

GEORGE MASON UNIVERSITY
School of Recreation, Health, & Tourism

RECR 186-004 Introduction to Yoga
RECR 186-005 Introduction to Yoga

Fall 2016:

004 -TR 9:00-10:15 am

005- 10:30-11:45 am

August 29 – October 16, 2016

Professor: Yvonne M. Parrotte, M.Ed.
R.Y.T 500

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Phone: 703.363.9567

Location: RAC 2201

Office Hours: By Appointment.

PREREQUISITES: NONE

COURSE DESCRIPTION:

Introduce students to the practice of Hatha Yoga. Class emphasis will be on learning asanas (postures) and pranayama (breathing exercises) to enhance physical fitness and mental concentration.

COURSE OBJECTIVES: At the conclusion of this course, students should be able to:

1. Demonstrate at least 20 asanas, including proper alignment, with a strong emphasis on safe practice. Students with specific medication conditions, limited flexibility or injuries will learn appropriate modifications of poses for their own practices.
2. Identify the poses and demonstrate proficiency in “Sun Salutation” (Surya Namaskar); a Vinyasa or steady flow of 12 classic postures linked with breath work in a continuous movement.
3. Name the benefits and contra-indications of asanas.
4. State the need for and importance of warm-up practices and poses.
5. Develop proficiency in the practice of three types of pranayama.
6. Demonstrate techniques of basic relaxation.

NATURE OF COURSE DELIVERY: Face to Face

REQUIRED TEXT/READINGS: Kraines, M. G., & Sherman, B. R. (2010) *YOGA For The Joy of It!* (1st ed.). Sudbury: Jones and Bartlett.

- Miscellaneous handouts may be presented when appropriate

COURSE OVERVIEW: Readings, lectures, demonstrations and class participation will be used to analyze the practice of yoga asana and yoga philosophy.

EVALUATION:

This course will be graded on a point system

Requirements:	Points
Exam	
#1 Midterm (Paper)	15
#2 Final (Quiz)	15
<i>Participation</i>	70
TOTAL	100

REQUIREMENTS:

Lab Exercises (70%) Daily attendance and participation required. Students will demonstrate proficiency in asanas, and pranayama. Understanding of alignment, benefits and contraindications will be discussed as a group. Be on time!

Paper (15%) Students will hand in a one - two page paper on approved topic related to yoga. Suggestions for topic will be discussed in class.

Final Quiz (15%) Quiz presented from material discussed in class.

(EXTRA CREDIT OPTION MAY BE GIVEN TO MAKE UP FOR NO MORE THAN 2 MISSED CLASSES)

Grading Scale

A = 94 – 100	B+ = 88 – 89	C+ = 78 – 79	D = 60 – 69
A- = 90 – 93	B = 84 – 87	C = 74 – 77	F = 0 – 59
	B- = 80 – 83	C- = 70 – 73	

Grading Scale:

A 90-100 B 80-89 C 70-79 D 60-69 F <59

COURSE INFORMATION:

1. Students with injuries or pre-existing conditions that may affect performance must inform the instructor.
2. Students with specific medication conditions, limited flexibility or injuries will learn appropriate modifications of poses for their own practice.
3. All communication will be through GMU e-mail (Patriot Web Site).
4. Students are required to bring their own yoga mat to class.
5. Stretchy comfortable clothing is appropriate; however, no street clothes may be worn.

TENTATIVE COURSE SCHEDULE *(A=alignment, B=Benefits, C=Contraindications)

WEEK	TOPICS	READINGS/ASSIGNMENT DUE
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WEEK		TOPICS	READINGS/ASSIGNMENT DUE
1 08/30 09/01		Review of yoga etiquette and definition of Yoga. Intro to diaphragmatic/ and three part breath. Exploring the pieces of the Sun Salutation (Series A), asanas and relaxation.	Chapter 1 and 5
2 09/06 09/08		Short history of Yoga. Introduction to Standing asanas, (to include ABC'S), and general benefits of the practice.	Chapter 6 and 15
3 09/13 09/15		Eight Fold Path (practices 1-4). Introduction to Sun Salutation (Series B) and hip openers (to include ABC'S). Introduction to Ujjayi pranayama	Chapter 9 and 14
4 09/20 09/22		Benefits of Pranayama. Introduction to twists and forward bends (to include ABC'S),	Chapter 2 and 10
5 09/27 09/29		Introduction to Balance Practice and Backbends. Introduction to Kapalabhati Pranayama. Importance of Alignment	Chapter 4 and 7
6 10/04 10/06		Introduction to Arm Balances and Inversions. Introduction to Bhramari Pranayama	Chapter 8 and 11 REQUIRED PAPER DUE 10/06
7 10/11 10/13	(no class)	Review of Practice, philosophy, Final Quiz	Chapter 12 FINAL QUIZ EXTRA CREDIT DUE 10/13

Note: Faculty reserves the right to alter the schedule as necessary.

Student Expectations:

- Students must adhere to the guidelines of the George Mason University Honor Code [See <http://oai.gmu.edu/the-mason-honor-code-2/>]
- Students with disabilities who seek accommodations in a course must be registered with the George Mason University Office of Disability Services (ODS) and inform their instructor, in writing, at the beginning of the semester [See <http://ods.gmu.edu/>].
- Students must follow the university policy for Responsible Use of Computing [See <http://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>].
- Students are responsible for the content of university communications sent to their George Mason University email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students solely through their Mason email account.
- Students must follow the university policy stating that all sound emitting devices shall be turned off during class unless otherwise authorized by the instructor.

Campus Resources:

- The George Mason University Counseling and Psychological Services (CAPS) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students' personal experience and academic performance [See <http://caps.gmu.edu/>].
- The George Mason University Writing Center staff provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing [See <http://writingcenter.gmu.edu/>].
- For additional information on the College of Education and Human Development, School of Recreation, Health, and Tourism, please visit our website [See <http://rht.gmu.edu/>].

PROFESSIONAL BEHAVIOR: Students are expected to exhibit professional behaviors and dispositions at all times.

CORE VALUES COMMITMENT: The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles.

