COLLEGEWIDE COURSE OUTLINE OF RECORD

TMAS 172, INTRODUCTION TO YOGA I FOR MASSAGE THERAPISTS

COURSE TITLE: Introduction to Yoga I for Massage Therapists
COURSE NUMBER: TMAS 172
PREREQUISITES: None
SCHOOL: Health Sciences
PROGRAM: Therapeutic Massage
CREDIT HOURS: 1
CONTACT HOURS: Lab: 2
DATE OF REVISION: Fall, 2011
EFFECTIVE DATE OF THIS REVISION: Fall, 2012

CATALOG DESCRIPTION: Considers the holistic approach to Yoga intended for Massage Therapists to care for their bodies and increase flexibility. Beginning Hatha Yoga postures are taught and demonstrated with emphasis on correct alignment and relaxation of body and mind.

MAJOR COURSE LEARNING OBJECTIVES: Upon successful completion of this course the student, through laboratory activities, will be expected to:

1. Demonstrate an understanding of the nature of yoga as it effects the total person.
2. Discuss the history and purpose of yoga.
3. Discuss and demonstrate the connection between relaxation and wellness.
4. Demonstrate basic hatha poses for the major muscle groups and joints of the human body.
5. Demonstrate relaxed breathing technique.
6. Demonstrate the importance of safety and conscious movement.
7. Demonstrate developing a home practice hatha yoga routine.

COURSE CONTENT: Topical areas of study include –

1. Proper clothing, equipment and practice environment.
2. Warm up and cool down practices to include relaxation techniques.
3. Benefits of a regular yoga practice
5. Proper breathing technique.
6. Beginning postures to include but not limited to: Full posture and/or variations of Posterior stretch, Cobra, Spinal Twist, Side Bending, Triangle, Cat and Dog, Fish Locust, Bridge and Boat, Corpse Pose, Wind relieving pose, Half Moon, Child’s Pose, Tree, Lunge, Hamstring stretch, Table, C table stretch, Wide Angle Pose, Mountain pose, Standing Forward Bend, Butterfly, Warrior II, Eagle pose, Awkward Pose
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