



YOGA FITNESS 15

LDC1019

3 or 5 Credit Course

Course Overview	This course has been designed to introduce basic postures, breathing techniques, and relaxation methods of yoga. Students will learn a variety of yoga styles, and will participate in a variety of activities that extend the specific learner outcomes. Yoga Fitness promotes active living and requires physical participation. Weekly themes include mindfulness, anxiety reduction, self-image, etc.										
Prerequisite	<i>Please refer to Alberta Education's Provincially Authorized Senior High School Courses and Course Codes Document</i>										
Required Materials & Resources	Course materials include a journal and a duo-tang weekly activity log. Students should have appropriate clothing for participating. Water bottles are recommended. Yoga mats will be provided by the instructor.										
Learning Outcomes	The student will: <ul style="list-style-type: none"> A. develop knowledge of the various poses and movements of a yoga practice and the personal benefits of practicing B. develop a personal yoga plan with the help of the instructor and monitor personal growth and accomplishments. C. develop an understanding of the benefits of a life-long regular individualized yoga program D. acquire and apply a basic understanding of anatomy and physiology that is relevant to yoga 										
Notes	<i>Within Alternative Education all teachers are required to follow a common course outline and gradebook set up.</i>										
Assessment	The student's grade is determined by the knowledge the student has acquired based on the program of studies and the skills the student is able to show in articulating his or her knowledge. The student's grade will be calculated based on the following: Coursework – 100% <i>*There is no final exam for this course</i>										
Topics of Study	In order to achieve 3 credits, students must participate in 10 sessions. For 5 credits, students must participate in 20 sessions. <table border="0"> <thead> <tr> <th>UNIT</th> <th>TITLE</th> </tr> </thead> <tbody> <tr> <td>1</td> <td><i>Class Participation</i></td> </tr> <tr> <td>2</td> <td><i>Demonstration of Skill</i></td> </tr> <tr> <td>3</td> <td><i>Journal Reflections</i></td> </tr> <tr> <td>4</td> <td><i>Weekly Logs</i></td> </tr> </tbody> </table>	UNIT	TITLE	1	<i>Class Participation</i>	2	<i>Demonstration of Skill</i>	3	<i>Journal Reflections</i>	4	<i>Weekly Logs</i>
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An Important Note About Assessment	A wide range of assessment information is used in the development of a student's final grade. Within Alternative Education, individualized assessments provide specific information regarding student progress and overall performance in the course. Student assessments may vary from student to student to adapt to differences in student needs, learning styles, preferences and paces. The teacher will apply best teaching practices to determine appropriate assessment.										

TEACHER'S CONTACT INFORMATION:

Teacher's Name:	
Teacher's Phone Number:	
Teacher's Email Address:	