



PE-120: BEGINNING YOGA

Effective Term

Fall 2026

BOT Approval Date

12/11/2025

Discipline

PE - Physical Ed

Course Number

120

Course Title

Beginning Yoga

Short Title

Beginning Yoga

Credit Status (CB 04)

D - Credit - Degree applicable

Units**Lab Units**

1.00

Total Units

1.00

Hours**Lab Contact Hours**

48-54

Out of Class Hours Lab

0.00

Total Contact Hours

48 - 54

Total Out of Class Hours

0 - 0

Total Student Learning Hours

48 - 54

Is this an existing Extensive Lab?

No

Do you want to propose this for Extensive Lab?

No

Distance Education

No

Catalog Description

This course will introduce students to the fundamentals of yoga. Students will practice various poses (asanas) to develop balance, flexibility, and strength. Students will explore controlled breathing techniques to increase focus and concentration. Yoga will enable students to challenge both their body and mind.

Codes

TOP Code (CB 03)

0835.00 - Physical Education

CIP Code

31.0501 - Health and Physical Education/Fitness, General.

Repeatability Code

No

Grading Option

Letter grade OR P/NP

Minimum Qualifications

Minimum Qualifications	And/Or
Physical Education (Masters Required)	Or
Kinesiology (Masters Required)	End

GE Information

Check GE Types Requested

AA/AS E - Lifelong Learning and Self-Development

Learning Objectives

Learning Objectives

Learning Objective
1. Analyze the five principles of yoga.
2. Demonstrate various postures (asanas).
3. Contrast various postures(asanas).
4. Differentiate the following terms: flexion, extension, hyperextension, abduction, adduction, rotation, and circumduction.
5. Demonstrate improvement in sensory, integrative, and motor functioning of the nervous system by accurately performing at least three neuromuscular coordination exercises (e.g., balance, reflex, and reaction time drills).
6. Develop balance, flexibility, coordination, and strength.
7. Differentiate between the upper and lower body muscles and muscle groups.
8. Demonstrate improved circulation and oxygen flow by sustaining moderate aerobic activity for 20 minutes with a steady heart rate and controlled breathing.
9. Demonstrate control over breathing (pranayama) increasing focus and concentration.
10. Examine the impact yoga has on mental outlook.
11. Demonstrate inclusive practices by leading a short (3–5 minute) guided yoga sequence that incorporates accessible modifications for diverse body types, abilities, and cultural perspectives, as assessed through peer and instructor feedback

Learning Outcome Information

Course Learning Outcomes

Learning Outcome
1. Students will analyze the five principles of yoga and explain their impact on physical and mental well-being.
2. Students will demonstrate and differentiate various yoga postures (asanas) with proper alignment, including the physical movements of flexion, extension, abduction, adduction, rotation, and circumduction.
3. Students will develop physical fitness attributes including balance, flexibility, coordination, strength, and improved circulation.
4. Students will enhance sensory, integrative, and motor functions of the nervous system through mindful movement and breath control (pranayama).

5. Students will identify major upper and lower body muscles and muscle groups engaged in yoga practice.
6. Students will cultivate a positive mental state through focused breathing, mindfulness, and meditation techniques.

