



DANC 1215

Division: Fine Arts

Department: Dance

Course: DANC 1215

Title: Yogastrength

Catalog Description:

This course will be a vigorous and powerful approach to Vinyasa and Hatha Yoga's. Specific strength postures will be linked together that flow smoothly and will be incorporated using body weight and toning equipment to bring balance, strength, and flexibility to the body as well as focus and mental clearing to the mind.

This course is repeatable for credit.

General Education Requirements: N/A

Semesters Offered: Fall, Spring

Credit/Time Requirement: Credit: 1; Lecture: 0; Lab: 2

Offered for Non-Credit: No

Prerequisites: None

Corequisites: None

Justification:

Increasing strength and flexibility and learning to calm and focus the mind by participating in the Yogastrength class will enhance a student's ability to perform everyday tasks, physically and mentally, as well as enhance athletic ability in various sports and dance.

This flowing style of yoga, with modifications for physical limitations and principles of alignment, allows participants to safely feel challenged. This course transfers to four-year institutions in the Utah System of Higher Education as an elective credit.

Student Learning Outcomes:

Students will know how to perform a series of beginning to intermediate yoga poses along with properly aligned strength exercises.

Students will have a knowledge of the muscles of the body and the principles of stretching and strength training.

Content:

Students will practice a wide variety of yoga poses that will stretch and strengthen every major muscle group of the body. Each class will begin with a warm-up series (breathing/heat building), leading to a more physically demanding work series involving flowing postures and strength training and finish with a cool down (deeper stretches/relaxation.)

General Education Outcomes:

10) Apply personal-fitness and wellness-management principles to lifestyle choices.

Students will know strategies for applying yoga and strength principles to lifestyle choices by participating in the Yogastrength program. Through discussion of correct movement principles and strength exercises, students will have the knowledge to exercise safely. Students will receive instructor feedback during each class period.

Key Performance Indicators:

As this is an experiential course, attendance and complete participation are necessary (100%).

Students are evaluated and given feedback by the instructor during their class participation.

Representative Text and/or Supplies:

No text required. Exertube used for strength and toning available in class.

Optimum Class Size: 20

Maximum Class Size: 35

Signatures:

I hereby submit this course syllabus:

Donna Birk, MS, Adjunct Professor

I hereby find this course consistent with the goals and resources of the Dance Department:

Patricia Meredith, MFA, Assistant Professor, Chair

I hereby find this course consistent with the goals and resources of the Fine Arts Division:

Vance Larsen, MM, Associate Professor, Dean

I have discussed the need for library resources related to this class with the person submitting the syllabus:

Lynn Anderson, MLIS, Technical Services Librarian (Main Campus)

Michelle Olsen, MLS, Campus Librarian (Richfield Campus)