

SPRINGFIELD TECHNICAL COMMUNITY COLLEGE

ACADEMIC AFFAIRS

Course Number: ATHL-150-Yoga for Health Department: Interdisciplinary Health

Course Title: Yoga for Health Semester: Spring Year: 2002-2003

Course Objective	Competencies
<p>The student will gain a knowledge of:</p> <ol style="list-style-type: none">1. The theory of effect and uses of breathing exercises in Hatha Yoga.2. The Use of Hatha Yoga Postures for wellness and health maintenance.	<ol style="list-style-type: none">1. The student will be able to:<ol style="list-style-type: none">a. Perform and discuss the benefits of the following:b. The Complete Yoga Breathc. Diaphragmatic Breathingd. Analam Vilomae. Kapalabhati Breathingf. Ujjayi Breathing2. Perform the following Yoga postures and describe their health benefits: The Mountain Pose The Triangle The Warrior The Balancing postures The Half-Moon The Sun Salutation The Moon Salutation The Cobra The Bow The Half locust

Course Objective	Competencies
<p>3. The use of Meditation for relaxation and Stress Reduction.</p>	<p>The Knee Down Twist The Bridge The Half Shoulder Stand The Shoulder Stand The Plough The Spinal Twists The Corpse pose</p> <p>3. Perform the following basic meditation forms for stress reduction: Exclusive Meditations a. Breathing b. Mantra c. Gazing Inclusive Meditation</p>