

Common Course Outline for: *EXSC 1105 Fitness Yoga*

A. Course Description

1. Number of credits: 1
2. Lecture hours per week: 1
Lab hours per week: *None*
3. Prerequisites: *None*
4. Co-requisites: *None*
5. MnTC Goals *None*

This course provides instruction in the fundamental of fitness yoga. Students learn various traditional yoga poses while working every major muscle group in the legs, gluteus, core, arms and back. Experience this mind/body connection while developing strength, poise and total conditioning of the body.

B. Date last revised: 01/01/2019

C. Outline of Major Content Areas

1. Weekly fitness yoga workouts
2. Appropriate biomechanics and techniques while performing activities.
3. Develop strength and endurance in conjunction with flexibility

D. Course Learning Outcomes

Upon successful completion of the course, the student will be able to:

1. Practice various yoga poses and postures
2. Apply and perform correct techniques
3. Set personal fitness goals for improvement.
4. Apply proper body mechanics.
5. Learn and apply other cross training type activities
6. Apply their own level of exertion.

E. Methods for Assessing Student Learning

Students will be subjectively evaluated with regard to their class participation, effort and exercise performance. Additionally, pre and post fitness assessment and a skills test will be given. Assignments, articles and web searches will also contribute to their final grade.

F. Special Information *None*