



South Central College

HHP 128 Topics in Mind/Body Fitness Yoga

Common Course Outline

Course Information

Description Students will participate in mind/body fitness activities that promote self-awareness, flexibility, strength, mental focus, and relaxation. Topics may include but are not limited to: different styles of yoga, Pilates, tai chi, and other mind/body activities. Students understand basic health and fitness concepts related to mind/body fitness. Students will be able to recognize behaviors that lead to a healthy lifestyle and prevent disease, illness, and disability. Students will monitor and track their own fitness and wellness levels. Students will incorporate a sense of appreciation for and a commitment to fitness and wellness in everyday life and create a personalized plan of action for continuing mind/body fitness activities that promote a healthy lifestyle. This class can be repeated for credit. Supplies needed for class include a yoga mat. (Prerequisites: None)

Total Credits 1

Total Hours 32

Types of Instruction

Instruction Type	Credits/Hours
Lab	1/32

Pre/Corequisites

None

Course Outcomes

1. Promote self-awareness, flexibility, strength, mental focus, and relaxation.

Learning Objectives

Assess flexibility and strength using standardized fitness assessments.

Work to improve self-awareness, flexibility, strength, mental focus, and relaxation through active participation both in and out of class in fitness activities.

Foster an appreciation for and commitment to wellness and fitness in everyday life.

2. Demonstrate an understanding of basic health and fitness concepts related to mind/body fitness.

Learning Objectives

Identify fitness activities that are beneficial to improve flexibility and strength.

Identify a number of behaviors that increase the risk for lifestyle-related disease.
Describe how these behaviors affect health and fitness.
Suggest general behavior modifications that would reduce the risk for lifestyle-related diseases.

3. Recognize behaviors that lead to a healthy lifestyle and prevent disease, illness, and disability.

Learning Objectives

Recognize and name mind/body fitness activities.
Recognize behaviors that increase the risk for lifestyle-related diseases.
Evaluate what motivates those behavioral decisions.
Monitor changes in flexibility and strength through standardized fitness assessments.
Suggest modifications in behavior to reduce the risk of lifestyle-related disease.
Create a personalized plan of action and set goals to continue to engage in fitness activities.

SCC Accessibility Statement

Disability Services provides accommodations and other supports to students with permanent and temporary disabilities that affect their SCC experience. Disabilities may include mental health (anxiety, depression, PTSD), ADHD, learning disabilities, chronic health conditions (migraine, fibromyalgia), sensory disabilities, and temporary disabilities (broken arm, surgery). Common accommodations are extended test time, private room for testing, audiobooks, and sign language interpreter.

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