

PELF 100

1 Credit

Community College of Baltimore County Common Course Outline

Description

PELF 100 – Yoga I: introduces students to the practice of hatha yoga, which is the yoga of movement. Class emphasis is on learning yoga asanas (postures) and pranayama (breathing exercises) to enhance well-being through the union of mind, body, and spirit.

Overall Course Objectives

Upon completion of this course, students will be able to:

1. explore body movement with anatomical integrity;
2. identify basic asanas by name;
3. coordinate breath with movement;
4. apply the yoga principles of alignment to the performance of each asana;
5. demonstrate appropriate safety behavior;
6. explore the use of props in ways that benefit practice;
7. demonstrate enhanced muscular strength, endurance, flexibility, and balance;
8. demonstrate increased body awareness and self-correction;
9. experience greater ease in daily activities through the application of yoga;
10. demonstrate the discipline of yoga through class and outside practice;
11. describe how yoga is related to physical, emotional, mental, environmental, social, and spiritual well-being; and
12. construct a personal yoga practice to promote well-being of body, mind, and spirit.

Major Topics

- I. Yoga as a process for developing body, mind, and spirit
- II. Yoga asanas
- III. Breath awareness
- IV. Principles of alignment
- V. Relaxation (various postures for tension release and restoration)
- VI. History of yoga and the philosophical foundation
- VII. Diet: The three gunas
- VIII. Personal yoga practice

Course Requirements

Grading will be determined by the individual faculty member, but shall include the following, at minimum:

- Attendance and participation are expected in every class
- Two self-reflective writing assignments
- One practicum to demonstrate yoga poses

The Common Course Outline (CCO) determines the essential nature of each course.
For more information, see your professor's syllabus.

- One written home practice plan

Written assignments and research projects: Students are required to use appropriate academic resources in their research and cite sources according to the style selected by their professor.

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