

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

Course Name and Number: Physical Education 696

Course Title: Yoga

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

1. Describe the historical significance, objectives, and physical, mental, and spiritual benefits of yoga.
2. Relate how hatha yoga contributes to effective living.
3. Explain the basic concepts of hypertension, exercise precautions, body composition, health style, flexibility, nutrition, nutrition supplements, water, physical fitness and nutrition myths, ethics and morality, and stress management.
4. Complete a personal evaluation.
5. Identify and discuss the relationship of hatha yoga to physical, mental, and spiritual fitness.
6. Demonstrate the purpose and difference between traditional hatha yoga poses (asanas) and techniques that reduce the chance of injury.
7. Utilize skills to continue yoga beyond the class setting.
8. Develop physical, mental, and spiritual fitness.

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 traditional hatha yoga poses and the possible modifications to reduce the risk of injury according to current research.	Skill demonstration of the hatha yoga poses. Use the hatha yoga standards to determine accuracy of body placement and execution.