

FIT 118 : Yoga

This physical activity lab is designed to develop fundamental yoga skills and knowledge for students across a spectrum of knowledge and experience. The type of yoga offered will be contingent on the skills of the instructor. Instruction takes into account experience level, with topics focusing on safety, equipment, and learning proper techniques. Students will learn and perform exercises designed to build flexibility, muscular strength, and muscular endurance.

Credits 2

Core Tags

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