

Washtenaw Community College Comprehensive Report

YOG 101 Yoga I Effective Term: Spring/Summer 2022

Course Cover

College: Health Sciences

Division: Health Sciences

Department: Health Science

Discipline: Yoga (new)

Course Number: 101

Org Number: 15290

Full Course Title: Yoga I

Transcript Title: Yoga I

Is Consultation with other department(s) required: No

Publish in the Following: College Catalog , Time Schedule , Web Page

Reason for Submission: Course Change

Change Information:

Outcomes/Assessment

Rationale: Outcome language and tool language need to change before we can assess the course.

Proposed Start Semester: Winter 2022

Course Description: In this course, students will explore introductory practices and philosophy of Hatha Yoga. Hatha yoga is a progressive practice of eight disciplines referred to as limbs. The eight limbs include: social restraints, personal observances, yoga postures, breath regulation, withdrawal of the senses, single pointed focus, full absorption and enlightenment. The philosophy of the eight-limbed path of Hatha yoga is complete liberation from human suffering. Students will be able to identify the eight limbs and demonstrate posture, breath regulation and meditation practices.

Course Credit Hours

Variable hours: No

Credits: 2

Lecture Hours: Instructor: 0 Student: 0

Lab: Instructor: 0 Student: 0

Clinical: Instructor: 0 Student: 0

Other: Instructor: 30 Student: 30

Total Contact Hours: Instructor: 30 Student: 30

Repeatable for Credit: NO

Grading Methods: Letter Grades

Audit

Are lectures, labs, or clinicals offered as separate sections?: NO (same sections)

College-Level Reading and Writing

Reduced Reading/Writing Scores

College-Level Math

Requisites

Prerequisite

Academic Reading Level of 3; Academic Writing level of 2

General Education**Degree Attributes**

Below College Level Pre-Reqs

Request Course Transfer**Proposed For:****Student Learning Outcomes**

1. Identify and define basic concepts of Hatha yoga philosophy.

Assessment 1

Assessment Tool: Outcome-related exam questions

Assessment Date: Fall 2023

Assessment Cycle: Every Three Years

Course section(s)/other population: All

Number students to be assessed: All

How the assessment will be scored: Answer key

Standard of success to be used for this assessment: 70% of students will score 70% or higher on all outcome-related questions.

Who will score and analyze the data: Departmental faculty

2. Develop a presentation of the limbs of Hatha yoga: asana (yoga postures), pranayama (breath regulation), pratyahara (withdrawal of the senses), dharana (single pointed focus) and dhyana (full absorption) at an introductory level.

Assessment 1

Assessment Tool: Outcome-related student project

Assessment Date: Fall 2023

Assessment Cycle: Every Three Years

Course section(s)/other population: All

Number students to be assessed: All

How the assessment will be scored: Departmentally-developed rubric

Standard of success to be used for this assessment: 70% of students will score 75% or higher.

Who will score and analyze the data: Departmental faculty

3. Practice Hatha yoga at an introductory level and document experiences related to asana (yoga postures), pranayama (breath regulation), pratyahara (withdrawal of the senses), dharana (single pointed focus) and dyana (full absorption) at an introductory level.

Assessment 1

Assessment Tool: Ten-week student journal

Assessment Date: Fall 2023

Assessment Cycle: Every Three Years

Course section(s)/other population: All

Number students to be assessed: All

How the assessment will be scored: Departmentally-developed rubrics

Standard of success to be used for this assessment: 70% of students will score 75% or higher.

Who will score and analyze the data: Departmental faculty

Course Objectives

1. Practice an introductory series of the third limb of Hatha Yoga: asana (supine, prone, seated, kneeling, standing, balancing and inverted postures).
2. Practice an introductory series of the fourth limb of Hatha Yoga: pranayama (breath regulation).
3. Practice an introductory level of fifth, sixth and seventh limbs of Hatha Yoga that comprise meditation: pratyahara (withdrawal of the senses), dharana (single pointed focus) and dhyana (full absorption).

4. Define the first limb of Hatha Yoga: five yamas (social restraints).
5. Define the second limb of Hatha Yoga: five niyamas (personal observances).
6. Define the third limb of Hatha Yoga: asana (postures).
7. Define the fourth limb of Hatha Yoga: pranayama (breath regulation).
8. Define the fifth limb of Hatha Yoga: pratyahara (withdrawal of the senses).
9. Define the sixth limb of Hatha Yoga: dharana (single pointed focus).
10. Define the seventh limb of Hatha Yoga: dhyana (full absorption).
11. Define the eighth limb of Hatha Yoga: samadhi (enlightenment).
12. Demonstrate to the class an introductory level of the limbs of Hatha yoga: asana (yoga postures) and pranayama (breath regulation) pratyahara (withdrawal of the senses), dharana (single pointed focus) and dyana (full absorption).

New Resources for Course

yoga straps yoga bolsters

Course Textbooks/Resources

Textbooks
Manuals
Periodicals
Software

Equipment/Facilities

Level II classroom

<u>Reviewer</u>	<u>Action</u>	<u>Date</u>
Faculty Preparer: <i>Mary Smyth</i>	<i>Faculty Preparer</i>	<i>Dec 05, 2021</i>
Department Chair/Area Director: <i>Kiela Samuels</i>	<i>Recommend Approval</i>	<i>Jan 10, 2022</i>
Dean: <i>Shari Lambert</i>	<i>Recommend Approval</i>	<i>Jan 10, 2022</i>
Curriculum Committee Chair: <i>Randy Van Wagnen</i>	<i>Recommend Approval</i>	<i>Feb 28, 2022</i>
Assessment Committee Chair: <i>Shawn Deron</i>	<i>Recommend Approval</i>	<i>Mar 03, 2022</i>
Vice President for Instruction: <i>Kimberly Hurns</i>	<i>Approve</i>	<i>Mar 04, 2022</i>

Washtenaw Community College Comprehensive Report

YOG 101 Yoga I Effective Term: Winter 2021

Course Cover

Division: Health Sciences

Department: Health Science

Discipline: Yoga (new)

Course Number: 101

Org Number: 15290

Full Course Title: Yoga I

Transcript Title: Yoga I

Is Consultation with other department(s) required: No

Publish in the Following: College Catalog , Time Schedule , Web Page

Reason for Submission: Three Year Review / Assessment Report

Change Information:

Consultation with all departments affected by this course is required.

