

Northwest Arkansas Community College
(Social & Behavioral Sciences Division)

Discipline Code

PEAC

Course Number

1121

Course Title

Yoga for Everyone

Catalog Description

Yoga postures and sequences focused on improving flexibility, strength, balance, and concentration. Emphasis on the importance of self-care and stress reduction. Appropriate for all levels of yoga experience, poses range from gentle and restorative to vigorous and revitalizing depending on individual ability.

Prerequisites

N/A

Credit Hours

1 credit hour

Contact hours

15 contact hours

Load hours

1 load hour

Semesters Offered

On Demand

ACTS Equivalent

N/A

Grade Mode

A-F

Learning Outcomes

Students completing this course will:

- Recognize the importance of self-care as a valuable lifelong pursuit
- Perform yoga poses in various sequences and forms
- Improve balance, strength, and flexibility
- Modify yoga poses and sequences as needed for personal safety

- Practice techniques to reduce stress and increase focus

General Education Outcomes Supported

- N/A

Standard Practices

Topics list

- N/A

Learning activities

- N/A

Assessments

- N/A

Grading guidelines

- N/A

Last Revision Date: Spring 2022