WELL 120: Yoga Theory

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

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

<table>
<thead>
<tr>
<th>Course Student Learning Outcome [SLO]</th>
<th>ISLO</th>
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<tbody>
<tr>
<td>a. Describe yoga theory and philosophy.</td>
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<td>b. Identify and describe the eight limbs of yoga.</td>
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<td>c. Identify types of yoga.</td>
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<td>d. Apply yoga to modern life (experiment/essay).</td>
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J. **KEY**  
   **Institutional Student Learning Outcomes**  
   **[ISLO 1 – 5]**  
   **ISLO #**  
   **ISLO & Subsets**  
   1. Communication Skills  
      Oral [O], Written [W]  
   2. Critical Thinking  
      Critical Analysis [CA], Inquiry & Analysis [IA], Problem Solving [PS]  
   3. Foundational Skills  
      Information Management [IM], Quantitative Lit, /Reasoning [QTR]  
   4. Social Responsibility  
      Ethical Reasoning [ER], Global Learning [GL], Intercultural Knowledge [IK], Teamwork [T]  
   5. Industry, Professional, Discipline Specific Knowledge and Skills

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