

**GEORGE MASON UNIVERSITY**  
**College of Education and Human Development**  
**Physical Activity for Lifetime Wellness**

**RECR 186-005 Yoga: Introduction**  
**RECR 186-004 Yoga: Introduction**  
**1 Credit, Spring 2018 (1/22/18-3/18/18)**  
**T/TR 9:00-10:15 RAC 2201 Fairfax Campus (005)**  
**T/TR 10:30-11:45 RAC 2201 Fairfax Campus (004)**

**Faculty**

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**Prerequisites/Corequisites:** NONE

**UNIVERSITY CATALOG COURSE DESCRIPTION:**

Introduce students to the practice of Hatha Yoga. Class emphasis will be on learning 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.

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. Comfortable stretch clothing are required. No street clothes may be worn.

**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 Vinyasana 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.

**Professional Standards:** N/A

**RECOMMENDED TEXT/READINGS:**

- Kraines, M. G., & Sherman, B. R. (2010) *YOGA For the Joy of It!* (1<sup>st</sup> ed.). Sudbury: Jones and Bartlett.
- Miscellaneous Handouts

**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).

- **Assignments and/or Examinations:**

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!

Students are expected to come prepared for class in appropriate attire and with the appropriate attitude to practice yoga. Absences are excused only with a doctor’s note or preapproved by the instructor. Emails, phone calls, and texts do not excuse absences. Doctor’s note must be presented immediately upon return to class or scanned and emailed to the instructor.

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.

- **Other Requirements/Options:**

(extra credit option may be given to make up for no more than 2 missed and excused classes)

- **Grading**

		<b>Points</b>
Exam		
#1	Midterm (Paper)	15
#2	Final (Quiz)	15
<b>Participation</b>		<b>70</b>
<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

Professional Dispositions: See <https://cehd.gmu.edu/students/polices-procedures/>

Course Schedule:

\*(A=alignment, B=Benefits, C=Contraindications)

WEEK		TOPICS	READINGS/ASSIGNMENT DUE
<b>1</b> 01/23 01/25		Review of yoga etiquette/definition of yoga. Intro to <b>Diaphragmatic and Three Part breath</b> . Exploring the pieces of the Sun Salutation (Series A), asanas and relaxation.	Chapter 1 and 5
<b>2</b> 01/30 02/01		Short history of Yoga. Introduction to Standing asanas, (ABC'S), and general benefits of the practice. Breathing review.	Chapter 6 and 15
<b>3</b> 02/06 02/08		First two “limbs” of the Eight Fold Path (YAMA and NIYAMA). Intro to Sun Salutation (Series B), hip openers (ABC'S).	Chapter 9 and 14
<b>4</b> 02/20 02/22		“Limbs” 3 and 4 of Eight Fold Path (ASANA and PRANAYAMA) Benefits of Pranayama. Introduction to twists and forward bends (ABC'S), Introduction to <b>Ujjayi pranayama</b>	Chapter 2 and 10
<b>5</b> 02/27 03/01		Introduction to Balance Practice/Backbends. Introduction to <b>Kapalabhati</b> Pranayama. Importance of Alignment	Chapter 4 and 7
<b>6</b> 03/06 03/08		Introduction to Arm Balances and Inversions. Introduction to <b>Bhramari</b> Pranayama. Review all breathing practices.	Chapter 8 and 11 <b>REQUIRED PAPER DUE 03/08</b>
<b>7</b> 03/13 03/15		Review for quiz and closing discussions Quiz and Restorative Practice	<b>FINAL QUIZ 03/15</b> <b>EXTRA CREDIT DUE by 03/15</b>

*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 <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](mailto: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/>.

•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 <https://cehd.gmu.edu/students/> .  
[Additional Program or Division content, supplemental materials, instructions, and graphics may be placed here, as appropriate.]