



DANC 1220

Division: Fine Arts

Department: Dance

Course: DANC 1220

Title: Yoga II

Catalog Description:

This course will be a vigorous and powerful approach to Vinyasa and Hatha Yoga's. Advanced poses will be incorporated and additional emphasis on prana yama (breath work) to deepen the mind/body connection.

Flowing, progressive posture and meditative awareness will bring balance to both body and mind.

General Education Requirements: N/A

Semesters Offered: Fall, Spring

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

Clock/Hour Requirements: 0

Offered for Non-Credit: No

Prerequisites: Yoga I or Instructor Permission

Corequisites: None

Justification:

This healing exercise brings energy, strength, flexibility and balance to our physical bodies. Yoga reduces stress and tensions in the mind, calming, clearing and focusing the thoughts. This flowing style of yoga, with modifications for physical limitations and principles of alignment allows participants to stay safe and feel challenged yet successful.

Student Learning Outcomes:

Upon completion of this course, students should be able to: perform a series of intermediate yoga poses with proper alignment and breath control, be familiar with and demonstrate all learned poses by vocal cues only, and demonstrate increased ability in areas of flexibility, strength and musicality.

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), to the more physically demanding work series (maintaining heat/building strength) and finish with a cool down (deeper stretches/inversions/relaxation.)

General Education Outcomes:

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

The very nature of dance increases physical fitness in many ways: strength, flexibility, endurance and coordination. Through discussion of correct movement principles and how they apply to dance and all types of

movement, students have the knowledge to exercise safely in all physical endeavors.

Key Performance Indicators:

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

Representative Text and/or Supplies:

No text required. Supplies: Yoga (sticky) mat, and clothing that allows a full range of motion.

Optimum Class Size: 12

Maximum Class Size: 25

Signatures:

I hereby submit this course syllabus:

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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)