

# NORTHERN NEW MEXICO COLLEGE



<b>Course Number</b> <b>Course Name</b>	PHED 1410, Yoga: Weight Loss Yoga
<b>Credit Value</b> <b>(Breakdown of theory and lab credits)</b>	1 Studio
<b>Catalog Course Description</b>	You will learn intermediate Kundalini Yoga in support of weight loss, through its imparting a deeper experience of yogic technology in working on helping you achieve self-control and self-fulfillment. (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 demonstrate:</p> <ol style="list-style-type: none"> <li>1. Kundalini Yoga Basics</li> <li>2. Core Alignment</li> <li>3. Balancing the ten bodies</li> </ol> <p>Students will also learn about vitality and stress, survival and resilience, maintaining your health, managing stressors and positive addition, endurance and stamina, becoming a sensory human, confidence under fire, and elevation and upliftment.</p>
<b>College-Wide Student Learning Outcomes</b>	<p>PHED 1410, Yoga: Weight Loss 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>