



Course Number	PHED 1410, Yoga: Kundalini Yoga
Course Name	
Credit Value (Breakdown of theory and lab credits)	1 Studio
Catalog Course Description	Introduces you to Kundalini Yoga techniques and postures, emphasizing meditation and breathing. (1, 0T+1S)
Course Student Learning Outcomes/Objectives /Competencies of the Course	<p>Student Learning Outcomes: At the end of this course the student will learn to:</p> <ol style="list-style-type: none"> 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	<p>PHED 1410, Yoga: Kundalini Yoga will expose students to the following NNMC College Wide Goal:</p> <p><i>Cultural Competence:</i></p> <ul style="list-style-type: none"> ● <i>Students are required to work with distinct cultures and identities</i>
Program Student Learning Outcomes measured	None