

Yoga 11

General Curriculum Outcomes

Students will be expected to

Knowing

- A. demonstrate an understanding of the concepts that support human movement
- B. demonstrate a knowledge of the components and processes needed to develop and maintain a personal level of functional fitness

Doing

- C. demonstrate motor skills in all movement categories using efficient and effective body mechanics
- D. participate regularly in a variety of activities that develop and maintain personal physical fitness
- E. demonstrate creativity in all movement categories

Valuing

- F. demonstrate positive personal and social behaviours and interpersonal relationships
- G. demonstrate positive attitudes toward and an appreciation of physical activity through participation
- H. demonstrate awareness of career and occupational opportunities related to physical activities

Specific Curriculum Outcomes

Students will be expected to

Proper Breathing and Asana Practice

- 1.1 demonstrate foundational standing and balance postures with proper alignment
- 1.2 demonstrate foundational seated postures with proper alignment
- 1.3 demonstrate foundational restorative postures with proper alignment
- 1.4 demonstrate the sun salutation sequence with proper alignment, integrating breath, postures, and movement
- 1.5 apply effective breathing techniques to their yoga practice
- 1.6 demonstrate an understanding of anatomy and physiology as they apply to the intentional integration of breath, postures, and movement within the practice of yoga
- 1.7 identify asanas specific to their desired health benefits and create a yoga practice to use outside of class time

The Origins and Philosophy of Yoga

- 2.1 demonstrate an understanding of the eight limbs of ashtanga practice
- 2.2 apply their understanding of yogic text and principles to their daily lives and yoga practice
- 2.3 distinguish among the four forms of yoga to find the practice most suited to their personality

Integrating a Mindful Practice

- 3.1 analyze their own eating patterns with respect to healthy and mindful eating practices
- 3.2 explore relaxation techniques to observe thoughts and to manage emotions and stress, and reflect on those techniques which are most effective for them
- 3.3 apply the principles of yoga in a personal way outside of yoga practice