

**STATE UNIVERSITY OF NEW YORK
COLLEGE OF TECHNOLOGY
CANTON, NEW YORK**



MASTER SYLLABUS

WELL 101: Yoga

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**SCHOOL OF BUSINESS AND LIBERAL ARTS
SOCIAL SCIENCES DEPARTMENT
FALL 2021**

- A. **TITLE:** Yoga
- B. **COURSE NUMBER:** WELL 101
- C. **CREDIT HOURS:** 1
- D. **WRITING INTENSIVE COURSE:** No
- E. **GER CATEGORY:**
- F. **SEMESTER(S) OFFERED:** Fall and Spring
- G. **COURSE DESCRIPTION:**

In this course, students will be introduced to basic yoga postures, breathing techniques, meditation and relaxation.

H. **PRE-REQUISITES/CO-REQUISITES:**

- a. Pre-requisite(s):
- b. Co-requisite(s):
- c. Pre- or co-requisite(s):

I. **STUDENT LEARNING OUTCOMES:**

<u>Course Student Learning Outcome [SLO]</u>	<u>ISLO</u>
a. Describe yoga philosophy	5
b. Identify the benefits of meditation, yoga, and relaxation	5
c. Demonstrate proper breathing techniques	5
c. Demonstrate basic yoga postures	5

KEY	<u>Institutional Student Learning Outcomes [ISLO 1 – 5]</u>
ISLO #	ISLO & Subsets
1	Communication Skills Oral [O], Written [W]
2	Critical Thinking <i>Critical Analysis [CA], Inquiry & Analysis [IA], Problem Solving [PS]</i>
3	Foundational Skills <i>Information Management [IM], Quantitative Lit./Reasoning [QTR]</i>
4	Social Responsibility <i>Ethical Reasoning [ER], Global Learning [GL], Intercultural Knowledge [IK], Teamwork [T]</i>
5	Industry, Professional, Discipline Specific

| Knowledge and Skills |

J. APPLIED LEARNING COMPONENT: Yes X No _____

K. TEXTS:

L. REFERENCES:

M. EQUIPMENT:

N. GRADING METHOD: Pass/Fail

**O. SUGGESTED MEASUREMENT CRITERIA/METHODS:
Discussion, participation, attendance**

P. DETAILED COURSE OUTLINE:

I. Yoga philosophy

II. Meditation, yoga, and relaxation

III. Breathing and poses

Q. LABORATORY OUTLINE: