**COLLIN COLLEGE**

**COURSE SYLLABUS**

Course Information

**Course Number:** KINE 1129

**Course Title:** Beginning Hatha Yoga

**Course Description:** Practice of yogic postures, or “asana,” defined as the physical positioning that coordinates breathing with moving and holding still for the purpose of both stretching and strengthening parts of the body.

*Note: A student may receive up to 4 credit hours of any combination of KINE course numbers in the 1100-1148 range; however, the same course cannot be taken more than twice.*

**Course Credit Hours:** 1

Lab Hours: 3

**Student Learning Outcomes:** Upon successful completion of this course, students will:

1. Describe historical development/background of Hatha Yoga.
2. Identify philosophical system underlying Hatha Yoga.
3. Identify basic yoga postures.
4. Execute basic yoga postures.
5. List steps in executing postures.
6. Identify which postures are appropriate to opening various parts of the body.
7. Identify which postures are appropriate to relaxing and calming the mind.
8. Identify community resources.
9. Demonstrate sport and fitness-related skills and apply the use of the skills in lifetime activity in the promotion of health and wellness.
10. Demonstrate knowledge of nutrition and its implications for sport performance, physical fitness, and wellness.
11. Communicate and critically define the importance of the relationship between lifetime activities and the quality of life
12. Demonstrate the biomechanics of fundamental movements and skills.
13. Develop the kinesthetic sense in the process of acquiring movement skills.

**Withdrawal Policy:** See the current *Collin Registration Guide* for last day to withdraw.

**Collin College Academic Policies:** See the current *Collin Student Handbook*

**Americans with Disabilities Act Statement:** Collin College will adhere to all applicable federal, state and local laws, regulations and guidelines with respect to providing reasonable accommodations as required to afford equal educational opportunity. It is the student’s responsibility to contact the ACCESS office, SCC-D140 or 972.881.5898 (V/TTD: 972.881.5950) to arrange for appropriate accommodations. See the current *Collin Student Handbook* for additional information.

*Fall 2018 New*