Course Prefix and Number: HLPE 108  
Credit hours: 1

Course Title: Yoga

Course Prerequisites: None

Textbook(s): None

Course Description: Introduction to beginning classic yoga postures, breathing exercises and relaxation develops muscle tone, strength and endurance as well as balance, agility and flexibility. Increases concentration and ability to relax and focus.

Learning Outcomes:

At the end of the course, the student will:

A. develop an overview of Yoga;
B. measure Yoga improvement through pre and post skill test scores;
C. explain the importance of Yoga in stress reduction and prevention of disease;
D. recognize the importance of nutrition and the role of Yoga in lifelong weight control.

To achieve the learning outcomes, the student will:

1. describe seven general benefits and purposes of yoga; (A)
2. demonstrate various methods of assessing fitness; (A) (B)
3. identify the three phases to each posture; (A)
4. show how to correctly perform the yoga postures; (A)
5. discuss the principles of breathing, mobility and stability; (A)
6. describe the principles of yoga and the effects of yoga in prevention of disease; (A) (C)
7. recognize the factors related to yoga and desirable weight control; (A) (D)
8. complete written assignments (3 day diet recall, fitness goal, nutrition goal and library assignment). (A) (C) (D)

Course Requirements: The following are intended to help the learner meet the stated learning outcomes of the course: students will attend class; students will be evaluated on results of semester exams; students will be required to participate in class discussions and activities.

In addition to requirements stated herein, each instructor will communicate additional requirements unique to his/her section via the instructor’s section syllabus.
Course Grading Scale:

A 90-100%
B 80-89%
C 70-79%
D 60-69%
F 59% or below

Attendance Policy: The college attendance policy is available at http://www.bpcc.edu/catalog/current/academicpolicies.html

Course Fees: $20.00

Nondiscrimination Statement: Bossier Parish Community College does not discriminate on the basis of race, color, national origin, gender, age, religion, qualified disability, marital status, veteran's status, or sexual orientation in admission to its programs, services, or activities, in access to them, in treatment of individuals, or in any aspect of its operations. Bossier Parish Community College does not discriminate in its hiring or employment practices.

Title VI, Section 504, and ADA Coordinator
Sarah Culpepper, Coordinator
Disability Services, D-108
6220 East Texas Street
Bossier City, LA 71111
Phone: 318-678-6539
Email: sculpepper@bpcc.edu
Hours: 8:00 a.m.-4:30 p.m. Monday - Friday, excluding holidays and weekends.

Title IX and Equity/Compliance Coordinator
Teri Bashara, Director of Human Resources
Human Resources Office, A-105
6220 East Texas Street
Bossier City, LA 71111
Phone: 318-678-6056
Hours: 8:00 a.m.-4:30 p.m. Monday - Friday, excluding holidays and weekends.

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