

Course Outline for: EXSC 1105 Fitness Yoga**A. Course Description:**

1. Number of credits: 1
2. Lecture hours per week: 1
3. Prerequisites: None
4. Corequisites: None
5. MnTC Goals: None

Yoga is a lifelong practice to build strength, balance and mobility. Through a variety of yoga postures, students work the muscles and joints of their upper and lower body to systematically improve body awareness, flexibility, and strength.

B. Date last reviewed/updated: May 2025**C. Outline of Major Content Areas:**

1. Weekly fitness yoga workouts
2. Appropriate biomechanics and techniques while performing activities
3. Develop strength and endurance in conjunction with flexibility

D. Course Learning Outcomes:

Upon successful completion of the course, the student will be able to:

1. Demonstrate an understanding of safe and effective yoga postures.
2. Analyze the health and wellness benefits of yoga and their impacts on physical, mental and emotional well-being.
3. Demonstrate proficiency in performing a variety of yoga postures and stretches.
4. Demonstrate progress by identifying areas of growth and challenge.
5. Enhance physical and mental strength, stamina, and flexibility through a consistent yoga practice.

E. Methods for Assessing Student Learning:

Methods for assessment may include, but are not limited to, the following:

1. Class participation, effort and exercise performance.
2. Self-analysis of practice with a focus on progress and development of mobility and stability.
3. Assignments include reading articles and online research related to yoga practice.

F. Special Information:

None