Modesto Junior College  
Course Outline of Record  
PEC 148

I. **OVERVIEW**  
The following information will appear in the 2010 - 2011 catalog

PEC 148 **Yoga for Better Health** 1 Unit

*Fitness class using Yoga postures, breathing, and relaxation techniques to increase flexibility and strength, balance and coordination. Appropriate for all ages and learning abilities.*

Four Maximum completions.  
Field trips are not required.  
(A-F or P/NP - Student choice) /Lab  
Transfer:  
(CSU, UC) **General Education:** (MJC-GE: Activities )

II. **LEARNING CONTEXT**  
*Given the following learning context, the student who satisfactorily completes this course should be able to achieve the goals specified in Section III, Desired Learning:*

A. **COURSE CONTENT**

1. **Required Content:**

2. **Required Lab Content:**

a. Introduction of the history and core movements of yoga  
   i. Flexibility, proprioceptive skills, and strength  
   ii. Linear postures  
   iii. Range of motion  
   iv. Sequencing of correct breathing with movement

b. Progression of exercise and movements  
   i. Movements from linear postures to primary sagittal postures  
   ii. Progression of postures of increased strength and coordination  
   iii. Strength and coordination improvement through own body weight strengthening work

c. Modalities of relaxation  
   i. Breathing techniques to promote physical relaxation and mental focus  
   ii. Mental focus bio-feedback to assess stress and eustress  
   iii. Visualization

d. Appreciation of life-long fitness

e. Background information on the origin and history of yoga
B. **HOURS AND UNITS**

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C. **METHODS OF INSTRUCTION (TYPICAL)**

*Instructors of the course might conduct the course using the following method:*

1. Demonstration/description of skills
2. Participation within class by the student
3. Group interaction within class among students/teacher
4. Reading yoga literature/periodicals/handouts
5. Appraisal of performance of acquired skills, strategies and rules
6. Instruction on choosing the most beneficial personal lifelong program.
7. Providing methods to evaluate personal capacity to perform.

D. **ASSIGNMENTS (TYPICAL)**

1. **EVIDENCE OF APPROPRIATE WORKLOAD FOR COURSE UNITS**
   *Time spent on coursework in addition to hours of instruction (lecture hours)*
   
   Lab only-no outside-of-class hours required.

2. **EVIDENCE OF CRITICAL THINKING**
   *Assignments require the appropriate level of critical thinking*
   
   a. Formulation of a ten-posture sequence from yoga postures practiced in class
   b. Define the Sanskrit term Hatha Yoga.

E. **TEXTS AND OTHER READINGS (TYPICAL)**

1. Other: No text required.

III. **DESIRED LEARNING**

A. **COURSE GOAL**

*As a result of satisfactory completion of this course, the student should be prepared to:*

   demonstrate improved balance, strength, and flexibility as well as yoga postures and terminology.

B. **STUDENT LEARNING GOALS**

*Mastery of the following learning goals will enable the student to achieve the overall course goal.*
1. **Required Learning Goals**
   Upon satisfactory completion of this course, the student will be able to:

2. **Lab Learning Goals**
   Upon satisfactory completion of the lab portion of this course, the student will be able to:
   a. Develop flexibility and range of motion by utilizing postures/positions.
   b. Practice proprioceptive coordination by utilizing postures.
   c. Practice measured breathing exercises to reduce muscular tension and stress.
   d. Practice meditation and movements to reduce mental stress.
   e. Contrast techniques to reduce muscular and mental stress.

IV. **METHODS OF ASSESSMENT (TYPICAL)**

   A. **FORMATIVE ASSESSMENT**
      1. Participation frequency
      2. Pre-test

   B. **SUMMATIVE ASSESSMENT**
      1. Pre-test/post-test result for comparison of performance
      2. Improvement of skill competency