
KINS 11.03: Gentle Restorative Exercise

This course introduces students to modified Yoga for healing and preventing injuries. The exercises provide gentle static muscle stretching for increased flexibility and range of motion. Yoga postures for strengthening weak muscles are included along with breathing and relaxation techniques for stress reduction.

Letter Grade, Pass/No Pass

Units: 1

Lecture Hours: 0, Lab Hours: 48 - 54

Prerequisites: None

Co-Requisites: None

Advisory: None

Transferable to both UC and CSU

WVC GE: Area A-8: Kinesiology

CSU GE: Area E - Lifelong Learning and Self Development