**COLLIN COLLEGE**

**COURSE SYLLABUS**

Course Information

**Course Number:** KINE 2129

**Course Title:** Intermediate Hatha Yoga

**Course Description:** Therefinement of the asana (postures) covered in KINE 1129, with emphasis on breath work. Introduces more advanced asanas; emphasis on integrating yoga into daily routines at home and work.

*Note: A student may receive up to 4 credit hours of any combination of KINE course numbers in the 2100-2148 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 historic roots of Hatha Yoga.
2. Discuss philosophical system underlying Hatha Yoga.
3. Describe the anatomy/process of breathing.
4. Identify the different types of breathing (pranayama).
5. Describe how pranayama facilitates physical/mental health and relaxation.
6. Identify which postures (asanas) target the different systems of the body to facilitate and promote enhanced health.
7. Experience different tradition/orientations of hatha yoga, ex. power yoga, restorative yoga, yoga for menopause, etc.
8. Review and evaluate current Yoga books and videos found in local marketplace.
9. Develop personal at home/work Yoga practice plan.
10. Identify Yoga resources found in community.
11. Demonstrate sport and fitness-related skills and apply the use of the skills in lifetime activity in the promotion of health and wellness.
12. Demonstrate knowledge of nutrition and its implications for sport performance, physical fitness, and wellness.
13. Communicate and critically define the importance of the relationship between lifetime activities and the quality of life
14. Demonstrate the biomechanics of fundamental movements and skills.
15. 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*