Content

Course Lab Content

1. **Introduction to Yoga**
 - a. Overview of yoga history and philosophy
 - b. Five principles of yoga: Proper Relaxation, Proper Exercise, Proper Breathing, Proper Diet, Positive Thinking & Meditation
 - c. Guidelines for safe practice and classroom etiquette
2. **Breath Awareness & Relaxation**
 - a. Breath-awareness techniques and benefits
 - b. Basic relaxation methods for daily life
 - c. Differences between static and dynamic stretching
3. **Warm-Up & Standing Poses**
 - a. Warm-up exercises and gentle stretches
 - b. Standing poses to develop lower body strength
 - c. Importance of balance using counter-poses
4. **Floor Poses & Seated Poses**
 - a. Floor poses for upper body strength and flexibility
 - b. Seated poses and twisting poses for spinal mobility and flexibility
5. **Supine & Prone Poses**
 - a. Supine poses for relaxation and core development
 - b. Prone poses for back strength and posture improvement
6. **Backbends & Inversions**
 - a. Gentle backbends and safe alignment
 - b. Basic inversions and balancing poses
 - c. Safety considerations and modifications
7. **Breathing Techniques (Pranayama)**
 - a. Four stages of pranayama: rested and arrested breathing
 - b. Integrating breath control with asana practice
 - c. Breath awareness for concentration and relaxation
8. **Flexibility & Strength Building**
 - a. Identifying primary muscles used in yoga poses
 - b. Exercises for improving flexibility and muscular strength
 - c. Combining standing, seated, and floor poses into flow sequences
9. **Mindfulness & Meditation**
 - a. Meditation techniques and positive thinking
 - b. Using yoga for stress management and mental focus
10. **Integration & Finishing Practices**
 - a. Full yoga sequence incorporating all poses
Finishing salutations and guided relaxation
 - b. Reflection on personal growth and course learning
 - c. Inclusive Language & Accessibility
 - i. Use invitational phrases ("If it feels comfortable...") and provide modifications with props (blocks, straps, chairs, wall) so all students can participate regardless of ability or experience.
11. **Body-Positive & Welcoming Environment**
 - a. Emphasize how poses *feel* rather than how they *look*, encourage self-acceptance, and create a judgment-free space that values every body type, age, and ability.

12. Cultural Respect for Yoga's Roots

- a. Acknowledge yoga's origins in India, explain Sanskrit terms respectfully, and integrate yogic principles like ahimsa (non-harm) and sangha (community) to connect practice with inclusivity.

Methods of Instruction

Method

Observation and Demonstration

Integration

Instructor demonstrates yoga poses (standing, seated, supine, prone, inversions) with step-by-step cues. Students practice alongside, receiving real-time corrections to improve alignment, breathing, and safety.

Method

Critique

Integration

Student will critique their yoga techniques by self-observation.

Method

Discussion

Integration

Students collaborate in groups to share personal experiences with yoga, discuss benefits, and connect yogic principles (e.g., proper breathing, positive thinking) to everyday stress management.

Method

Individualized Instruction

Integration

Individualized instruction will be used to assist students and give individualized feedback during their practice of poses, movements, and breathing.

Method

Lecture

Integration

Short lectures introduce yoga history, philosophy, and the five principles. Storytelling is used to illustrate yoga's cultural roots in India and connect ancient practices to modern applications.

Method

Mediated Learning

Integration

The instructor emphasizes sensation over appearance, guiding students to focus on how each pose feels in their bodies rather than how it looks externally. This reflective process helps students build deeper awareness, adaptability, and confidence in their practice. Positive affirmations and strengths-based feedback further support learning, creating a welcoming environment that values progress, individuality, and personal growth.

Method

Observation and Demonstration

Integration

The instructor models poses and practices while encouraging students to learn through both visual and kinesthetic engagement. Invitational language (e.g., “you may choose to...”) is consistently used to honor student autonomy and reduce performance pressure. To ensure accessibility and support diverse learners, props and variations—such as chair yoga, wall support, or strap-assisted stretches—are incorporated. This approach fosters a safe, inclusive environment where students of all body types, ages, and abilities can actively participate, explore movement, and develop confidence in their practice.

Method

Activity

Integration

Students use mirrors or internal body awareness to critique their own form and breathing. Weekly journaling prompts encourage reflection on relaxation, balance, and mindfulness skills applied to daily life.

Method

Role Playing/Simulation

Integration

Instructor leads guided breathing, relaxation, and meditation practices, teaching students to regulate focus, calm the nervous system, and cultivate awareness.

Methods of Evaluation**Method**

Class Work

Integration

Participation in group discussions is assessed by contributions, respectful listening, and the ability to connect yoga concepts to personal experiences.

Method

Homework

Integration

Homework assignments will focus on simple, beginning-level yoga practices that reinforce class instruction. Students may be asked to reflect on short breathing exercises, practice basic postures, or journal about mindfulness experiences. These assignments are designed to measure student engagement, focus, and concentration while supporting the development of consistent, beginner-friendly yoga habits outside of class.

