

# A Developmental Study of Yoga Courses and Yoga Teaching in General Colleges and Universities

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**Abstract:** Yoga courses are yoga courses offered in colleges and universities or other educational institutions that promote physical, mental and spiritual health and balance, mainly through training methods such as yoga postures, breathing and meditation. This kind of program aims to help students develop their physical fitness in an all-round way, shape a healthy outlook on life, improve lifelong physical fitness, and enable them to be healthy and balanced in a stressful learning and living environment. Yoga teaching [1-3], on the other hand, refers to the fact that in educational institutions offering yoga courses, professional yoga teachers are responsible for imparting yoga knowledge and skills to students, guiding them in yoga training, helping them to understand the connotations and philosophy of yoga, and mastering the skills of correct breathing, postures, pranayama, and writing thoughts, so as to improve the students' physical and psychological qualities. Yoga teaching requires teachers to have professional yoga knowledge and skills, to be able to design and arrange suitable courses and training programs according to students' physical conditions and needs, to provide appropriate guidance and feedback, and to help students get good training results. Promoting yoga culture: With the improvement of people's health consciousness and the spread of yoga culture, yoga as a kind of fitness exercise and lifestyle is getting more and more attention from people [4-6]. The development of yoga courses and research on yoga teaching in ordinary colleges and universities can promote yoga culture and make more people understand and accept yoga. Enriching course content, the opening of yoga courses in colleges and universities can provide students with more diversified course choices, enrich course content, meet the diverse learning needs of students, and provide more opportunities for the overall development of students. In order to improve the physical quality of students in colleges and universities, yoga is a comprehensive physical training method [7-8]. Yoga can improve students' physical fitness, enhance physique and immunity, and promote the development of physical and mental health. Through the developmental study of yoga teaching, we can cultivate students' concept of lifelong exercise, so that the lifestyle and health concepts learned in the yoga program can be carried through to lifelong exercise, and good physical and mental health can be maintained. In summary, the developmental nature of yoga courses and research on yoga teaching in general colleges and universities can not only provide students with a more comprehensive education, but also help to promote the culture of yoga and improve people's physical fitness and quality of life.

**Keywords:** Yoga Programs, Colleges and Universities, Physical and Mental Health, Yoga Training, Yoga Teaching, Lifelong Exercise

## 1. Preface

The background of carrying out yoga exercise in colleges and universities mainly includes the following aspects: people's health awareness, with the improvement of living standards and the popularization of medical insurance, people are paying more and more attention to health, and yoga as a fitness way has attracted much attention [9-11]. The physical and mental health of college students, with the increasing pressure of social competition, the physical and mental health of college students is getting more and more attention, and the development of yoga helps to relieve pressure and maintain health [12-15]. The promotion of traditional culture, yoga as an important part of the traditional culture of India, has a wide range of influence in the world [16]. In China, yoga is also gradually becoming a popular cultural phenomenon, and many colleges and universities have chosen to carry out yoga exercise to promote traditional culture [17]. With the continuous expansion of people's demand for health and fitness market, yoga as a fitness mode has also been recognized and promoted by the market. This provides a certain market basis for universities to carry out yoga [18].

## 2. Background of Yoga Programs in Colleges and Universities and Students' Motivations for Taking Yoga Programs

The background of setting yoga courses in colleges and universities includes: society's concern for healthy lifestyles: with the improvement of social living standards, people pay more and more attention to healthy lifestyles, and yoga as a kind of fitness sport is getting more and more attention and love. Students' demand for diversified physical education courses: traditional physical education courses often focus on competition [19-20], which is difficult for students who are not good at sports, and yoga, as a low-intensity fitness sport, can meet the needs of this part of the students. Yoga as a fashionable fitness sport: Yoga sport has the social influence of fissionability and commercial operation, and its exercise method and atmosphere attract more and more young people, Figure 1 shows a yoga pose. Yoga as a fitness exercise that can bring about physical and mental balance: In the case of high pressure of study and life in colleges and universities, yoga, as an exercise that can bring about physical and mental balance, can help students to relieve stress and anxiety [21-23].



