Course Prefix and Number: PED 295  
Credits: 2

Course Title: Topics in Physical Education: Yoga II

Course Description:
Focuses on the forms of yoga training emphasizing flexibility, breathing, and meditation. Prerequisite: PED 109. Lecture 1 hour. Laboratory 2 hours. Total 3 hours per week.

Course Prerequisites/Corequisites:
PED 109

Course Objectives:
Upon completing the course, the student will be able to:
   a. Demonstrate the principles of alignment (physical alignment, energy anatomy, myo-facial lines)
   b. Identify physiology as applied to the subject and application of yoga practice
   c. Demonstrate 2-3 breathing techniques properly
   d. Explain and practice 2-3 meditations
   e. Identify the muscles involved in the major asanas (the core muscles: transverse abdominals and serratus anterior muscles)

Major Topics to be Included:
   a. Benefits of yoga
   b. Strength and cardio conditioning studies and practice as intro to intermediate/advanced yoga asanas
   c. Muscles involved in the asanas
   d. Fundamentals of alignment
   e. Fundamentals of basic breathing techniques
   f. Intermediate postures/asanas
   g. Intermediate breathing techniques
   h. Meditation and endurance to include mindfulness and embodiment of meditation
   i. Analytical training and practice techniques to facilitate a level 1-2 and Level 2+ Vinyasa flow practice
   j. Philosophic viewpoints of Yoga Gita and/or Patanjali’s Yoga Sutras
   k. Well-being to include how brain chemistry changes and influences wellbeing with regular yoga practice

Effective Date of Course Content Summary (Month, Date Year): January 1, 2014