Administrative Unit: Education Department
Course Prefix and Number: PHED 110
Course Title: Yoga
Number of: Credit Hours: .5 Lecture Hours: 0 Laboratory Hours: 16
Catalog Description: An activity class designed to teach the basics of yoga practice to develop lifelong strength and flexibility.
Prerequisite(s)/Corequisite(s): None.
Text(s): None.
Course Objectives:
• To understand the principles of yoga.
• To explore the history and philosophy of the yogic tradition.
• To practice yoga.
• To demonstrate knowledge of terminology relating to yoga.
Measurable Learning Outcomes:
• Demonstrate yoga postures.
• Use yoga terminology correctly.
• Explain the significance of historical figures and philosophical concepts.
Topical Outline (major areas of coverage):
• Basic skill development
• Yoga terminology
• Participation in yoga practice
Recommended maximum class size for this course: 20
Library Resources: Online databases are available at http://www.ccis.edu/offices/library/resources.asp. You may access them from off-campus using your eServices login and password when prompted.
Prepared by: Lisa Groshong
Name ___________________________________________ Signature ________________________________
Date: March 1, 2006 ______________________________

NOTE: The intention of the master syllabus is to provide an outline of the contents of this course, as specified by the faculty of Columbia College, regardless of who teaches the course, when it is taught or where it is taught. Faculty members teaching this course for Columbia College are expected to facilitate learning pursuant to the course objectives and cover the subjects listed in the topical outline. However, instructors are also encouraged to cover additional topics of interest so long as those topics are relevant to the course’s subject. The master syllabus is, therefore, prescriptive in nature but also allows for a diversity of individual approaches to course material.

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