

PELF 143
Hatha Yoga
2 Credits

Community College of Baltimore County
Common Course Outline

Description

PELF 143 – Hatha Yoga: introduces students to the practice of Hatha yoga, which is the yoga of movement. Class emphasis will be on learning yoga asanas (postures) and pranayama (breathing exercises) to enhance well-being of body, mind, and spirit. This course explores the history and philosophy of yoga and incorporates expanded instructional time to provide an opportunity for students to engage deeply in the practice of yoga.

Pre-requisites: PELF 100 or PELF 101 or permission of the program coordinator

Overall Course Objectives

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

1. discuss the history and philosophy of yoga;
2. identify the basic asanas by name;
3. apply the yoga principles of alignment to the performance of each asana;
4. demonstrate effective breathing and coordinate breath with movement;
5. apply the yoga principles of alignment to the performance of each asana;
6. demonstrate body awareness using instructor guidance to refine asana performance and posture;
7. perform basic yoga asanas at a beginning competency;
8. demonstrate appropriate safety behavior;
9. explore the use of props in ways that benefit practice;
10. express their growth in poise, strength, flexibility, and balance;
11. hold the postures for a longer time;
12. demonstrate improved ability to focus and concentrate;
13. describe changes in stress level and mental perception of life events;
14. lead themselves through an effective independent yoga session; and
15. describe how yoga is related to physical, emotional, mental, environmental, social, and spiritual well-being.

Major Topics

- I. Philosophy of yoga as a system for developing body, mind, and spirit
- II. History and philosophy of Hatha yoga and exploring aspects of the yoga lifestyle
- III. Yoga asanas
- IV. Principles of alignment
- V. Breath awareness
- VI. Relaxation (various postures for tension release and restoration)

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

- VII. Diet: Ayurveda
- VIII. Personal yoga practice
- IX. The community of yoga
- X. The transformation effects of yoga for well-being

Course Requirements

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

- Attendance and participation in class discussions, activities, and yoga practice
- Two reading and two writing assignments
- One written home practice plan
- Two demonstrations/practicums of yoga poses

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.

Date Revised: 5/20/2022