

GEORGE MASON UNIVERSITY
College Of Education and Human Development
Physical Activity for Lifetime Wellness

RECR 186-(005) Yoga: Introduction (1)
RECR 186-(004) Yoga: Introduction (1)
1 Credit, Spring 2017

(005) T/R 09:00-10:15/ RAC 2201 - Fairfax Campus
(004) T/R 10:30-11:45/ RAC 2201 - Fairfax Campus

Faculty

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Prerequisites/Corequisites: None

University Catalog 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 Overview/Information:

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

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. Comfortable stretch clothing are required. No street clothes may be worn.

Course Delivery Method:

This course will be delivered using a face-to-face format.

Learner Outcomes or Objectives:

This course is designed to enable students to do the following:

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.

Professional Standards N/A

Upon completion of this course, students will have met the following professional standards:
N/A

Required Text: 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 Performance Evaluation:

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, Tk20, hard copy).

Assignments and Examinations:

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.

Other Requirements/Options:

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

Course Performance Evaluation Weighting:

	Points
Exam	
#1 Midterm (Paper)	15
#2 Final (Quiz)	15

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	

Professional Dispositions

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

Course Schedule

WEEK		TOPICS	READINGS/ASSIGNMENT DUE
1 01/24 01/26		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 01/31 02/02		Short history of Yoga. Introduction to Standing asanas, (to include ABC'S), and general benefits of the practice.	Chapter 6 and 15
3 02/07 02/09		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 02/14 02/16		Benefits of Pranayama. Introduction to twists and forward bends (to include ABC'S),	Chapter 2 and 10
5 02/21 02/23		Introduction to Balance Practice and Backbends. Introduction to Kapalabhati Pranayama. Importance of Alignment	Chapter 4 and 7
6 02/28 03/12		Introduction to Arm Balances and Inversions. Introduction to Bhramari Pranayama	Chapter 8 and 11 REQUIRED PAPER DUE 03/12
7 03/07, 03/09		Review of Practice, philosophy, Final Quiz	Chapter 12 FINAL QUIZ 3/9 EXTRA CREDIT DUE 3/9

*(A=alignment, B=Benefits, C=Contraindications)

Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.

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: <http://cehd.gmu.edu/values/>.

GMU Policies and Resources for Students

Policies

- Students must adhere to the guidelines of the Mason Honor Code (see <http://oai.gmu.edu/the-mason-honor-code/>).
- 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 Mason 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 with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <http://ods.gmu.edu/>).
- Students must follow the university policy stating that all sound emitting devices shall be silenced during class unless otherwise authorized by the instructor.

Campus Resources

- Support for submission of assignments to Tk20 should be directed to tk20help@gmu.edu or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://courseessupport.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/>).
- 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 Office of Student Support staff helps students negotiate life situations by connecting them with appropriate campus and off-campus resources. Students in need of these services may contact the office by phone (703-993-5376). Concerned students, faculty and staff may also make a referral to express concern for the safety or well-being of a Mason student or the community by going to <http://studentsupport.gmu.edu/>, and the OSS staff will follow up with the student.

For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/>.