

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

RECR 186.006 – Yoga: Introduction
1 Credit, Spring 2019
M/W 3:00 pm - 4:15 pm RAC 2201 Fairfax Campus

Faculty

Name: Dena Jensen, M.Ed., E-RYT 200
Office Hours: By Appointment
Office Location: 2201 RAC
Email Address: djense@gmu.edu

Prerequisites/Corequisites

None

University Catalog Course Description

Introduces students to the practice of Hatha yoga. Emphasizes 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 the class must inform the instructor.
- Students with specific medical conditions, limited flexibility or injuries will learn appropriate modifications of poses for their own practice.
- All communication will be through GMU e-mail (Patriot Web Site).
- Students are required to bring their own yoga mat to class.
- Comfortable stretch clothing is 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 3:00. 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 medical 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 contraindications 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

Required Texts

None

Articles will be made available online via BlackBoard from the following text:

Feuerstein, Georg and Bodian, Stephanie (1993). *Living Yoga*. New York, NY: Penguin Putnam, Inc.

TEDx Talks. (2012, October) *Max Strom. There is No App for Happiness* [Video File] Retrieved from <https://www.youtube.com/watch?v=LFjdog-ne9A>

Course Performance Evaluation

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

- **Assignments and/or Examinations**

Class Participation (65 points) **Daily attendance and participation required.** Students will demonstrate proficiency in asana and pranayama.

5 points will be given each day with a deduction of 1 point for each five-minutes that a student is late. Attendance/Participation score will be the number of points a student gains each day. Absences are excused with a doctor’s note or preapproved by the instructor. Phone calls, emails, texts do not excuse an absence. Doctor notes must be presented immediately upon return to class or scanned and emailed immediately.

****One letter-grade will be deducted for two unexcused absences or for classes not made up at Sun & Moon Yoga Studio in a timely manner (within one week of missed class or other agreed upon timeframe between professor and student).**

- Students have the opportunity to make up TWO classes due to excused absence. Make-up classes must be accompanied by a journal (write-up of your experience) to be handed in via Blackboard. Students should complete the make-up practice within one week of the class they missed.

Make-up Details:

- First missed class may be made up at Sun & Moon Yoga at either the Fairfax (9998 Main Street, Fairfax VA 22031) or Arlington (3811 Lee Highway, Arlington VA 22207) location free of charge. Tell them you are a “first class free” student when you arrive.
- Second class may only be made up at Sun & Moon Yoga’s Fairfax location (9998 Main Street, Fairfax VA 22031) on Saturday at either 9:15 a.m. or 10:45 a.m.

Journal Writings (30 points; 6 entries worth 5 points each)

Students will complete journals entries of 100 words or more reflecting on topics in required reading via Blackboard. Responses are due by 3:00 pm (beginning of class) of the next class meeting. Points will be deducted for late assignments.

Final Practical Exam (30 points)

Students will be guided through a group practice which will be cumulative in nature. Students are expected to demonstrate recognition of poses and comprehension of safe alignment. Grades will be based on individual progress.

Total Points 125

- **Letter Grade Ranges** based on percentage of 125 points

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/policies-procedures/>

Class Schedule

Day	Topic	Reading/Assignments
Wed	Introduction to Yoga and props	Read Essay on Blackboard:

1/23	Course content and expectations Non-harming guides your practice Warm-ups, Six directions of the spine, Table, Easy Seat, Puppy Dog Shavasana (relaxation)	<i>Introducing Yoga</i> by Georg Feurstein
Mon 1/28	Finding your edge Intro to elements of Sun Salutation: Mountain, Lunges, Table, Downward Facing Dog Breath Awareness: extending exhale Shavasana (relaxation)	Journal Due at 3 p.m. TODAY
Wed 1/30	Continue Intro to elements of Sun Salutation: Forward Folds, Mini Sun Salute, First Variation of Sun Salute Diaphragmatic (Belly) Breathing Shavasana(relaxation)	Read Essay on Blackboard: <i>A Nonviolent Approach to Extending Your Limits</i> by Ken Dychtwald
Mon 2/4	Plank, Cobra Second variation of Sun Salute Shavasana (relaxation)	Journal Due at 3 p.m. TODAY
Wed 2/6	Review Sun Salutation and link to breath Shavasana (relaxation)	Read Essays on Blackboard: <i>Posture, Posturing, and Poise</i> by Georg Feurestein <i>Asana: Basic Movement Toward Health</i> by Judith Lasater
Mon 2/11	Upward Facing Dog and other backbends Learn third variation of Sun Salutations Victorious (Ujjayi) Breath Shavasana (relaxation)	Journal Due at 3 p.m. TODAY
Wed 2/13	Warrior Standing Postures: Warrior 1, 2 & Reverse Warrior Shavasana (relaxation)	Read Essay on Blackboard: <i>Balance in Yoga</i> by Donna Farhi
Mon 2/18	Balance Postures: Tree and Eagle Pose Shavasana (relaxation)	Journal Due at 3 p.m. TODAY
Wed 2/20	More Standing Postures: Triangle and Side Angle, Ujjayi Breathwork Shavasana (relaxation)	Read Essay on Blackboard: <i>Working with the Breath</i> by Richard Miller
Mon 2/25	Seated Postures: Staff Pose, Head to Knee, Bound Angle, Wide Legged Seated Pose Shavasana (relaxation)	Journal Due at 3 p.m. TODAY

Wed 2/27	Review Standing Postures Breath Retention Shavasana (relaxation)	Read Essay on Blackboard: <i>Relaxation and Well-Being</i> page 111-113
Mon 3/4	Review Sun Salutes, Restorative Yoga Class Evaluations Shavasana (relaxation)	Journal Due at 3 p.m. TODAY Extra Credit Option: Watch the TED Talk “There is No App For Happiness” by Max Strom and write a journal response.
Wed 3/6	Practical Exam Shavasana (relaxation)	All work, extra credit, and make up classes due by 3 p.m. TODAY.

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 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/> .