

**GEORGE MASON UNIVERSITY**  
**School of Recreation, Health, & Tourism**

**PHED 129 – Introduction Yoga (1)**

**Fall 2011**

**5P2 -72739**

Aug 31, 2011 – Oct 14, 2011

DAYS/TIMES:	Wed/Fri. 3:00-4:15	LOCATION:	RAC 2201
PROFESSOR:	Marjorie Calhoun, eRYT 500	EMAIL:	mcalhou1@gmu.edu
OFFICE HOURS:	By Appointment	PHONE:	703-509-8535

**COURSE DESCRIPTION**

This course will introduce students to the practice of *Hatha* yoga. Class emphasis will be on learning yoga *asanas* (postures) and *pranayama* (breathing exercises) to enhance physical fitness and mental concentration.

**COURSE OBJECTIVES**

At the conclusion of this course, students should be able to:

1. Define *Hatha* yoga and its benefits.
2. State the need for and importance of *warm-up* practices and stretches.
3. Demonstrate the “Six Movements of the Spine.”
4. Demonstrate at least 15 *asanas*, including proper alignment.
5. Perform the Half-Moon Salutation.
6. Develop proficiency in the practice of four types of *pranayama*.
7. Demonstrate techniques of progressive relaxation.

**REQUIRED TEXT/READINGS**

Budilovsky, J., & Adamson, E. (2003). *The complete idiot's guide to yoga* (3rd ed.).

Indianapolis:

Alpha Books.

Miscellaneous Handouts

## EVALUATION

This course will be graded on a point system.

<b>Requirements</b>	<b>Points</b>
Exam	
#1 Midterm	10
#2 Final	10
<i>Participation</i>	80
<b>TOTAL</b>	<b>100</b>

### Grading Scale

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	

## COURSE INFORMATION

1. Students with injuries or pre-existing conditions that may affect performance must inform the instructor.
2. Students with specific medication conditions, limited flexibility or injuries will learn appropriate modifications of poses for their own practices.
3. All communication will be through GMU e-mail – the Patriot Web Site.
4. Students are required to bring to each class a yoga mat. Students can bring their own, it is recommended to buy your own for hygiene. Comfortable, close fitting yoga appropriate attire is suggested. No “cut-offs” shirts that “ride up” or street clothes may be worn.

## REQUIREMENTS

Lab Exercises (80%) – Daily attendance and participation are required. Absences and late arrivals make it difficult to complete the information presented in this class due to the detailed amount of practice required to develop the poses.

Mid-term Essay (10%) Students will hand in a three page essay mid-way through the course on one of the following: A record of their experiences in a journal depicting internal changes that occur throughout the semester such as increased focus, mental awareness, renewed sense of strength or determination, a deeper ability to self-monitor~describe in detail examples such as these. Otherwise, a description of another aspect of Yoga of interest to the student, for example, yoga philosophy, the Chakras, Tantra, Mantra, Mudras, Gunas, one of the Yogic Texts~perhaps a reading that made a great impact, etc.

## TENTATIVE COURSE SCHEDULE

WEEK		TOPICS	READINGS/ASSIGNMENT DUE
1		Introduction to HathaYoga, including aids, such as clothing and mats. Safe practice. Warm-ups. Yoga breathing.	Get familiar with your text. Chapter 1
2		Warm-ups and introduction to foundation yoga poses/alignment. Progressive Relaxation Technique. Contraindicated positions and/or stretches	Chapter 2
3		New postures and Progressive Relaxation practice.	Chapter 3,
4		New postures & posture practice. Half-Moon Salutation.	Chapter 4 Journal due
5		New postures and posture practice.	Chapter 5
6		New postures and posture practice.	Chapter 6
7		Posture practice.	Chapter 7
8		Posture Review. Final exam	Chapter 8, Final Exam due.

*Note: Faculty reserves the right to alter the schedule as necessary.*

### *Student Expectations*

- Students must adhere to the guidelines of the George Mason University Honor Code [See <http://academicintegrity.gmu.edu/honorcode/>].
- Students with disabilities who seek accommodations in a course must be registered with the George Mason University Office of Disability Services (ODS) and inform their instructor, in writing, at the beginning of the semester [See <http://ods.gmu.edu/>].
- Students must follow the university policy for Responsible Use of Computing [See <http://universitypolicy.gmu.edu/1301gen.html>].
- Students are responsible for the content of university communications sent to their George Mason University 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 must follow the university policy stating that all sound emitting devices shall be turned off during class unless otherwise authorized by the instructor.
- Students are expected to exhibit professional behaviors and dispositions at all times.

### *Campus Resources*

- The George Mason University 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 George Mason University Writing Center staff 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/>].
- For additional information on the College of Education and Human Development, School of Recreation, Health, and Tourism, please visit our website [See <http://rht.gmu.edu>].

