

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

RECR 186 003 – Yoga:Introduction
1 Credit, SPRING 2018
T/TR 7:30am - 8:45am / RAC 2201 – 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.
- Students have the opportunity to make-up **TWO** classes due to absence. Make-up classes must be accompanied by a journal (write up of your experience) to be handed in via e-mail. Students should complete the make-up practice within one week of the class they missed. One option for make-up is my YouTube channel with full-length practices available:

- <https://www.youtube.com/channel/UCBJEt3AtqC9-o3D9BrqvxPA>

- Please arrive 5-10 minutes **before** class start time to set up your practice space. We will begin practice promptly at 7:30am. 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.

Professional Standards

NA

Required Texts: None

Recommended Text: Pilgrimage Through Patanjali's Yoga Sutras: Guidebook for 200 Hour Yoga Travelers

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).

Students are expected to submit all assignments on time via Blackboard

- Assignments and Examinations

o 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.)

o Integration Exam 1

Students will be guided through a full Vinyasa practice which will be cumulative in nature, integrating poses learned to date. Students are expected to demonstrate recognition of poses, and comprehension of safe alignment. Grades will be based on individual progress. Students will reflect on their experience in journal format to be handed in via Blackboard by the following class meeting.

o Integration Exam 2

Students will be guided through a full Vinyasa practice which will be cumulative in nature, integrating poses learned over the entirety of the course. Students are expected to demonstrate recognition of poses, and comprehension of safe alignment. Grades will be based on individual progress. Students will reflect on their experience in journal format to be handed in via Blackboard by the following class meeting.

- Other Requirements

Class participation-students are required to participate each class. Points will be deducted for not participating. Excused absences must be accompanied by a doctor's note unless approved by the instructor in advance. Phone calls, emails, and texts do not excuse an absence. Doctor's notes must be presented immediately upon return to the class or scanned and emailed to the instructor.

Students are also required to view videos outside of class.

Course Performance Evaluation Weighting

Integration Exam 1 (15 points)

Integration Exam 2 (15 points)

Class Participation (50 points)

Homework writing assignments (20 points) Total: 100 points

Grading Scale

- **Grading Policies**

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/polices-procedures/>

Class Schedule

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

Day

Topic

Reading/Assignments

1/23

Introduction to Yoga, aids, clothing & mats.

Warm-ups.

Get familiar with Course Content. Safe practice.

1/25

Journal Due Today on Blackboard

Discuss and practice “complete breath” - Dirgha

Learn/Practice Elements of Surya Namaskar A (Sun Salutation A)

Discuss and practice Savasana (Relaxation)

1/30

Journal Due Today on Blackboard

Review Surya Namaskar - modifications/contraindications

Five movements of Prana - Universal Life

Force Energy. Review Savasana

2/1

Journal Due Today on Blackboard

Link movement with breath in Surya A. Savasana

Discuss Ujjayi pranayama technique

2/6

Journal Due Today on Blackboard

Discussion & alignment of basic standing asanas:

Tadasana (mountain pose)

Virabhadrasana 1 (Warrior 1)

Savasana

2/8

Continue standing asanas

Discuss, modifications (props)/ contraindications.

Virabhadrasana 2 (Warrior 2). Parsvakonasana (Side Angle Pose)

Savasana

2/13

Journal Due Today on Blackboard

Integrating standing asanas into practice Prasarita Padottanasana(Standing Wide- legged Forward Fold with Variations)

Utthita Trikonasana (Triangle)

Savasana

2/15

Linking Sun Salutations and Standing asanas with breath.

Savasana

2/20

Journal Due Today on Blackboard

Review for mid-term Integration Practice.

2/22

Integration Exam 1

Journal Due 2/27 on Blackboard only

2/27

Integration 1 Journal Due Today on Blackboard

Discuss/begin backbending asanas

Anjaneyasana (Crescent Moon)

Salambasana (Locust)

Setu Bandha Sarvangasana (Bridge Pose)

3/1

Review backbending with modifications/ contraindications.

Integrating backbending into our practice. Savasana

3/5

Journal Due Today on Blackboard

“Cooling down” practice

Practice foundation seated asanas: Paschimottanasana (seated forward fold) Baddha konasana (bound angle pose) Parivrtta Upavistha Konasana (Wide-

legged Seated Forward Fold) Savasana.

3/7

Integration Exam 2

Journal Due 3/11 on Blackboard only

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/> <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/>.
- 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/> .