

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

RECR 186 (002) - Yoga: Introduction
1 Credit, SPRING 2017
W/F 130-245pm / RAC 2002 - Fairfax Campus

Faculty

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Prerequisites/Corequisites

None

University Catalog Course Description

Introduces 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 Overview

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

- Students with injuries or pre-existing conditions that may affect performance must inform the instructor.
- Students with specific medication conditions, limited flexibility or injuries will learn appropriate modifications of poses for their own practices.
- All communication will be through GMU e-mail – the Patriot Web Site.
- Students are requested to bring their own yoga mat to class.
- Comfortable stretch clothing are required. No street clothes may be worn.
- Please arrive 5-10 minutes **before** class start time to set up your practice space. We will begin practice promptly at 1:30pm. It is not safe to join practice late. Arriving to class on time is part of your participation requirement.

Course Delivery Method

This course will be delivered using a face-to-face format.

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 medication 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 contra-indications 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.

Required Texts

Desikachar, T.K.V. (1999). *The Heart of Yoga: Developing a Personal Practice*. Rochester, VT: Inner Traditions International.

Course Performance Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, Tk20, hard copy).

This course will be graded on a point system

- **Assignments and Examinations**
 - Practical Exam Quiz presented from material practiced in class.
- **Homework Writing Assignments**
 - Student will complete journals reflecting on topics read in required text and reviewed in class discussion. When journals are assigned, they are due by the next class meeting. Journals are submitted through Blackboard, and should be reflective in nature (i.e. something new you learned, questions, comments, etc.)
 - Paper Students will hand in a one - two page paper on approved topic related to yoga. Suggestions for topic will be discussed in class.

#1	Midterm (Paper)	10
#2	Practical Exam	20
	<i>Participation</i>	70
	TOTAL	100

- **Other Requirements**

Class participation, videos

Lab Exercises 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! Emails do not excuse an absence or late arrival. Absences will only be excused with a Dr note.

- **Grading Policies**

A	= 94 –	= 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

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

Week	Topic	Reading/Assignments
One (1/25-1/27)	<ul style="list-style-type: none"> * Introduction to Yoga, aids, clothing & mats. * Course Content. * Prana breathing introduction * Learn/Practice Elements of Surya Namaskar A (Sun Salutation A) * Discuss and practice Savasana (Relaxation) 	Pages 5-23 in Heart of Yoga
Two (2/1-2/3)	<ul style="list-style-type: none"> * Review Surya Namaskar * Five movements of Prana - Universal Life Force Energy. * Linking movement with breath * Review Savasana 	Page 57-60 (Forms of Prana and Pranayama Breathing techniques). Modifications/contraindications Journals begin

<p>Three (2/6-2/8)</p>	<ul style="list-style-type: none"> * Discussion & alignment of basic standing asanas: Pages 45-51 in Heart of Yoga. * Discuss, modifications (props)/contraindications. * Tadasana (mountain pose) * Virabhadrasana 1 (Warrior 1) * Virabhadrasana 2 (Warrior 2). * Parsvakonasana (Side Angle Pose) * Savasana 	<p>Pages 25-51 in Heart of Yoga</p>
<p>Four (2/13-2/15)</p>	<ul style="list-style-type: none"> * Integrating standing asanas into practice * Prasarita Padottanasana(Standing Wide-legged Forward Fold with Variations) * Linking Sun Salutations and Standing asanas with breath. * Savasana 	<p>Pages 25-51 in Heart of Yoga.</p>
<p>Five (2/20-2/22)</p>	<ul style="list-style-type: none"> * Introduction to Balance Practice and Backbends. * Introduction to Kapalabhati Pranayama. * Importance of Alignment * Savasana 	<p>Pages 53-61 in Heart of Yoga</p>
<p>Six (2/27-3/2)</p>	<ul style="list-style-type: none"> * Review backbending with modifications/contraindications. * Integrating backbending into our practice. * Introduction to Arm Balances and Inversions. * Floor postures * Salabasana (Locust) * Setu Bandha Sarvangasana (Bridge Pose) * Anjaneyasana (Crescent Moon) * Savasana 	<p>Required Paper due (3/2)</p>

Seven (3/6-3/8)	<ul style="list-style-type: none"> * Seated postures * Paschimottanasana (seated forward fold) * Baddha konasana (bound angle pose) * Parivrtta Upavistha Konasana (Wide-legged Seated Forward Fold) * Savasana. * Review of Practice, philosophy 	Practical (3/8)
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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 <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/aero/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/>).
- 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/>.

Class Schedule

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Assessment Rubric(s)