

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

RECR 186-007 Yoga: Introduction
RECR 186-004 Yoga: Introduction
1 Credit, Fall 2019

T/TR 9:00-10:15 RAC 2201 Fairfax Campus (007)
T/TR 10:30-11:45 RAC 2201 Fairfax Campus (004)
(08/26/219-10/13/2019)

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 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 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

Required Text: None

Recommended readings:

- Swanson, Ann (2019) SCIENCE of YOGA, Understanding the anatomy and physiology to perfect your practice. (1st ed.). DK Publishing.
- Miscellaneous Handouts

Course Performance Evaluation:

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., hard copy Blackboard, Tk20,).

- **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!

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**

		Points
Exam		
#1	Midterm (Paper)	15
#2	Final (Quiz)	15
<i>Participation</i>		70
TOTAL		100

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
1 08/27 08/29		Review of yoga etiquette/definition of yoga. Intro to Diaphragmatic and Three Part breath . Exploring the pieces of the Sun Salutation (Series A), asanas and relaxation.	Notes and class discussion
2 09/03 09/05		Short history of Yoga. Introduction to Standing asanas, (ABC'S), and general benefits of the practice. Breathing review.	Notes and class discussion Pages 84-118 (Swanson)
3 09/10 09/12		First two "limbs" of the Eight Fold Path (YAMA and NIYAMA). Intro to Sun Salutation (Series B), hip openers (ABC'S).	Notes and class discussion Pages 44-80 (Swanson)
4 09/17 09/19		"Limbs" 3 and 4 of Eight Fold Path (ASANA and PRANAYAMA) Benefits of Pranayama. Introduction to twists and forward bends (ABC'S), Introduction to Ujjayi pranayama	Notes and class discussion Pages 144-170 (Swanson)
5 09/24 09/26		Introduction to Balance Practice/Backbends. Introduction to Kapalabhati Pranayama. Importance of Alignment	Notes and class discussion
6 10/01 10/03		Introduction to Arm Balances and Inversions. Introduction to Bhramari Pranayama. Review all breathing practices.	REQUIRED PAPER DUE 10/03 Pages 122-140 (Swanson)
7 10/08 10/10		Review for quiz and closing discussions Quiz and Restorative Practice	FINAL QUIZ 10/10 EXTRA CREDIT DUE by 10/10

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/>.