

**GEORGE MASON UNIVERSITY: College of Education and Human Development
School of Recreation, Health, & Tourism**

RECR 187-005 Yoga: Intermediate
Fall 2016 TR 10:30-11:45 am 10/17-12/20
Location: RAC 2201

Faculty

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Prerequisites: RECR 186 or Permission of the Instructor

Course Description

Emphasizes mastery of yoga asanas (postures) and pranayama (breathing techniques) to enhance physical fitness and mental concentration. Focuses on 10 new yoga poses and practice of the complete Sun Salutation.

Course Overview Readings, lectures, demonstrations and class participation will be used to analyze the practice of yoga asana and yoga philosophy.

Nature of Course Delivery Lecture/Lab

Learner Objectives

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

1. Demonstrate at least 25 asanas, including proper alignment.
2. Identify the poses and demonstrate proficiency in the “Sun Salutation” (Surya Namaskar).
3. Classify asanas as to their types.
4. Name benefits and contra-indications of asanas.
5. Develop proficiency in the practice of three types of pranayama.
6. Define the “limbs” of the “Eightfold Path” outlined in Patanjali’s Yoga Sutras.

Required Text

Kraines, M. G., & Sherman, B. R. (2010) *YOGA For The Joy of It!* (1st ed.). Sudbury: Jones and Bartlett.

- Miscellaneous handouts may be presented when appropriate

Evaluation

This course will be graded on a point system

Requirements:

Exam

Points

#		
1	Midterm (Paper)	15
#		
2	Final (Quiz)	15
	<i>Participation</i>	70
	TOTAL	100

REQUIREMENTS:

Lab Exercises (70%) Daily attendance and participation required. Students will demonstrate proficiency in asanas, and pranayama. Understanding of alignment, benefits and contraindications will be discussed as a group. Be on time!

Paper (15%) Students will hand in a one - two page paper on approved topic related to yoga. Suggestions for topic will be discussed in class.

Final Quiz (15%) Quiz presented from material discussed in class.

(EXTRA CREDIT OPTION MAY BE GIVEN TO MAKE UP FOR NO MORE THAN 2 MISSED CLASSES)

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 practice.
3. All communication will be through GMU e-mail (Patriot Web Site).
4. Students are required to bring their own yoga mat to class.
5. Stretchy comfortable clothing is appropriate; however, no street clothes may be worn.

Professional Dispositions Students are expected to exhibit professional behaviors and dispositions at all times.

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 University Honor Code (see <http://oai.gmu.edu/the-mason->

[honor-code/](#)).

- Students must follow the university policy for Responsible Use of Computing (see <http://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 <http://ods.gmu.edu/>).
- Students must follow the university policy stating that all sound emitting devices shall be silenced 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/api/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursesupport.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/>).
- 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/>). Template Revision Date: August 2016 3
- The George Mason University Office of Student Support staff helps students negotiate life situations by connecting them with appropriate campus and off-campus resources. Students in need of these services may contact the office by phone (703-993-5376). Concerned students, faculty and staff may also make a referral to express concern for the safety or well-being of a Mason student or the community by going to <http://studentsupport.gmu.edu/>, and the OSS staff will follow up with the student.

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

Tentative Course Schedule *(A=alignment, B=Benefits, C=Contraindications)

WEEK		TOPICS	READINGS/ASSIGNMENT DUE
1 10/18 10/20		Review of yoga etiquette, Pranayama practices, (Abdominal, Complete, Ujjayi and Bhramari), Sun Salutation (Series A), and Basic Asanas to include ABC'S*	Chapter 1 &2
2 10/25 10/27		Introduction to intermediate standing asanas, (to include ABC'S), introduction to Kapalabhati Pranayama, and integration of first two "limbs" into practice and beyond. Benefits and practice of Shavasana	Chapter 6 & 14
3 11/01 11/03		Introduction to Sun Salutation (Series B), Intermediate seated asanas, (to include ABC'S) review of Kabalabhati, Intro to Bhastrika Pranayama, third and fourth "limbs" of Yoga Sutras.	Chapter 13& 14
4 11/08		Introduction to Intermediate twists (to include ABC'S), Introduction Nadi	Chapter 9& 14.

WEEK		TOPICS	READINGS/ASSIGNMENT DUE
11/10		Shodhana (Alternate Nostril Breathing), “limbs” 5-8 of the Eight Fold Path.	
5 11/15 11/17		Introduction to mantra, mudra, and bandhas (mula, uddiyana, jalandhara) , and Intermediate Balance Practice. OM mantra	Chapter 3
6 11/22 11/29 12/01		Introduction to the Chakras, Introduction to Arm Balances and Inversions, Sitali Pranayama (cooling breath)	Chapter 8 REQUIRED PAPER DUE 12/01
7 12/06 12/08		Review of Practice, philosophy, Final Quiz	FINAL QUIZ 12/08 EXTRA CREDIT PAPER DUE by 12/08

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

