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

RECR 186 A03 – Yoga:Introduction
[1] Credits, SUMMER 2021
M/W-9:00-10:00 am-Synchronous
T/R — Asynchronous
A03-5/17-6/19
C01-6//21-7/24

Faculty

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Office Location: Zoom by appointment
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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 is 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 9:00 am. It is not safe to join practice late. Arriving to class on time is part of your participation requirement.

Course Delivery Method

This course will be delivered online (50% or more) using a synchronous format via Zoom. The course site will be available at 9:00 am beginning Monday, May 17, 2021.

Under no circumstances, may candidates/students participate in online class sessions (either by phone or Internet) while operating motor vehicles. Further, as expected in a face-to-face class meeting, such online participation requires undivided attention to course content and communication.

Technical Requirements

To participate in this course, students will need to satisfy the following technical requirements:

- High-speed Internet access with standard up-to-date browsers. To get a list of Blackboard's supported browsers see:
  https://help.blackboard.com/Learn/Student/Getting_Started/Browser_Support#supported-browsers

  To get a list of supported operation systems on different devices see:
  https://help.blackboard.com/Learn/Student/Getting_Started/Browser_Support#tested-devices-and-operating-systems

- Students must maintain consistent and reliable access to their GMU email and Blackboard, as these are the official methods of communication for this course.
- Students may be asked to create logins and passwords on supplemental websites and/or to download trial software to their computer or tablet as part of course requirements.
  - The following software plug-ins for PCs and Macs, respectively, are available for free download: Adobe Acrobat Reader: https://get.adobe.com/reader/
  - Windows Media Player:
    https://support.microsoft.com/en-us/help/14209/get-windows-media-player
  - Apple Quick Time Player: www.apple.com/quicktime/download/

Expectations

- Course Week: Our course week will begin on the day that our synchronous meetings take place as indicated on the Schedule of Classes. We will meet M/W "live" at 9:00 using Zoom. On T/R, students are expected to complete their home practice as outlined in our course schedule.

- Log-in Frequency:
  Students must actively check the course Blackboard site and their GMU email for communications from the instructor, class discussions, and/or access to course materials at least 3 times a week. In addition, students must log-in for all scheduled online synchronous meetings.
- Participation:
  Students are expected to actively engage in all course activities throughout the semester, which includes viewing all course materials, completing course activities and assignments, and participating in course discussions and group interactions.
- Technical Competence:
  Students are expected to demonstrate competence in the use of all course technology. Students who are struggling with technical components of the course are expected to seek assistance from the instructor and/or College or University technical services.
- Technical Issues:
  Students should anticipate some technical difficulties during the semester and should, therefore, budget their time accordingly. Late work will not be accepted based on individual technical issues.
- Workload:
  Please be aware that this course is **not** self-paced. Students are expected to meet *specific deadlines* and *due dates* listed in the **Class Schedule** section of this syllabus. It is the student's responsibility to keep track of the weekly course schedule of topics, readings, activities and assignments due. Late work is not accepted for credit.
- Instructor Support:
  Students may schedule a one-on-one meeting to discuss course requirements, content or other course-related issues. Those unable to come to a Mason campus can meet with the instructor via telephone or web conference. Students should email the instructor to schedule a one-on-one session, including their preferred meeting method and suggested dates/times.
- Netiquette:
  The course environment is a collaborative space. Experience shows that even an innocent remark typed in the online environment can be misconstrued. Students must always re-read their responses carefully before posting them, so as others do not consider them as personal offenses. *Be positive in your approach with others and diplomatic in selecting your words*. Remember that you are not competing with classmates, but sharing information and learning from others. All faculty are similarly expected to be respectful in all communications.
- Accommodations:
  Online learners who require effective accommodations to insure accessibility must be registered with George Mason University Disability Services.

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 N/A

Required Texts N/A

Course Performance Evaluation

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

● **Assignments**
Student will complete journals reflecting on home practice videos. When journals are assigned, they are due by the next "live" class meeting. Journals are submitted through Blackboard, and should be reflective in nature (i.e. something new you learned, questions, comments, etc.).

o **Integration Practice**
Students will be guided through a full Vinyasa practice which will be cumulative in nature, integrating poses learned to date. Students are expected to demonstrate recognition of poses, and comprehension of safe alignment. Grades will be based on individual progress. Students will reflect on their experience in journal format to be handed in via Blackboard.

o **Other Requirements**

     - You are expected to attend all class sessions, actively participate in class discussions, complete in-class exercises and fulfill all assignments. All assignments are to be submitted via BLACKBOARD, and are posted under "Assignments".

     - **ABSENCE** – Only a Doctor's note will excuse an absence or participation. Email or phone call does not excuse an absence. Email regarding absences are appropriate as a courtesy so the instructor can plan the days activities and set aside hand outs and quizzes as needed. Doctor notes must be submitted immediately upon returning to class or scanned and emailed to the instructor immediately.

- **There are no make ups for this class even if the class is excused by a Doctor's note**. If a class is excused with a Dr. note the work out log can not be made up. Credit is given for work outs participated in while physically in class. Work out logs must be submitted when the class is dismissed for the day. Only the participation points are excused.

- If a student is late, absent or they add the class after the first day they are responsible for all announcements, notes and lecture material. Students who are absent must submit assignments before the class on the day they return to class. Students enroll to class after the first day must speak with the instructor before first day of class to make up work or lecture material on their own. All assignments are submitted to Blackboard.

o **Course Performance Evaluation Weighting**

Integration Exam 1 (20 points)
Class Participation (60 points)
Homework writing assignments (20 points) Total: 100 points

- **Grading**

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

Professional Dispositions

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

Class Schedule

Day	Topic	Reading/Assignments
Week 1	Introduction to Yoga and props Course content, expectations and Warm-ups - Discuss and practice "complete breath" - Dirgha	- **Asynchronous days (home practice)**: Warm-up video & Surya Namaskar video via Blackboard - Journals due

	- Learn elements of "Sun Salutation A" - Surya Namaskar	
Week 2	-Five movements of Prana - Universal Life Force Energy. - Foundation standing asanas: - Tadasana (mountain pose) - Virabhadrasana 1 (Warrior 1) - Discuss Ujjayi pranayama technique	- **Asynchronous days (home practice)**: Surya Namaskar Review & Prana/Ujjayi / Tadasana / Vira 1 / Savasana videos via Blackboard - Journals Due
Week 3	- Continue standing asanas Virabhadrasana 2 (Warrior 2). Parsvakonasana (Side Angle Pose) Prasarita Padottanasana(Standing Wide-legged Forward Fold with Variations) Utthita Trikonasana (Triangle)	- **Asynchronous days (home practice)**: Vira 2 / Parsvakonasana / Savasana/Prasarita / Trikonasana videos via Blackboard - Journals Due
Week 4	- Foundation backbending (heart opening) asanas: Setu Bandha Sarvangasana (Bridge Pose) Anjaneyasana (Crescent Moon) Salambasana (Locust) - Foundation balance asanas: Vrksasana (Tree pose) Natarajasana (Dancer's pose) Ardha Chandrasana (Half moon pose)	- **Asynchronous days (home practice)**: heart openers & balance asanas videos via Blackboard - Journals Due - **Integration Practice**

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 https://catalog.gmu.edu/policies/honor-code-system/).

- Students must follow the university policy for Responsible Use of Computing (see https://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 https://ds.gmu.edu/).

- Students must silence all sound emitting devices 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 https://its.gmu.edu/knowledge-base/blackboard-instructional-technology-support-for-students/.

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