

Prepared by the Department of Natural Sciences & Life Fitness

Date of Departmental Approval: February 5, 2007

Date approved by Curriculum and Programs: October 29, 2007

Effective: Fall 2007

1. **Course Number:** FIT 167
Course Title: Kripalu Hatha Yoga I
2. **Description:** A five-week course designed to expose the student to basic yoga philosophy, breathing exercises and simple posture and relaxation techniques. The student also learns about the major muscles and bones, as well as the circulatory and nervous system of the human body in relation to yoga.
3. **Student Learning Outcomes: (instructional objectives; intellectual skills):**
Upon successful completion of this course, students are able to do the following:
 - Describe the major muscles as well circulatory and nervous system of the human body in relation to yoga.
 - Explain the health benefits of yoga.
 - Demonstrate the basic postures safely and correctly and the use of modifications and aids
 - Breathe efficiently and demonstrate basic breathing techniques.
 - Describe and demonstrate relaxation techniques.
 - Describe their body, strengths, limitations and areas of resistance.
4. **Credit(s):** 1 credit
5. **Satisfies General Education Requirement:** No
6. **Prerequisite:** None
7. **Semester(s) Offered:** Fall, Spring
8. **Suggested General Guidelines for Evaluation:** Student learning are assessed based on participation in class, written observations and final exam in which students demonstrate postures. A paper is due on the next to last class.

9. General Topical Outline (Optional):**Kripalu Yoga I**

Postures: Cat and Dog, Child, Bound Angle, Downward Dog, Standing Squat (Awkward Chair), Bridge

Breath work: Sun Breath, Kapalabhati (Shining Skull), Hara

Postures: Mountain, Half Moon, Triangle, Warrior II, Knee-Down

Breath work: Dirgha

Postures: Upward Dog, Chin to Knee, Head to Knee, Boat, Spinal Twist, Symbol of Yoga (Yoga Mudra)

Breathwork: Ujjayi

Postures: Half Circle, Posterior Stretch, Seated Angle, Half Locust/Locust, Half Shoulder/Shoulder Stand

Breathwork: Alternate Nasal Breath (Nadi Shodhana)

Postures: Frog, Pigeon, Fish, Warrior I, Tree

Breathwork: Sufi Mother's Breath

Chanting Sound: OM