

# NORTHERN NEW MEXICO COLLEGE



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| <b>Course Number</b><br><b>Course Name</b>                              | PHED 1410, Yoga: Kundalini Yoga   |
| <b>Credit Value</b><br><b>(Breakdown of theory and lab credits)</b>     | 1 Studio  |
| <b>Catalog Course Description</b>                                       | Introduces you to Kundalini Yoga techniques and postures, emphasizing meditation and breathing. (1, 0T+1S)  |
| <b>Student Learning Outcomes/Objectives /Competencies of the Course</b> | <p><b>Student Learning Outcomes:</b> At the end of this course the student will learn to:</p> <ol style="list-style-type: none"> <li>1. Demonstrate and name various beginning yoga poses.</li> <li>2. Define basic yoga terminology.</li> <li>3. Demonstrate proper breathing techniques.</li> <li>4. Demonstrate an improvement in flexibility, strength, coordination, balance, and posture.</li> <li>5. Explain the benefits of yoga as a practice and as an exercise.</li> <li>6. Demonstrate an understanding of how yoga affects our personal well-being.</li> </ol> |
| <b>College-Wide Student Learning Outcomes</b>                           | <p>PHED 1410, Yoga: Kundalini Yoga learning objectives align with the following NNMC College Wide Goal:</p> <p><i>Cultural Competence:</i></p> <ul style="list-style-type: none"> <li>• <i>Students are required to work with distinct cultures and identities</i></li> </ul>   |