Figure 1. Downward Facing Dog

The motivations for students to take yoga courses include: Enhancing physical fitness: yoga, as a comprehensive physical exercise, can help students enhance their physical fitness and improve their coordination, flexibility, endurance and balance. Relieve study pressure: under the pressure of study and life in colleges and universities, yoga can help students relieve pressure, relax and improve study efficiency. Cultivate a healthy lifestyle: The philosophy of yoga emphasizes the balance of body and mind, internal and external cultivation, which can help students cultivate a healthy lifestyle and the correct concept of exercise. Increase diversified choices of physical education courses: traditional physical education courses often focus on competition, which is difficult for students who are not good at sports, while yoga, as a low-intensity fitness exercise, can increase diversified choices of physical education courses, figure 2 shows a yoga course.



Figure 2. A Yoga Course

### 3. Summarize the Current Stage of Teaching and Learning about Transmission and Addition

At present, yoga teaching has been widely promoted and popularized worldwide, and more and more people recognize the importance of yoga. In terms of teaching, yoga teaching has formed certain norms and standards, and at the same time, it is also constantly developing and innovating. Generally speaking, the characteristics of yoga teaching at this stage include the following aspects: diversified course contents: yoga teaching is no longer limited to traditional Indian yoga, but absorbs elements from other cultures, forming diversified course contents, such as flow yoga, yin yoga, yoga stretching and so on. Professionalized teaching system: more and more professional yoga instructors have emerged, who have obtained teaching qualifications and certificates through professional training and examination, forming a relatively complete teaching system. Emphasis on physical and mental balance: Yoga teaching not only focuses on physical training, but also emphasizes the importance of physical and mental balance, and focuses on cultivating students' inner peace and awareness through meditation and pranayama. Combining modern technology: Yoga teaching has begun to combine modern technology, such as online teaching, video teaching, APP, etc., which is more convenient for students to learn and train at any time and any place, figure 3 shows students engaging in yoga practice. Focus on teaching effect: Yoga teaching focuses on the evaluation and feedback of the teaching effect, hoping to improve the teaching effect by constantly optimizing the teaching method and content, so that students can get better physical and mental improvement in a short time.



*Figure 3. Students Engaging In Yoga Practice*

In conclusion, at this stage, yoga teaching has become an independent discipline with certain norms and standards. With the continuous promotion and popularization of yoga culture, yoga teaching will continue to develop and innovate in the future, bringing the benefits of physical and mental health to more people.

### 4. Feasibility of Offering an Infusion Program in Higher Education

Yoga courses in colleges and universities have been widely recognized and promoted, and it is also feasible to offer yoga infusion courses. The following are some reasons about the feasibility of opening yoga infusion courses in colleges and universities: Health demand: with the change of modern life style and the increase of work pressure, more and more people feel physical and psychological pressure. As a kind of comprehensive training method for body and mind, yoga infusion can meet people's health demand. Yoga Plus Market: Yoga Plus, as an emerging training method, has received more and more attention and popularity, and the market demand is also increasing. The opening of Yoga Plus courses in colleges and universities can meet the market demand and drive the development of related industries. Students' demand: With the pursuit of healthy life by the young generation, more and more students want to improve their physical quality, reduce stress and adjust their mindset through yoga infusion courses, therefore, the establishment of yoga infusion courses can meet the students' demand. Teaching resources: With the popularization of yoga infusion courses, more and more yoga teachers are joining the industry. Colleges and universities can utilize these resources to provide students with

professional yoga infusion teaching. Cross-discipline: Yoga infusion, as a comprehensive training method, involves a number of disciplines, including biology, psychology, philosophy and so on. Offering yoga infusion courses in colleges and universities can promote the intersection of disciplines and increase the exchange and integration of disciplines.

Therefore, it is feasible for colleges and universities to offer yoga infusion courses, which will help meet the needs of students and the market, and promote the utilization of teaching resources and interdisciplinary, as shown in Table 1.

