



Course Number	PHED 1410, Yoga: Weight Loss Yoga
Course Name	
Credit Value (Breakdown of theory and lab credits)	1 Studio
Catalog Course Description	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)
Course Student Learning Outcomes/Objectives /Competencies of the Course	<p>Student Learning Outcomes: At the end of this course the student will learn to demonstrate:</p> <p>Kundalini Yoga Basics</p> <ol style="list-style-type: none"> 2. Core Alignment 3. Balancing the ten bodies <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>
College-Wide Student Learning Outcomes	<p>PHED 1410, Yoga: Weight Loss 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