Mendocino College

COURSE LEVEL STUDENT LEARNING OUTCOMES

Term Effective:	Fall (Semester)	2008 (Year)

Title: Yoga *(limit to 50 characters including spaces)*

Course Number: PEG 104

Initiator: Leslie Saxon West

Date Submitted: 9/2/2008

Units Min: 1.00

Units Max: 1.00

If this is a variable unit course, then the relationship between units and any difference in expected SLO's should be explained.

Lecture Hours: 0.00 to 0.00

Lab Hours: 0.00 to 0.00

Activity Hours: 2.00 to 2.00

Student Learning Outcomes: *(Enter the SLO's in an outline format. Use the Ctrl + Tab keys to indent for subtopics.)*

1. Perform Yoga Sun Salute, Kerala, South India Tradition.
2. Demonstrate preliminary body movements which prepare the body for restorative practice.
3. Demonstrate each of the 12 postures (asanas) included in the traditional Sun Salute. Adapts the posture to individual anatomical boundaries.
   - Prayer Pose
   - Standing back bend
   - Utthanasana. Standing forward bend
   - Lunge, right leg back
   - Chaturanga. Plank.
   - Half Chaturanga, caterpillar pose: chin, hands, chest, knees, toes (8 point pose) making contact with the floor.
   - Bhujangasana.
   - Adho Mukhasvanasana. Down dog
   - Lunge, right leg forward
   - Forward bend
   - Standing back bend
   - Tadasana, mountain pose
4. Demonstrate improved strength, flexibility, coordination and body alignment.

SIGNATURES / APPROVALS:

Instructor(s) _____ Signature _____ Date

Instructor(s) _____ Signature _____ Date