will learn and employ safety concepts</td>
<td>a. Students will demonstrate their understanding of how to safely perform yoga poses and breathing techniques.</td>
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<tr>
<td>3. Students will present their poses to the class at the end of the semester.</td>
<td>a. Students will demonstrate their ability to interpret and apply the teachings of the course at the final.</td>
</tr>
</tbody>
</table>
COURSE REQUIREMENTS:
Attendance: Attendance and punctuality are required. Students are expected to attend all classes. Three tardies equal one absence. As per Department policy, attendance will be taken 5 minutes after the scheduled start of class to change into work-out attire. Students will be dismissed 10 minutes earlier than scheduled to change into street clothes. Students will be able to make up ONE absence up to the week before finals.

Academic Integrity:
“Academic integrity is a commitment, even in the face of adversity, to five fundamental values: honesty, trust, fairness, respect and responsibility. From these values flow of behavior that enable academic communities to translate ideals into action”- Center of Academic Integrity.

Services for Students with Disabilities:
Any student who feels that he/she may need an accommodation based upon the impact of a disability should contact me privately to discuss his/her specific needs. Please contact the Office of Services with Disabilities in the Science Building, Room 132 (718-631-6257) to coordinate reasonable accommodations for students with documented disabilities.

COURSE EVALUATION:
CONTRIBUTION (5 points per day/total 15) 75pts
WRITTEN EXAM 12.5pts
YOGA POSES 12.5pts
100pts

GRADING SCALE:
A: 90-100  A-: 85-89  B+: 80-84  B: 77-79  B-: 74-76  C+: 70-73  C: 67-69