

Washtenaw Community College Comprehensive Report

YOG 102 Yoga II Effective Term: Fall 2023

Course Cover

College: Health Sciences

Division: Health Sciences

Department: Health Science

Discipline: Yoga (new)

Course Number: 102

Org Number: 15290

Full Course Title: Yoga II

Transcript Title: Yoga II

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:

Course description

Outcomes/Assessment

Objectives/Evaluation

Rationale: Updating YOGA 102 to more clearly differentiate from YOGA 101.

Proposed Start Semester: Fall 2023

Course Description: In this course, students will deepen their understanding of Hatha Yoga through the exploration of introductory and intermediate Hatha Yoga practices and philosophies. Hatha Yoga is a practice that seeks to achieve balance by quieting the mind and purifying the body, and offers a path to achieve liberation or freedom from suffering. Students will be able to identify new yoga philosophy concepts and demonstrate further refinement of posture, breath regulation, and meditation practices. This course is the second part of a two-course sequence on the application of fundamental disciplines and postures in yoga.

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

No Level Required

Requisites**Prerequisite**

YOG 101 minimum grade "C"

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

1. Identify and define concepts of Hatha yoga philosophy.

Assessment 1

Assessment Tool: Outcome-related exam questions

Assessment Date: Spring/Summer 2024

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 seven main centers of subtle body energy: muladhara (root), svadhithana (sacral), manipura (solar plexus), anahata (heart), vishuddha (throat), ajna (third eye), sahasrara (crown).

Assessment 1

Assessment Tool: Outcome-related student project

Assessment Date: Spring/Summer 2024

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. Practice Hatha Yoga at the intermediate level and document experiences related to asana (posture), pranayama (breath regulation), pratyahara (withdrawal of the senses), dharana (single-pointed focus), dyhana (meditation).

Assessment 1

Assessment Tool: Ten week student journal

Assessment Date: Spring/Summer 2024

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 intermediate series of the third limb of Hatha Yoga at the experienced beginner level: asana (supine, prone, seated, kneeling, standing, balancing and inverted postures).
2. Practice an intermediate series of the fourth limb of Hatha Yoga at the experienced beginner level: pranayama (breath regulation).
3. Practice an intermediate level of fifth, sixth and seventh limbs of Hatha Yoga that comprise meditation at the experienced beginner level: pratyahara (withdrawal of the senses), dharana (single pointed focus) and dhyana (full absorption).
4. Define the first center of subtle body energy: muladhara chakra (root).
5. Define the second center of subtle body energy: svadhisthana chakra (sacral).
6. Define the third center of subtle body energy: manipura chakra (solar plexus).
7. Define the fourth center of subtle body energy: anahata chakra (heart).
8. Define the fifth center of subtle body energy: vishuddha chakra (throat).
9. Define the sixth center of subtle body energy: ajna chakra (third eye).
10. Define the seventh center of subtle body energy: sahasrara chakra (crown).
11. Define yoga philosophy concepts.
12. Demonstrate to class an intermediate level of the third, fourth, fifth, sixth, and seventh 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 and yoga bolsters

Course Textbooks/Resources

Textbooks
Manuals
Periodicals
Software

Equipment/Facilities

Level II classroom
Other: Room ML 158 if in-person section or virtual

| <u>Reviewer</u> | <u>Action</u> | <u>Date</u> |
|---|---------------------------|---------------------|
| Faculty Preparer: <i>Mary Smyth</i> | <i>Faculty Preparer</i> | <i>Mar 03, 2023</i> |
| Department Chair/Area Director: <i>Rene Stark</i> | <i>Recommend Approval</i> | <i>Mar 08, 2023</i> |
| Dean: <i>Shari Lambert</i> | <i>Recommend Approval</i> | <i>Mar 24, 2023</i> |
| Curriculum Committee Chair: <i>Randy Van Wagnen</i> | <i>Recommend Approval</i> | <i>May 09, 2023</i> |
| Assessment Committee Chair: <i>Shawn Deron</i> | <i>Recommend Approval</i> | <i>May 11, 2023</i> |
| Vice President for Instruction: <i>Victor Vega</i> | <i>Approve</i> | <i>May 12, 2023</i> |

Washtenaw Community College Comprehensive Report

YOG 102 Yoga II Effective Term: Winter 2021

Course Cover

Division: Health Sciences

Department: Health Science

Discipline: Yoga (new)

Course Number: 102

Org Number: 15290

Full Course Title: Yoga II

Transcript Title: Yoga II

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: Updating the master syllabus based on the assessment report.

Proposed Start Semester: Fall 2020

Course Description: This course is a continuation of the introduction and application of fundamental disciplines and postures in yoga. In this course, students will explore 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 new yoga philosophy concepts and demonstrate further refinement of 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

No Level Required

Requisites

Prerequisite

YOG 101 minimum grade "C"

General Education

Request Course Transfer

Proposed For:

Student Learning Outcomes

1. Identify and define 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 an experienced beginner 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 experienced beginner 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 at the experienced beginner level: asana (supine, prone, seated, kneeling, standing, balancing and inverted postures).
2. Practice an introductory series of the fourth limb of Hatha Yoga at the experienced beginner level: pranayama (breath regulation).
3. Practice an introductory level of fifth, sixth and seventh limbs of Hatha Yoga that comprise meditation at the experienced beginner level: pratyahara (withdrawal of the senses), dharana (single pointed focus) and dhyana (full absorption).
4. Demonstrate increased command of the first limb of Hatha Yoga: five yamas (social restraints).
5. Demonstrate increased command of the second limb of Hatha Yoga: five niyamas (personal observances).
6. Demonstrate increased command of the third limb of Hatha Yoga: asana (postures).
7. Demonstrate increased command of the fourth limb of Hatha Yoga: pranayama (breath regulation).
8. Demonstrate increased command of the fifth limb of Hatha Yoga: pratyahara (withdrawal of the senses).
9. Demonstrate increased command of the sixth limb of Hatha Yoga: dharana (single pointed focus).
10. Demonstrate increased command of the seventh limb of Hatha Yoga: dhyana (full absorption).
11. Demonstrate increased command of the eighth limb of Hatha Yoga: samadhi (enlightenment).
12. Define yoga philosophy concepts.
13. Demonstrate to class an experienced beginner 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 and 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> |