

Prepared by the Department of Natural Sciences & Life Fitness
Date of Departmental Approval: 2/5/07
Date approved by Curriculum and Programs: November 14, 2007

Effective: Fall 2007

1. Course Number: FIT168
Course Title: Kripalu Hatha Yoga II

2. Description: A five-week course designed for the student who has completed FIT167. New postures will be introduced, and postures will be held for longer periods of time. Additional breathing techniques will be incorporated. Students will develop a deeper understanding of how the body functions, and how yoga affects these functions. Relaxation techniques will be further developed.

3. Student Learning Outcomes: (instructional objectives; intellectual skills):

Upon successful completion of this course, students are able to do the following:

- Demonstrate the stamina and breathing techniques required to hold each posture for a longer period of time.
- Demonstrate more of the basic beginning postures.
- Recognize and practice more advanced postures.
- Practice learning breathing techniques.
- Demonstrate knowledge of the major muscles and bones, how blood circulates through the body how the endocrine system works.
- Demonstrate how individual postures benefit the various bones, muscles and organs.
- Recognize and practice relaxation techniques.
- Explain how yoga relates to everyday life

4. Credit: 1 credit

5. Satisfies General Education Requirement: No

6. Prerequisite: FIT167

7. Semester(s) Offered: Fall, Spring

8. Suggested General Guidelines for Evaluation: Quizzes and Knowledge of Text; Demonstration of Competencies (Knowledge of Postures); Attendance.

9. General Topical Outline (Optional):

Postures: Standing Head to Foot, Sun Salutation. Chakras
Postures: Standing Yoga Mudra, Moon Salutation. Chakras
Postures: Camel, Bow, Balancing Postures: Eagle, Warrior III. Dancer.
Postures: Partner Yoga
Presentations (Posture flows in small groups).