

**JAMESTOWN COMMUNITY COLLEGE**  
**State University of New York**

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**INSTITUTIONAL COURSE SYLLABUS**

**Course Title:** Yoga I: Yoga/Relax Techniques

**Course Abbreviation and Number:** PHE 1560

**Credit Hour:** 1

**Course Type:** Lecture/Lab

**Course Description:** Students will learn and demonstrate an understanding of the art of Hatha yoga and relaxation techniques. Students will learn how to relieve stress and emotional tension through the systematic training of guided imagery, diaphragmatic breathing, and breath awareness. The course includes lectures on yoga philosophy, postures, diet, meditation, and relaxation techniques. Hatha yoga is a human science that takes into consideration bodily pains, poor posture, faulty breathing, and incorrect walking, and teaches greater awareness of the body as a whole without separating it from the mind and the influences of all senses.

No requisites.

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**Student Learning Outcomes:**

Students who demonstrate understanding can:

1. Demonstrate yoga postures and breathing techniques.
2. Describe benefits of yoga postures and relaxation.

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**Topics Covered:**

- Health promotion
- Relaxation techniques
- Meditation
- Benefits of yoga
- Study, perform & practice various yoga postures
- Philosophy of yoga
- Importance of diaphragmatic breathing

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**Information for Students**

- Expectations of Students
  - [Civility Statement](#)
  - [Student Responsibility Statement](#)
  - [Academic Integrity Statement](#)

- [Accessibility Services](#)

Students who require accommodations to complete the requirements and expectations of this course because of a disability must make their accommodation requests to the Accessibility Services Coordinator.

- [Get Help: JCC & Community Resources](#)
- [Emergency Closing Procedures](#)

- Course grade is determined by the instructor based on a combination of factors, including but not limited to, homework, quizzes, exams, projects, and participation. Final course grade can be translated into a grade point value according to the following:

A=4.0	B+=3.5	B=3	C+=2.5	C=2	D+=1.5	D=1	F=0
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- Veterans and active duty military personnel with special circumstances (e.g., upcoming deployments, drill requirements, VA appointments) are welcome and encouraged to communicate these to the instructor.

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**Effective Date:** Fall 2022