

(TTTESV9601) Sup Yoga

Language of instruction:	English
Form of teaching:	Practice
Class hours per week:	2 P
Credits (ECTS):	2
Course description:	<p>The basic aim of the course is to provide a theoretical/practical background to sup-yoga, which can be valuable for sports programs and various recreational activities. This movement material and the theoretical system of yoga can also be very useful for students in a training environment. In a water environment, they can acquire knowledge that they can use for recreational purposes (yoga, meditation, relaxation), and water as a space for reducing anxiety. Based on their knowledge, they should be able to apply the acquired movement forms and methods independently, according to age groups and indirectly, using the appropriate methodology. They should be familiar with the specific effects, tools and versatility of sup-yoga, asanas and breathing exercises. Students should be able to interpret and demonstrate yoga/sup-yoga in a complex way, to transfer their knowledge individually by presenting different methods. Attendance of the course (max. 3 absences allowed). Detailed presentation of an international article, analysis, opinion (in writing). Practical exercise. Demonstration and performance of a series of 10 yoga asanas (postures) by the students. Guided relaxation between students on the Sup board (Swimming knowledge is compulsory to complete the course).</p>
Assessment methods:	Active participation, written examination
Teaching period:	Spring semester