

George Mason University
College of Education and Human Development
Physical Activity for Lifetime Wellness

RECR 186 (001) – Yoga: Introduction
1 Credit, FALL 2017
T/R 3:00 pm - 4:15 pm/RAC 2002 Fairfax Campus

Faculty

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Prerequisites/Corequisites

None

University Catalog Course Description

Introduces students to the practice of Hatha yoga. Emphasizes yoga asanas (postures) and pranayama (breathing exercises) to enhance physical fitness and mental concentration.

Course Overview

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

- Students with injuries or pre-existing conditions that may affect the class must inform the instructor.
- Students with specific medical conditions, limited flexibility or injuries will learn appropriate modifications of poses for their own practice.
- All communication will be through GMU e-mail (Patriot Web Site).
- Students are required to bring their own yoga mat to class.
- Comfortable stretch clothing are required. No street clothes may be worn.
- Please arrive 5-10 minutes before class start time to set up your practice space. We will begin practice promptly at 3:00. It is not safe to join practice late. Arriving to class on time is part of your participation requirement.
- Students have the opportunity to make up TWO classes due to excused absence. Make-up classes must be accompanied by a journal (write up of your experience) to be handed in via e-mail. Students should complete the make-up practice within one week of the class they missed.

- Make-up Details:

- First missed class may be made up at Sun & Moon Yoga at either the Fairfax (9998 Main Street, Fairfax VA 22031) or Arlington (3811 Lee Highway, Arlington VA 22207) location free of charge. Tell them you are a “first class free” student when you arrive.
- Second class may only be made up at Sun & Moon Yoga’s Fairfax location (9998 Main Street, Fairfax VA 22031) on Saturday at either 9:15 a.m. or 10:45 a.m.

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 medical 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 contraindications 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

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

N/A

Required Texts

Articles will be made available online via BlackBoard from the following text:

Feuerstein, Georg and Bodian, Stephanie (1993). *Living Yoga*. New York, NY: Penguin Putnam, Inc.

Rosen, Rosen. *Yoga FAQ*. Boulder, Colorado: Shambhala Publications, Inc.

There is no required textbook for this class. All readings will be assigned using Blackboard.

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/or Examinations**

Class Participation (65 points) **Daily attendance and participation required.** Students will demonstrate proficiency in asana and pranayama.

5 points will be given each day with a deduction of 1 point for each five-minutes that a student is late. Attendance/Participation score will be the number of points a student gains each day. 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.

**One letter-grade will be deducted for two unexcused absences.

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

Journal Writings (40 points; 8 entries worth 5 points each) Students will complete journals reflecting on topics read in required reading via Blackboard. When assigned, journals are due by the next class meeting. Journals are submitted through Blackboard and should be reflective in nature. Points will be deducted for late assignments.

Final Practical Exam (30 points) Students will be guided through a practice which will be cumulative in nature. Students are expected to demonstrate recognition of poses and comprehension of safe alignment. Grades will be based on individual progress.

Total Points 135

• Grading Policies

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.

Class Schedule

Day	Topic	Reading/Assignments
8/29	Introduction to Yoga and props Course content and expectations Non-harming guides your practice Warm-ups Six directions of the spine, Table, Easy Seat, Puppy Dog Shavasana (relaxation)	Read Essay on Blackboard: <i>Introducing Yoga</i> by Georg Feurstein
8/31	Journals due TODAY Finding your edge Breaking down elements of Sun Salutation: Mountain, Lunges, Plank, Downward Facing Dog Alignment, Benefits, and Contraindications of poses and pranayama Diaphragmatic Breathing Shavasana (relaxation)	Read Essay on Blackboard: <i>A Nonviolent Approach to Extending Your Limits</i> by Ken Dychtwald
9/5	Journals Due TODAY Breaking down elements of Sun Salutation: Forward Folds, Baby Cobra, Mini Sun Salute Alignment, Benefits, and Contraindications of poses Three Part Breath Shavasana(relaxation)	Read Essay on Blackboard: <i>Working with the Breath</i> by Richard Miller
9/7	Journals Due TODAY Alignment, Benefits, and Contraindications of poses Learn first variation of Sun Salutation Victorious Breath Shavasana (relaxation)	Read Essay on Blackboard: <i>Hatha & The Eightfold Path, Posture, Posturing, and Poise</i> by Georg Feurestein <i>Asana: Basic Movement Toward Health</i> by Judith Lasater
9/12	Journals Due TODAY Review Sun Salutation and link to breath Learn second variation of Sun Salutation Shavasana (relaxation)	Read Essay on Blackboard: <i>Yoga FAQ Sun Salutation</i> from the book <i>Yoga FAQ</i> by Richard Rosen
9/14	Journals Due TODAY Upward Facing Dog and other backbends Learn third variation of Sun Salutations Alignment, Benefits, and Contraindications of poses Shavasana (relaxation)	

9/19	No Journal Assignment Due Other Standing Postures: Warrior 1 and 2 Alignment, Benefits, and Contraindications of poses Shavasana (relaxation)	
9/21	No Journal Assignment Due More Standing Postures: Triangle and Side Angle Alignment, Benefits, and Contraindications of poses Shavasana (relaxation)	
9/26	No Journal Assignments Due Balance Postures: Tree and Eagle Pose Alignment, Benefits, and Contraindications of poses Shavasana (relaxation)	Read Essay on Blackboard: <i>Balance in Yoga by Donna Farhi</i>
9/28	Journal Due TODAY Combine Sun Salutations with Other Asanas Shavasana (relaxation)	
10/3	No Journal Assignment Journals Due Seated Postures: Staff Pose, Head to Knee, Bound Angle, Wide Legged Seated Pose Alignment, Benefits, and Contraindications of poses Shavasana (relaxation)	Read Essay on Blackboard: <i>Developing Your Own Yoga</i> by Hart Lazer
10/5	Journal Due TODAY Review Practice and Philosophy Shavasana (relaxation)	Read Essay on Blackboard: <i>Secrets of Sequencing</i> by Donald Moyer
10/10	NO CLASS	
10/12	Journals Due TODAY Practical Exam Shavasana (relaxation)	

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://coursessupport.gmu.edu/>.
- The Writing Center 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 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 Student Support & Advocacy Center staff helps students develop and maintain healthy lifestyles through confidential one-on-one support as well as through interactive programs and resources. Some of the topics they address are healthy relationships, stress management, nutrition, sexual assault, drug and alcohol use, and sexual health (see <http://ssac.gmu.edu/>). Students in need of these services may contact the office by phone at 703-993-3686. 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://ssac.gmu.edu/make-a-referral/>.

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