

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

RECR 186 005 – Yoga: Introduction  
1 Credit, Fall 2021  
T/R 3:00 pm - 4:15 pm RAC 2002  
10/14-12/2

**Faculty**

Name: Dena Jensen, M.Ed., E-RYT 200  
Office Hours: By Appointment  
Office Location:  
Email Address: djense@gmu.edu

**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 are required to have a yoga mat, there will be no sharing of props.
- Students should arrive a few minutes early to class to wash their hands and set up their space.
- Students must fill out the Covid Health Screening and present it to the desk or the instructor before entering the class area
- Students with injuries or pre-existing conditions that may affect their participation 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).
- Comfortable stretch clothing is required. No street clothes may be worn.

## Course Delivery Method

This course is activity-based.

## 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

None

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.

TEDx Talks. (2012, October) *Max Strom. There is No App for Happiness* [Video File] Retrieved from <https://www.youtube.com/watch?v=LFjdog-ne9A>

## 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 and/or Examinations

**Class Participation (70 points)** Daily attendance and participation required. 5 points will be given each day. Attendance/Participation score will be the number of points a student gains each day. Absences are excused with a doctor’s note or preapproved by the instructor. Phone calls, emails, and texts do not excuse an absence. Doctor notes must be scanned and emailed immediately.

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

**Journal Writings (25 points; 5 entries worth 5 points each)**

Students will complete journal entries of 100 words or more reflecting on topics in required reading via Blackboard. Responses are due by 3:00 pm (beginning of class) of the next class meeting. Points will be deducted for late assignments.

**Final Practical (10 points)**

Students will be guided through the sun salutation. Students are expected to demonstrate recognition of poses and comprehension of safe alignment. Grades will be based on individual progress.

Total Points 105

Grade based off percentage of 105 points

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/policies-procedures/>

## Class Schedule

Day	Topic	Reading/Assignments
Thur 10/14	Overview of Course Content, Warm ups	
Tues 10/19	Poses in the Sun & Moon Salutation A Six Directions of the Spine: cat/cow	
Thur 10/21	Sun & Moon Salutation A Six Directions of the Spine: side stretch	Read & reflect on article <i>Introducing Yoga</i> by Georg Feurstein on Blackboard <b>Journal Due at 3 p.m. TODAY</b>
Tues 10/26	Standing Poses: Warrior 1, 2, Wide Legged Forward Bend Six Directions of the Spine: twists	
Thur 10/28	Backbends: Cobra, Locust, Bridge	Read & reflect on article <i>A Nonviolent Approach to Extending Your Limits</i> by Ken Dychtwald on Blackboard <b>Journal Due at 3 p.m. TODAY</b>
Tues 11/2	Sun & Moon Salutation B: add in backbend	
Thur 11/4	More Standing Poses: Seated 6 directions, Triangle, Side Angle, Wide-legged variation Halfway	Read & reflect on article <i>Asana: Basic Movement Toward Health</i> by Judith Lasater <b>Journal Due at 3 p.m. TODAY</b>
Tues 11/9	Downward Dog and Plank	
Thur 11/11	Sun & Moon Salutation C: Add Plank and Downdog	Read & reflect on article <i>Working with the Breath</i> by Richard Miller on Blackboard <b>Journal Due at 3 p.m. TODAY</b>
Tues 11/16	Flow Yoga with music	
Thus 11/18	Balance	Read & reflect on article <i>Suffering is Not Enough</i> by Thich Nhat Hanh on Blackboard <b>Journal Due at 3 p.m. TODAY</b>
Tues 11/23	Full class review: Lying down warm up, Six Directions of the Spine, Sun & Moon Salutation A, B, & C, Standing poses, Lying Down Big Toe	

Thur 11/30	Practice for Practical, Restorative Yoga	
Tues 12/2	Final Practical	

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](mailto: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>

### **Notice of mandatory reporting of sexual assault, interpersonal violence, and stalking:**

As a faculty member, I am designated as a “Responsible Employee,” and must report all disclosures of sexual assault, interpersonal violence, and stalking to Mason’s Title IX Coordinator per University Policy 1202. If you wish to speak with someone confidentially, please contact one of

Mason's confidential resources, such as Student Support and Advocacy Center (SSAC) at 703-380-1434 or Counseling and Psychological Services (CAPS) at 703-993-2380. You may also seek assistance from Mason's Title IX Coordinator by calling 703-993-8730, or emailing [titleix@gmu.edu](mailto:titleix@gmu.edu).

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

