

**J. Sargeant Reynolds Community College  
Course Content Summary**

**Course Prefix and Number:** PED 109      **Credits:** 1

**Course Title:** Yoga I

**Course Description:**

Focuses on the forms of yoga training emphasizing flexibility.

**Course Prerequisites and Co-requisites:**

None

**Student Learning Outcomes:**

Upon completing the course, the student will be able to

- Understand concepts of yoga, including philosophy, *Asanas*, *Pranayama*, *meditation*;
- Demonstrate proficiency in basic yoga postures;
- Identify the benefits of yogic breathing and meditation; and
- Develop and/or identify personal wellness/exercise goals using SMART planning method, focused on the improvement of yoga practice.

**Major Topics to Be Included:**

- SMART planning method
- Building focus, strength, balance, and range of motion
- Proper body mechanics to ensure safety
- Stress management and relief through meditation and breathing exercises
- Intro to energy centers
- Yogic lifestyle

**Effective Date/Updated:** September 14, 2015