

GEORGE MASON UNIVERSITY
College of Education and Human Development

RECR 186-002 Yoga: Introduction
RECR 186-004 Yoga: Introduction
1 Credit, Fall 2017 (8/28/17-10/15/17)

T/TR 9:00-10:15 RAC 2201 Fairfax Campus (002)
T/TR 10:30-11:45 RAC 2201 Fairfax Campus (004)

Faculty

Name: Yvonne M. Parrotte, M.Ed., R.Y.T. 500
Office hours: By Appointment
Office location: TBD
Office phone: 703-362-9567
Email address: yparrotte@gmu.edu

Prerequisites: NONE

University 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

Readings, lectures, and class participation will be utilized 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 practices.
3. All communication will be through GMU e-mail.
4. Students are required to bring to each class a yoga mat (minimum 68 inches).
5. Stretchy comfortable clothing is appropriate; however, no “cut-off” pants or street clothes may be worn.

Course Delivery Method

This course will be delivered using a lecture 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 Vinyasana 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

Required Texts:

- Kraines, M. G., & Sherman, B. R. (2010) *YOGA For the Joy of It!* (1st ed.). Sudbury: Jones and Bartlett.
- Miscellaneous Handouts
-

Course Performance Evaluation

This course will be graded on a point system

Assignments and/or Examinations

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

Class participation- Absences and late arrivals are disruptive. Absences make it difficult to proceed with the presentation of this class due to the amount of physical practice required to develop the poses. Unexcused absences and late arrivals could significantly affect your grade. **One letter-grade will be deducted for two unexcused absences.

The first day of class will count in the evaluation. Participation will be graded on demonstrating an attempt at the poses, however modified, cooperation toward the instructor and classmates. Points will be deducted for a poor attitude towards the instructor/classmates.

Absences and tardies are not excused without a **Doctor's note**. The Doctor's Note must be presented immediately upon returning to class with the dates the student is to be excused and a statement of what the student can and cannot do in Yoga.

**Emailing the instructor does not excuse the student from class.

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%) Review from class. Exam will cover all material presented in class.

Exam

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

Participation	70
----------------------	----

TOTAL	100
--------------	-----

Grading

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

See <https://cehd.gmu.edu/students/polices-procedures/>

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

WEEK		TOPICS	READINGS/ASSIGNMENT DUE
1 08/29 08/31		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 09/05 09/07		Short history of Yoga. Introduction to Standing asanas, (ABC'S), and general benefits of the practice.	Chapter 6 and 15
3 09/12 09/14		First two “limbs” of the Eight Fold Path (YAMA and NIYAMA). Intro to Sun Salutation (Series B), hip openers (ABC'S).	Chapter 9 and 14
4 09/19 09/21		“Limbs” 3 and 4 of Eight Fold Path (ASANA and PRANAYAMA) Benefits of Pranayama. Introduction to twists and forward bends (ABC'S), Introduction to Ujjayi pranayama	Chapter 2 and 10
5 09/26 09/28		Introduction to Balance Practice and Backbends. Introduction to Kapalabhati Pranayama. Importance of Alignment	Chapter 4 and 7
6 10/03 10/05		Introduction to Arm Balances and Inversions. Introduction to Bhramari Pranayama (Review for Quiz)	Chapter 8 and 11 REQUIRED PAPER DUE 10/05
7 10/10 10/12		Tuesday classes cancelled on 10/10 due to Holiday. Quiz and Restorative Practice	FINAL QUIZ 10/12 EXTRA CREDIT DUE by 10/12

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

Student Expectations:

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://coursessupport.gmu.edu/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

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