

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

RECR 186 (005) - Yoga: Introduction  
1 Credit, FA 2018  
W/F 1:30pm-2:45pm / 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, 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 **ONE** classes due to absence. Make-up class must be accompanied by a journal (write up of your experience) to be handed in via e-mail.

- 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.

## **Course Delivery Method**

This course will be delivered using a face-to-face format. This is an activity based class.

## **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 of asanas.
4. State the need for and importance of warm-up practices and poses.
5. Develop proficiency in the practice 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).

### **● Assignments and/or Examinations**

#### **○ Homework Writing Assignments Through Blackboard**

- 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.)

- - **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.
- - **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 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 pre-approved 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.
  - Other Blackboard Assignments
- **Grading**
  - Class Participation (*50 points*)
  - Homework writing assignments (*20 points*)
  - Integration Exam 1 (*15 points*)
  - Integration Exam 2 (*15 points*)
  - **Total: 100 points**

- **Grading Policies**

A+	= 97 - 100	B+	= 88 - 89	C+	= 78 - 79	D	= 60 - 69
A	= 94 - 96	B	= 84 - 87	C	= 74 - 77	F	= 0 - 59
A-	= 90 - 93	B-	= 80 - 83	C-	= 70 - 73		

## Professional Dispositions

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

## Class Schedule

Week	Topic	Reading/Assignments
<b>One 8/29-8/31</b>	<ul style="list-style-type: none"> <li>● Introduction to Yoga, aids, clothing &amp; mats.</li> <li>● Course Content.</li> <li>● Prana breathing introduction</li> <li>● Learn/Practice Elements of Surya Namaskar A (Sun Salutation A)</li> <li>● Discuss and practice Savasana (Relaxation)</li> </ul>	<ul style="list-style-type: none"> <li>● Read Chapter 1 and Chapter 2 in Heart of Yoga</li> <li>● Journal due 8/31 by 8pm</li> </ul>
<b>Two 9/5-9/7</b>	<ul style="list-style-type: none"> <li>● Review Surya Namaskar</li> <li>● Linking movement with breath</li> <li>● Review Savasana</li> </ul>	<ul style="list-style-type: none"> <li>● Read Chapter 3 and Chapter 6 in Heart of Yoga</li> <li>● Journal due 9/7 by 8pm</li> </ul>

<p><b>Three</b> <b>9/12-9/14</b></p>	<ul style="list-style-type: none"> <li>● Discussion &amp; alignment of basic standing asanas: Pages 45-51 in Heart of Yoga.</li> <li>● Discuss, modifications (props)/contraindications.</li> <li>● Tadasana (mountain pose)</li> <li>● Virabhadrasana 1 (Warrior 1)</li> <li>● Virabhadrasana 2 (Warrior 2).</li> <li>● Parsvakonasana (Side Angle Pose)</li> <li>● Savasana</li> </ul>	<ul style="list-style-type: none"> <li>● Read Chapter 4 in Heart of Yoga</li> <li>● Journal due 9/14 by 8pm</li> </ul>
<p><b>Four</b> <b>9/19-9/21</b></p>	<ul style="list-style-type: none"> <li>● Integrating standing asanas into practice</li> <li>● Prasarita Padottanasana(Standing Wide-legged Forward Fold with Variations)</li> <li>● Savasana</li> </ul>	<ul style="list-style-type: none"> <li>● Read Chapter 5 in Heart of Yoga</li> <li>● Journal due 9/21 by 8pm</li> <li>● Integration Exam I will be on 9/21</li> </ul>
<p><b>Five</b> <b>9/26-9/28</b></p>	<ul style="list-style-type: none"> <li>● Introduction to Balance Practice and Backbends.</li> <li>● Integrating backbending into our practice.</li> <li>● Importance of Alignment</li> <li>● Savasana</li> </ul>	<ul style="list-style-type: none"> <li>● Read Chapter 7 in Heart of Yoga</li> <li>● Journal due 9/28 by 8pm</li> </ul>
<p><b>Six</b> <b>10/3-10/5</b></p>	<ul style="list-style-type: none"> <li>● Review backbending with modifications/contraindications.</li> <li>● Introduction to Arm Balances and Inversions.</li> <li>● Floor postures</li> <li>● Salabasana (Locust)</li> <li>● Setu Bandha Sarvangasana (Bridge Pose)</li> </ul>	<ul style="list-style-type: none"> <li>● Read Chapter 8 through Chapter 11 in Heart of Yoga</li> <li>● Journal due 10/5 by 8pm</li> </ul>

	<ul style="list-style-type: none"> <li>• Savasana</li> </ul>	
<b>Seven</b> <b>10/10-10/12</b>	<ul style="list-style-type: none"> <li>• Seated postures</li> <li>• Paschimottanasana (seated forward fold)</li> <li>• Baddha konasana (bound angle pose)</li> <li>• Parivrtta Upavistha Konasana (Wide-legged Seated Forward Fold)</li> <li>• Savasana.</li> <li>• Review of Practice, philosophy, Final Quiz</li> </ul>	<ul style="list-style-type: none"> <li>• Read Chapter 12 through 15 in Heart of Yoga</li> <li>• Journal due 10/12 by 8pm</li> <li>• Integration exam II will be on 10/12</li> </ul>

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 silence all sound emitting devices 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/> .**

