

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

RECR 186 DL2 – Yoga: Introduction
1 Credit, Spring 2024
Wednesday 12-1:15 pm Online
1/17/24-4/24/24

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 must have a yoga mat, optional yoga blocks, and an appropriate space to practice with the Zoom digital class.
- Students must have a working computer camera turned on during class.
- Class will meet from 12:00-1:15 p.m. on Zoom and students are expected to be present online for class. The student's camera must be on and working at all times.
- 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.
- Since yoga is done in bare feet, students will be asked to take off their shoes and socks during practice.

Course Delivery Method

- This course will be delivered online (76% or more) using synchronous via Zoom and Blackboard Learning Management system housed in the MyMason portal. You will log in to the Blackboard (Bb) course site using your Mason email name (everything before @masonlive.gmu.edu) and email password.
- **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.

Expectations

- Course Week: Our course week will begin on the day that our synchronous meetings take place as indicated on the Schedule of Classes.
- 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 2 times per 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 show competence in 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.

- Instructor Support:

Students may schedule a one-on-one meeting to discuss course requirements, content or other course-related issues via telephone or Zoom. 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 ensure accessibility must be registered with George Mason University Disability Services.

Other Requirements:

- Activities and assignments in this course will regularly use Zoom. Students are required to have a device with a functional camera and microphone, regular, reliable access to a computer with an updated operating system (recommended: Windows 10 or Mac OSX 10.13 or higher) and a stable broadband Internet connection (cable modem, DSL, satellite broadband, etc.) with a consistent 1.5 Mbps [megabits per second] download speed or higher. In an emergency, students can connect through a telephone call, but video connection is the expected norm. Students can check their internet speed by using Google's built-in speed tester. To access the tool, do a Google search for "speed test".

Course Recordings

- All synchronous meetings in this class will be recorded. Recordings will be stored on Blackboard and will only be accessible to students taking this course during this semester. These recordings may be used to make up missed classes.

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. Attendance will be taken during Zoom meetings. It is required to participate during the regularly scheduled class time of 12:00-1:15. 5 points will be given each class.

Attendance/Participation score will be the number of points a student gains each class. Each class will be uploaded onto Blackboard. With the teacher’s permission, a student may make up the class and submit a journal entry about the class to earn the 5 attendance points. Students will have one absence that is excused. Additional absences are excused only with a doctor’s note or preapproved by the instructor. Phone calls, emails, and texts do not excuse an absence.

*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 on Zoom. 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

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/policies-procedures/>

Class Schedule

Day	Topic	Reading/Assignments
Wed 1/17	Syllabus, Blackboard, and Zoom overview	

Wed 1/24	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
Wed 1/31	Linking Beginning Poses in the Sun Salutation Six Directions of the Spine: side stretch	
Wed 2/7	Standing Poses: Warrior 1, 2, Wide Legged Forward Bend Six Directions of the Spine: twists	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
Wed 2/14	Backbends: Cobra, Locust, Bridge	
Wed 2/21	More Standing Poses: Triangle, Side Angle, Wide-legged variations	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
Wed 2/28	Review	
Wed 3/13	Linking the Breath to Pose in Sun Salutation	Read & reflect on article <i>Working with the Breath</i> by Richard Miller on Blackboard Journal Due at 3 p.m. TODAY
Wed 3/20	Downdog	

Wed 3/27	Full class review: Warmups, Six Directions of the Spine, Sun Salutation, standing poses, cool down	Read & reflect on article <i>Suffering is Not Enough</i> by Thich Nhat Hanh on Blackboard Journal Due at 3 p.m. TODAY
Wed 4/3	Balance & Breath	
Wed 4/10	More Backbends and Twists	
Wed 4/17	Practice for Practical, Restorative Yoga	
Wed 4/24	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/>.
- 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 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 <http://cehd.gmu.edu/>

Mason students now have FREE access to [TimelyCare](#) – a virtual mental health and well-being platform crafted specifically for college students!

With TimelyCare, Mason students will have access to a multitude of virtual mental health and well-being resources that are free and available 24/7. Find out more about the resources available online at [Timelycare.com/gmu](https://timelycare.com/gmu) or [Download the app](#)