Method

Projects

Integration

In-class projects will guide students in setting and reflecting on personal wellness goals related to yoga practice. These projects may include tracking progress in flexibility, balance, or stress management, as well as short reflections on how yoga supports overall well-being. Evaluation will focus on students' ability to identify goals, monitor their progress, and demonstrate understanding of beginning yoga principles.



Method

Quizzes

Integration

Short quizzes or reflective writing assignments evaluate understanding of yoga history, philosophy, and the five principles. Students demonstrate comprehension by relating concepts to personal wellness practices.

Method

Class Performance

Integration

Students are evaluated through instructor observation during practice sessions, with a rubric that measures correct alignment, safe breathing integration, and effort. Students are evaluated on their ability to choose and correctly apply modifications during practice (e.g., using props, adjusting poses for comfort). Assessment includes a self-report on how accessible the modifications felt.

Method

Portfolios

Integration

Weekly journals are submitted and graded on completion, depth of reflection, and application of yoga principles (e.g., awareness of posture, breath control, mindfulness in daily life).

Method

Class Participation

Integration

Students are evaluated through a short, guided meditation practice in class, demonstrating ability to sustain focus on breath or awareness for a set duration (e.g., 3–5 minutes).

Assignments**Assignment Type**

Writing

In-class and/or outside of class

Outside of class

Formative or Summative

Formative

Assignment

Write a five paragraph essay (using MLA standards) that reflect your personal goals and objectives for this course.

Assignment Type

Other

In-class and/or outside of class

In-class

Formative or Summative

Summative

Assignment

Design and lead a short 5–7 minute yoga sequence that incorporates at least one standing pose, one seated or floor pose, and a breathing or relaxation technique. You will provide brief explanations of pose benefits and any modifications for accessibility. The sequence will be evaluated on safe alignment, clear instruction, and demonstration of inclusive, body-positive teaching practices.

Assignment Type

Reading

In-class and/or outside of class

Outside of class

Formative or Summative

Formative

Assignment

You will read the assigned article “Yoga as a Mind-Body Practice in Health” (Harvard Medical School, 2018) and write a 1–2 paragraph reflection connecting the reading to their personal practice. You will then practice a guided sequence focusing on breathing and relaxation, followed by a brief discussion on how the concepts from the article relate to stress management and the five principles of yoga.

Assignment Type

Reading

In-class and/or outside of class

Outside of class

Formative or Summative

Summative

Assignment

Read the article “Inclusivity in Yoga # The Power of Language” (School Yoga Institute) which discusses how cues, pronouns, and welcoming wording can affect students’ sense of belonging in yoga classes.
School Yoga Institute

After reading, write a one-page reflection that addresses:

How language in yoga teaching influences whether someone feels included or excluded.

One or two examples from your own experience (as student or observer) where inclusive or exclusive language was used, and how it affected people.

Propose three strategies you would use in your own teaching (or practice) to make the class more inclusive with respect to language, ability, identity, or culture.

Course Materials**Textbooks**

Teaching Yoga: A Comprehensive Guide for Yoga Teachers and Trainers, Mark Stephens (2024)

Class Size Information**Class Size**

32

Class Size Category

G - Large lab 32

Diversity and Inclusion

Course Design and Materials: Course will incorporate diverse perspectives, authors, and examples that reflect a variety of cultures, identities, and lived experiences. Instructional materials will be reviewed regularly to ensure representation, inclusivity, and alignment with equity-minded practices across disciplines.

Inclusive Learning Environment: Instructors will establish classroom norms and policies that promote respect, civil discourse, and belonging in both online and face-to-face classes. Clear expectations for communication and engagement will support a learning space where all students feel valued and heard.

Accessible Instruction: Course content will be delivered using accessible design. Materials will follow accessibility guidelines within the CMS, including captioned media, readable document formats, and multiple means of engagement to support diverse learning.

Equitable Teaching Practices: Instructors will use transparent and grading criteria, varied assessment methods, and timely feedback to promote fairness and student success. Opportunities for revision, reflection, and multiple demonstrations of learning may be incorporated when appropriate to the discipline.

