<table>
<thead>
<tr>
<th>Course Number Course Name</th>
<th>PHED 1410, Yoga: Kundalini Yoga</th>
</tr>
</thead>
<tbody>
<tr>
<td>Credit Value (Breakdown of theory and lab credits)</td>
<td>1 Studio</td>
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<tr>
<td>Catalog Course Description</td>
<td>Introduces you to Kundalini Yoga techniques and postures, emphasizing meditation and breathing. (1, OT+1S)</td>
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</table>
| Student Learning Outcomes/Objectives /Competencies of the Course | **Student Learning Outcomes:** At the end of this course the student will learn to:  
1. Demonstrate and name various beginning yoga poses.  
2. Define basic yoga terminology.  
3. Demonstrate proper breathing techniques.  
4. Demonstrate an improvement in flexibility, strength, coordination, balance, and posture.  
5. Explain the benefits of yoga as a practice and as an exercise.  
6. Demonstrate an understanding of how yoga affects our personal well-being. |
| College-Wide Student Learning Outcomes | PHED 1410, Yoga: Kundalini Yoga learning objectives align with the following NNMC College Wide Goal:  

**Cultural Competence:**  
- *Students are required to work with distinct cultures and identities* |