

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

**RECR 187-(001) Yoga: Intermediate**  
**RECR 187-(005) Yoga: Intermediate**  
**1 Credit, FALL 2019**

**(001) T/R 09:00-10:15/RAC 2201 -Fairfax Campus**  
**(005) T/R 10:30-11:45/RAC 2201 - Fairfax Campus**  
**(10/14/19-12/07/19)**

**Faculty**

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**Prerequisites/Corequisites:** RECR 186 or Permission of the Instructor

**University Catalog Course Description:**

Emphasizes mastery of yoga asanas (postures) and pranayama (breathing techniques) to enhance physical fitness and mental concentration. Focuses on 10 new yoga poses and practice of the complete Sun Salutation.

**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 is an activity based class.

**Learner Outcomes or Objectives:**

This course is designed to enable students to do the following:

1. Demonstrate at least 25 asanas, including proper alignment.
2. Identify the poses and demonstrate proficiency in the "Sun Salutation" (Surya Namaskar).
3. Classify asanas as to their types.
4. Name benefits and contra-indications of asanas.
5. Develop proficiency in the practice of three types of pranayama.
6. Define the "limbs" of the "Eightfold Path" outlined in Patanjali's Yoga Sutras.

## Professional Standards N/A

**Required Text:** None

**Recommended Text:**

- Swanson, Ann, (2019) SCIENCE OF YOGA, Understanding The Anatomy and Physiology to Perfect Your Practice. (1<sup>st</sup> ed.). DK Publishing.
- Miscellaneous handouts may be presented when appropriate

### 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 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! Absences are excused with a health care providers note presented to the instructor immediately upon return to class.

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
	B- = 80 – 83	C- = 70 – 73	

**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> 10/17 10/22		Review of yoga etiquette, Pranayama practices, (Abdominal, Complete, Ujjayi), Sun Salutation (Series A), and Basic Asanas to include ABC'S*	Class notes and discussion
<b>2</b> 10/24 10/29		Introduction to intermediate standing asanas, (to include ABC'S), introduction to Kapalabhati Pranayama, and integration of YAMA AND NIYAMA into practice and beyond. Benefits and practice of Shavasana	Class notes and discussion Pages 84-118 Swanson
<b>3</b> 10/31 11/05		Introduction to Sun Salutation (Series B), Intermediate seated asanas, (to include ABC'S) review of Kabalabhati, Continued integration of ASANA and PRANAYAMA.	Class notes and discussion Pages 44-80 Swanson
<b>4</b> 11/07 11/12		Introduction to Intermediate twists (to include ABC'S), Introduction Nadi Shodhana (Alternate Nostril Breathing), "limbs" 5-6 of the Eight Fold Path.	Class notes and discussion Pages 144-170 Swanson
<b>5</b> 11/14 11/19		Intermediate Balance Practice. "Limbs" 7-8. Introduction to mantra (OM), and mudra.	Class notes and discussion
<b>6</b> 11/21 11/26		Introduction to the Bandhas (mula, uddiyana, jalandhara) , Introduction to Arm Balances and Inversions. Intorduction to Chakras.	Class notes and discussion Pages 122-140 Swanson <b>REQUIRED PAPER DUE 11/26</b>
<b>7</b> 12/03 12/05		Wrap-up of class discussions/philosophy/ breathing practices and review for quiz. Final Quiz	<b>FINAL QUIZ 12/05</b> <b>EXTRA CREDIT PAPER DUE by 12/05</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 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/>.*