

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

RECR 186 010 – Yoga: Introduction
1 Credit, Fall 2023
Mondays 1:30- 2:45 pm RAC 2201
8/21-11/27

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.
- Students should arrive a few minutes early to class to set up their space.
- 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:

Feurstein, G., & Bodian, S. (1993). *Living Yoga* (pp. 19-25, 48-57). Penguin Putnam.

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

** Students can make up missed classes by doing a recorded class on Blackboard or attending an in-person class at Sun & Moon Yoga Studio on Mondays from 6-7:15 p.m., Saturdays 9:45-10:45 a.m., or Saturdays 11 a.m -12:15 p.m. Students

must submit a make-up journal (one or two sentences) about the experience.

Journal Writings (20 points; 5 entries worth 4 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 (20 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 110

• **Letter Grade Ranges** based on percentage of 110 points

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|-------------|-------------|-------------|-------------|
| 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/>

Class Schedule

| Day | Topic | Reading/Assignments |
|-------------|---|--|
| Mon 8/21 | Syllabus and Blackboard overview | |
| Mon 8/28 | Beginning Poses in the Sun Salutation, Mini Sun Salutation Six Directions of the Spine: Cat/Cow | Read & reflect on article <i>Introducing Yoga</i> by Georg Feurstein on Blackboard Journal Due at 3 p.m. TODAY |

| | | |
|-----------------------|---|---|
| Mon 9/4 | LABOR DAY NO CLASS | |
| Mon 9/11 | Linking Beginning Poses in the Sun Salutation Six Directions of the Spine: side stretch | Read & reflect on article <i>A Nonviolent Approach to Extending Your Limits</i> by Ken Dychtwald on Blackboard Journal Due at 3 p.m. TODAY |
| Mon 9/18 | Standing Poses: Warrior 1, 2, Wide Legged Forward Bend Six Directions of the Spine: twists | |
| Mon 9/25 | Backbends: Cobra, Locust, Bridge | Read & reflect on the articles from the Chapter Yoga Postures and Poise: <i>Posture, Posturing, and Poise</i> by Georg Feurenstien and <i>Asana: Basic Movement Toward Health</i> by Judith Lasater Journal Due at 3 p.m. TODAY |
| Mon 10/2 | More Standing Poses: Triangle, Side Angle, Wide-legged variations | |
| Mon 10/9 | FALL BREAK: Monday class meets on Tuesday 10/10 | |
| TUES 10/10 | Monday classes meet on Tuesday: Cowface Arms and other arm warm ups Downward Dog | Read & reflect on article <i>Working with the Breath</i> by Richard Miller on Blackboard Journal Due at 3 p.m. TODAY |

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|--------------|--|---|
| Mon 10/16 | Review | |
| Mon 10/23 | Linking the Breath to Pose in Sun Salutation | Read & reflect on article <i>Suffering is Not Enough</i> by Thich Nhat Hanh on Blackboard Journal Due at 3 p.m. TODAY |
| Mon 10/30 | Balance & Breath | |
| Mon 11/6 | Full class review: Lying down warm up, Six Directions of the Spine, Sun Salutation, Standing poses, Lying Down Big Toe | |
| Mon 11/13 | Hip Openers | |
| Mon 11/20 | Practice for Practical, Restorative Yoga | |
| Mon 11/27 | 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 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.

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

Mason is now partnered with TimelyMD to deliver **TimelyCare** – a new virtual mental health and well being platform for students. The service provides 24/7 access to virtual care at no cost and augments the in-person and virtual mental health services that remain available to Mason students through Counseling and Psychological Services (CAPS) and Student Health Services (SHS).

Remind your students to take advantage of the **TimelyCare** services when they feel stressed or overwhelmed. We've included a slide at the link below that you can attach to emails, input in Blackboard, and present to students before and after class.

How can students access **TimelyCare?**

Students can go to timelycare.com/gmu or directly download the **TimelyCare** app from the app store to register with their school email address. Students can then start visits from any web-enabled device – smartphone, tablet, laptop, or desktop – anywhere in the United States.

Who can use **TimelyCare?** Any enrolled Mason student.

What services are available?

- **Talk Now:** Unlimited on-demand mental health support 24/7, available to all Mason students throughout the world!
- **Health Coaching:** Unlimited access to health coaching, available to all Mason students throughout the world.
- **Scheduled counseling sessions:** Limited to 12 sessions per academic year, available to all Mason students throughout the United States. Students can choose the day, time, and mental health provider of their choice.
- **Psychiatry sessions:** Available to all Mason students throughout the United States by referral from CAPS, Student Health Services, or a **TimelyCare** counselor.
- **Self-Care Content:** Yoga and meditation sessions and group conversations

How much does a **TimelyCare visit cost?**

TimelyCare services are available at no cost to students.