

SPRINGFIELD TECHNICAL COMMUNITY COLLEGE

ACADEMIC AFFAIRS

Course Number: ATH 110/111 Class/Lec t. Hours: 1:15 Lab Hours: 0 Credits: 1 Dept.: School of Health
 Course Title: Yoga for Health Semester: Spring/Fall Year: 2017

Course Description, Prerequisite, Corequisite: ATH 110 requires no prerequisite, ATH 111 requires ATH 100 as prerequisite.

OBJECTIVES/COMPETENCIES

Course Objectives	Competencies
<p>The student will gain a knowledge of:</p> <ul style="list-style-type: none"> • The history and philosophy of Hatha yoga, elementary asanas (postures) and the anatomy involved with asanas. • Application of safe modifications of asanas. • Breathing techniques as an introduction to meditation and creative visualization as a tool for stress reduction. • How to develop a beginner yoga routine for personal practice incorporating breathing techniques, asanas and creative visualization. 	<p>The student will be able to perform and discuss the benefits of the following:</p> <ol style="list-style-type: none"> a. Viloma pranayama (3 part breath) b. Reclining relaxation breath (4:8 count breath) c. Ujjayi breath d. Navel yielding, navel flooding, & navel stabilization breath e. Nadi shodhana (alternate nostril breath) <p>Perform the following asanas and appropriate modifications:</p> <ol style="list-style-type: none"> a. Seated postures (bound angel, cow-face, half lord of fishes, staff, forward fold in staff, great seal, west stretch, head to knee, and revolved head to knee pose) b. Standing postures (axial extension, mountain, chair, standing forward bend, tree, eagle, warrior 1, warrior 2, reverse warrior, extended side angle, triangle, warrior 3, half moon, intense side stretch, wide stance forward bend, and squat pose) c. Kneeling postures (cat/cow, extended opposite limb balance, hero, camel, child's, gate latch, and modified pigeon pose) d. Arm support postures (downward dog, cobra, upward dog, plank, upward plank, side plank, and four footed table top pose) e. Prone postures (cobra, bow, and locust pose) f. Backbend postures and counter poses (knee to chest, bridge, fish, belly twist, and reclining couch pose)