

**OHLONE COLLEGE**  
**Ohlone Community College District**  
**OFFICIAL COURSE OUTLINE**

**I. Description of Course:**

1. **Department/Course:** PE - 376C2

2. **Title:** Yoga and Meditation

3. **Cross Reference:**

4. **Units:** 0.5

**Lec Hrs:**

**Lab Hrs:** 2

5. **Repeatability:** Yes Times:3

6. **Grade Options:** Letter Grade, May  
Petition Credit/No Credit (GC)

7. **Degree/Applicability:**

Credit, Degree Applicable, Transferable -  
CSU (T)

8. **General Education:** District General  
Education (Plan A)

V-A. Physical Education

9. **Field Trips:** Not Required

10. **Requisites:**

**12. Catalog Description:**

This class introduces the student to the basic principles and practices of Yoga, including yogic breathing, positioning, and a holistic approach to a healthy mind and body. Various meditation techniques will be introduced and practiced with a focus on relaxation and stress reduction.

**13. Class Schedule Description:**

This class introduces the student to the basic principles and practices of Yoga and basic techniques for meditation.

**14. Counselor Information:**

This class can be used toward the fulfillment of the PE requirement for the AA degree. The class is appropriate for all levels of fitness.

**II. Student Learning Outcomes**

The student will:

1. Apply the beginning principles of yoga.
2. Identify the basic meditation techniques.
3. Demonstrate the various exercise and positions associated with Yoga.
4. Employ the principles of Yoga in a holistic approach to daily living.

**III. Course Outline:**

A. Introduction to the concept and philosophy of Yoga.

1. Overview of Yoga styles

B. Benefits of Yoga

C. Health effects of Yoga practice

D. Exercises and poses to strengthen and stretch the body.

E. Exercises to increase awareness of individual strengths and limitations.

F. Movement patterns to focus on internal core strength and balance.

G. Relaxation techniques for stress reduction and general well-being.

1. Progressive relaxation.
2. Visualization and Guided Imagery

3. Breathing Exercises

H. Techniques for Meditation

1. Simple meditation
2. Breathing meditation
3. Contemplation
4. Breath Counting
5. Thought Watching
6. Walking Meditation

I. Benefits of Meditation

IV. **Course Assignments:**

A. Reading Assignments

1. Articles as assigned

B. Projects, Activities, and other Assignments

C. Writing Assignments

1. Weekly journal entry discussing personal stressors and the result of applying yoga and meditation techniques in dealing with said stress.

V. **Methods of Evaluation/Assessment:**

- A. Performance of proper technique and alignment in yoga poses.
- B. Journal with weekly entries.
- C. Written quiz.

VI. **Methods of Instruction:**

- A. Demonstration
- B. Laboratory
- C. Discussion

VII. **Textbooks:**

Required

Optional

VIII. **Supplies:**

- A. Personal Yoga Mat (recommended)
- B. Towel

CID 2598