

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



**MASTER SYLLABUS**

**WELL 120: Yoga Theory**

CIP Code: 37.0199 Personal Awareness and Self-Improvement, Other

**Created by: Erica Sharpe, Ph.D.**

**SCHOOL OF BUSINESS AND LIBERAL ARTS  
SOCIAL SCIENCES DEPARTMENT  
SPRING 2023**

- A. TITLE: Yoga Theory
- B. COURSE NUMBER: 120
- C. CREDIT HOURS:  
# Credit Hours: 3  
# Lecture Hours 3 per Week  
Course Length: 15 Weeks
- D. WRITING INTENSIVE COURSE: No
- E. GER CATEGORY: n/a
- F. SEMESTER(S) OFFERED: Fall or Spring

G. COURSE DESCRIPTION:

In this course students will be introduced to yoga theory and philosophy, and current research related to types of yoga and how they differ, why yoga is practiced and how it can apply to and benefit daily life. Students will learn about the 8 limbs of ashtanga yoga, plus bandhas and mudras introduced in hatha yoga, and physiology of various breathing techniques and yoga postures.

H. PRE-REQUISITES or CO-REQUISITES: WELL 101 Yoga

I. STUDENT LEARNING OUTCOMES:

<b><i>Course Student Learning Outcome [SLO]</i></b>	<b><i>ISLO</i></b>
a. Describe yoga theory and philosophy.	5
b. Identify and describe the eight limbs of yoga.	5
c. Identify types of yoga.	5
d. Apply yoga to modern life (experiment/essay).	5

J.

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

APPLIED LEARNING COMPONENT: No

K. TEXTS:  
Determined by instructor

L. REFERENCES:  
Hatha Yoga Pradipika; Yoga Sutras of Patanjali; Bhagavad Gita

- M. EQUIPMENT:  
Computer and internet, Microsoft Office
- N. GRADING METHOD: A - F
- O. SUGGESTED MEASUREMENT CRITERIA/METHODS:  
Discussion, Quizzes, Assignments, Essays, Exam
- P. DETAILED COURSE OUTLINE:
- I. Yoga Philosophy: Union of mind/body/spirit – why we practice
  - II. Types of Yoga (Karma, Jnan, Bhakti, Nada, Swar, Kundalini, Hatha, Ashtanga)
  - III. Limbs of Yoga:
    - a. Yamas
    - b. Niyamas
    - c. Asana
    - d. Pranayama
    - e. Pratyahara
    - f. Dharana
    - g. Dhyana & Samadhi
  - IV. Hatha Yoga: Bhandas & Mudras
  - V. Yogic Anatomy & Physiology: Physical Postures
  - VI. Yogic Anatomy & Physiology: Breath Control
  - VII. Mantra Chanting and Yantras
  - VIII. Applying Yoga to Your Life
- Q. LABORATORY OUTLINE: n/a