

Los Angeles Valley College
Course Level Student Learning Outcomes (SLO)

Course Name and Number: Yoga – Dance Techniques 696

Course Objectives: (List the course objectives as they appear in the course outline of record.)

Recognize historical and cultural context and employ the philosophical principles that form the foundation of Yoga.

Analyze Yoga skills as they relate anatomically to their personal components of fitness, differentiating between the fitness aspects of Yoga, aerobic, and anaerobic exercise, and assess the value of each.

Practice and apply principles of basic Yoga poses, including standing poses, forward bends, twists, balancing and inverted poses.

Recall and identify names of poses in Sanskrit and/or English.

Demonstrate increased strength, flexibility, and endurance through correct body alignment, and an understanding of performance modifications based on the student's own physical condition and ability.

Establish 1–2 course level student learning outcomes and indicate how each SLO will be assessed.

Course Level Student Learning Outcome	Assessment Measure
Recognize and demonstrate five basic Yoga poses.	Skill demonstration. Rubric will be used to determine level of accuracy in execution.