Course description

Outcomes/Assessment

Objectives/Evaluation

Rationale: Three-year syllabus update based on assessment results.

Proposed Start Semester: Fall 2020

Course Description: In this course, students will explore introductory practices and philosophy of Hatha Yoga. Hatha yoga is a progressive practice of eight disciplines referred to as limbs. The eight limbs include: social restraints, personal observances, yoga postures, breath regulation, withdrawal of the senses, single pointed focus, full absorption and enlightenment. The philosophy of the eight-limbed path of Hatha yoga is complete liberation from human suffering. Students will be able to identify the eight limbs and demonstrate posture, breath regulation and meditation practices.

Course Credit Hours

Variable hours: No

Credits: 2

Lecture Hours: Instructor: 0 Student: 0

Lab: Instructor: 0 Student: 0

Clinical: Instructor: 0 Student: 0

Other: Instructor: 30 Student: 30

Total Contact Hours: Instructor: 30 Student: 30

Repeatable for Credit: NO

Grading Methods: Letter Grades

Audit

Are lectures, labs, or clinicals offered as separate sections?: NO (same sections)

College-Level Reading and Writing

College-level Reading & Writing

College-Level Math

Requisites

General Education

Request Course Transfer

Proposed For:

Student Learning Outcomes

1. Identify and define basic concepts of Hatha yoga philosophy.

Assessment 1

Assessment Tool: Outcome-related exam questions

Assessment Date: Fall 2023

Assessment Cycle: Every Three Years

Course section(s)/other population: All

Number students to be assessed: All

How the assessment will be scored: Answer key

Standard of success to be used for this assessment: 70% of students will score 70% or higher on all outcome related questions.

Who will score and analyze the data: Departmental faculty

2. Practice and record introductory level of the limbs of Hatha yoga: asana (yoga postures), pranayama (breath regulation), pratyahara (withdrawal of the senses), dharana (single pointed focus) and dhyana (full absorption).

Assessment 1

Assessment Tool: Student project

Assessment Date: Fall 2023

Assessment Cycle: Every Three Years

Course section(s)/other population: All

Number students to be assessed: All

How the assessment will be scored: Departmentally-developed rubric

Standard of success to be used for this assessment: 70% of students will score 3/4 or higher on a 4-point rubric.

Who will score and analyze the data: Departmental faculty

3. Demonstrate to class an introductory level of the limbs of Hatha yoga: asana (yoga postures), pranayama (breath regulation), pratyahara (withdrawal of the senses), dharana (single pointed focus) and dyana (full absorption).

Assessment 1

Assessment Tool: Student performance

Assessment Date: Fall 2023

Assessment Cycle: Every Three Years

Course section(s)/other population: All

Number students to be assessed: All

How the assessment will be scored: Departmentally-developed rubric

Standard of success to be used for this assessment: 70% of students will score 3/4 or higher on a 4-point rubric.

Who will score and analyze the data: Departmental faculty

Course Objectives

1. Practice an introductory series of the third limb of Hatha Yoga: asana (supine, prone, seated, kneeling, standing, balancing and inverted postures).
2. Practice an introductory series of the fourth limb of Hatha Yoga: pranayama (breath regulation).
3. Practice an introductory level of fifth, sixth and seventh limbs of Hatha Yoga that comprise meditation: pratyahara (withdrawal of the senses), dharana (single pointed focus) and dhyana (full absorption).

4. Define the first limb of Hatha Yoga: five yamas (social restraints).
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11. Define the eighth limb of Hatha Yoga: samadhi (enlightenment).
12. Demonstrate to class an introductory level of the limbs of Hatha yoga: asana (yoga postures) and pranayama (breath regulation) pratyahara (withdrawal of the senses), dharana (single pointed focus) and dyana (full absorption).

New Resources for Course

yoga straps yoga bolsters

Course Textbooks/Resources

Textbooks
Manuals
Periodicals
Software

Equipment/Facilities

Level II classroom
Other: Room ML 158 only

<u>Reviewer</u>	<u>Action</u>	<u>Date</u>
Faculty Preparer: <i>Tatianah Thunberg</i>	<i>Faculty Preparer</i>	<i>Dec 13, 2019</i>
Department Chair/Area Director: <i>Rene Stark</i>	<i>Recommend Approval</i>	<i>Dec 16, 2019</i>
Dean: <i>Valerie Greaves</i>	<i>Recommend Approval</i>	<i>Dec 19, 2019</i>
Curriculum Committee Chair: <i>Lisa Veasey</i>	<i>Recommend Approval</i>	<i>Aug 23, 2020</i>
Assessment Committee Chair: <i>Shawn Deron</i>	<i>Recommend Approval</i>	<i>Aug 25, 2020</i>
Vice President for Instruction: <i>Kimberly Hurns</i>	<i>Approve</i>	<i>Aug 26, 2020</i>