*Table 1: Enrollment statistics for physical education elective courses in a university (n=1356)*

sports event	number of people	%
basketball	78	5.75
soccer ball	56	4.13
shuttlecock	161	11.87
ping-pong	127	9.37
all kinds of martial art sports (some claiming spiritual development)	86	6.34
aerobic dance (school P.E. activity)	230	16.96
physical dance	315	23.23
transport and add	303	22.35

From Table 1, it can be seen that when students take elective courses of physical education, most of them will choose sports dance, aerobics and sports dance, and the number of students choosing sports dance is close to the number of students choosing sports dance, which occupies 22.35% of the 8 sports, and it can be clearly seen that the number of students choosing sports dance is higher than the number of students choosing the rest of the programs, so it is a very wise choice and feasible for students to offer sports dance courses in colleges and universities. Therefore, it is a very wise choice to offer a course on sports and physical education in colleges and universities, and it is also a feasible choice for students to enjoy the course.

## 5. Reflections on a Number of Issues Related to Teaching and Learning in Higher Education

There are still some problems to be thought about and solved in the practice of teaching infusion in colleges and universities, and the following are some possible problems and suggestions:

**Curriculum:** At present, the curriculum of college and university CBC courses is relatively single, and it is necessary to increase diversified course contents, such as more subdivided types and levels of courses, in order to meet the needs and interests of different students. **Teachers' quality:** Teachers' quality needs to be further improved, not only do they need to master the relevant theoretical knowledge and skills, but they also need to have rich teaching experience and practical ability, and be able to formulate appropriate teaching programs and feedback for the individual needs of different students. **Teaching environment:** college infusion teaching needs appropriate teaching places and equipment, including safe and stable infusion beds, well-equipped equipment and comfortable environment. At the same time, it is necessary to ensure the cleanliness and hygiene of the teaching site to ensure the health and safety of students.

**Student Management:** College and university infused courses need a reasonable student management mechanism, including student selection, scheduling, attendance and evaluation, etc., in order to ensure the effective implementation of the courses and the learning effect of the students. **Quality of courses:** The college OT courses need to ensure the quality of the courses and the teaching effect through strict teaching evaluation and monitoring mechanism, so as to improve the satisfaction and learning motivation of students. **Promotion and publicity:** The promotion and publicity of the university teaching needs to be better to attract more students to participate in the program, and at the same time, it also needs to pay attention to the dissemination of yoga culture and concepts, so as to let the students understand the connotation and value of yoga in-depth.

To sum up, there are some problems in the teaching of college lose plus, which need to be solved by continuously improving the teaching management mechanism, improving the quality of teachers, optimizing the teaching environment and other aspects of efforts. At the same time, it is also necessary to guide students to understand and recognize yoga from multiple perspectives, and improve their health consciousness and quality of life.

## 6. Conclusion

Combining the yoga program with the yoga movement carried out in colleges and universities can provide students with systematic and scientific yoga education. In the curriculum, suitable yoga sports should be selected according to the age, physical condition and psychological characteristics of the students, and at the same time, it is necessary to equip a team of teachers with enough patience and high professionalism to carry out long-term yoga teaching. In addition, the spirit and connotation of yoga need to be fully taught in the teaching process to cultivate students' good lifelong concept of exercise. In the process of implementation, it can be combined with traditional sports to improve the overall physical quality of students, and at the same time, it can also carry out intra-school, inter-school and extra-school yoga teaching exchanges and interactions to create a positive atmosphere. Yoga sports in colleges and universities need to choose yoga programs suitable for the age and psychology of students to teach, and need patience for long-term exercise. At the same time, the spirit and connotation of yoga must be taught to students, so that traditional sports and yoga sports can be effectively combined to cultivate students' healthy lifelong sports concept. To this end, it is possible to establish a team of yoga teachers, formulate a scientific teaching program, design teaching contents and methods suitable for different stages, and actively promote exchanges to create a positive atmosphere and improve students' physical and mental health.

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