

NORTHWESTERN CONNECTICUT COMMUNITY COLLEGE

COURSE SYLLABUS

Course Title: Yoga

Course #: HPE 261

Course Description: One Credit. This yoga course will be an integrative approach to yoga implementing all of the elements necessary to successfully complete a yoga practice or take it to another level

Pre-requisite/Co-requisite: None

Goals: upon successful completion of the class students will learn: Integration, specific yoga postures, relaxation techniques, a basic & progressive yoga flow, how yoga contributes to overall health, the value yoga has on all three fitness components and basic yoga philosophy

Outcomes: the student will be familiar with certain yoga postures, a yoga flow and the ability to integrate postures and flow with conscious breathing.