Culturally Responsive Pedagogies: Instructional strategies will encourage critical thinking about diverse perspectives and systems of power relevant to the course content. Faculty will foster opportunities for students to connect course material to real-world contexts.

Ongoing Reflection and Improvement: Faculty will engage in continuous professional development related to IDEAA principles and reflect on course practices using metacognition to identify opportunities for increased equity, inclusion, and accessibility.

Explain how diversity and inclusion(e.g., gender, culture/race, sexuality, etc.) is infused into the course.

The Beginning Yoga course promotes diversity and inclusivity by ensuring that all students, regardless of age, gender, cultural background, body type, or physical ability, can safely participate and benefit from the practice. Students will learn the historical and cultural roots of yoga, fostering appreciation for diverse traditions and perspectives. Breath awareness, relaxation, and asana techniques will be adapted to meet varying physical and mental needs, providing modifications and alternative poses to ensure equitable access to the benefits of yoga. Mindfulness and meditation practices will be presented in ways that respect diverse spiritual, cultural, and personal beliefs, allowing students to engage in alignment with their values. Reflection and integration activities will encourage students to recognize the value of different perspectives in wellness, self-care, and movement, supporting both individual growth and collective learning in a diverse classroom.

Describe how assignments, instruction, evaluation, course content, and interactions are contextualized for diverse learners promoting an equitable course.

In the Beginning Yoga course, instruction, assignments, and course content are designed to be inclusive of diverse learners by providing modifications for varying physical abilities, body types, and experience levels. Evaluation focuses on individual growth and mastery through multiple formats such as reflections, practical demonstrations, and self-assessments. Class interactions encourage collaboration, peer support, and respectful dialogue, fostering an equitable and supportive learning environment. This approach ensures all students can participate fully, develop skills safely, and benefit from the physical, mental, and mindfulness aspects of yoga.

Interactions**Explain how the course will incorporate student-to-student interaction.**

The Beginning Yoga course incorporates student-to-student interaction through paired and group activities, such as partner-assisted stretches, alignment checks, and guided breathing exercises. Students are encouraged to provide constructive feedback, support each other in safely performing asanas, and collaborate during mindfulness and reflection exercises. Group discussions and peer-led demonstrations foster a sense of community, allow students to share experiences and perspectives, and enhance learning by observing and learning from one another. These interactions promote teamwork, communication skills, and a supportive, inclusive classroom environment.

Explain how the course will incorporate instructor-to-student interaction.

The Beginning Yoga course incorporates instructor-to-student interaction through direct guidance during asana practice, breathwork, and mindfulness exercises. The instructor provides individualized feedback, demonstrates proper alignment and technique, and offers modifications to meet diverse student needs. Additionally, the instructor facilitates discussions, answers questions, and supports reflective exercises, ensuring that students understand concepts and feel confident in applying skills. This ongoing engagement helps maintain a safe, supportive, and interactive learning environment.

Explain how the course will incorporate student-to-content interaction.

The Beginning Yoga course incorporates student-to-content interaction through active engagement with yoga postures, breathing techniques, mindfulness exercises, and course readings or videos. Students apply concepts learned in lectures and demonstrations directly to practice, exploring alignment, balance, flexibility, and strength in real time. Reflection journals, guided prompts, and self-assessment activities encourage students to analyze their progress and connect theoretical knowledge, such as anatomy and principles of yoga, to their physical and mental practice. This hands-on engagement ensures students actively interact with and internalize course content.

Explain how the course will incorporate student-to-self interaction (metacognitive).

The Beginning Yoga course promotes student-to-self interaction by encouraging self-reflection, mindfulness, and awareness of personal growth. Students maintain journals to track progress in flexibility, strength, balance, and breath control, and reflect on mental and emotional responses to practice. Through guided meditation, self-assessment, and introspective exercises, students evaluate their own learning, set personal goals, and develop strategies to improve performance and well-being. This metacognitive approach fosters self-awareness, accountability, and lifelong skills in health and wellness.

Key: 2506