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

RECR 187-DL1 Yoga: Intermediate
RECR 187-DL2 Yoga: Intermediate
1 Credit, FALL 2020

(DL1) T/R 09:00-10:15 Online
(DL2) T/R 10:30-11:45 Online
(October 12, 2020-November 29, 2020)

Faculty

Name:	Yvonne M. Parrotte, M.Ed. R.Y.T 500
Office Hours:	By Appointment
Office Location:	TBD
Email:	yparrott@gmu.edu
Phone:	703.362.9567

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 course will be delivered online (76% or more) using a synchronous format via Blackboard Learning Management system (LMS) housed in the MyMason portal and Zoom. You will log in to the Blackboard (Bb) course site using your Mason email name (everything before @masonlive.gmu.edu) and email password. The course site will be available prior to class time on 21 Aug 5pm. Class meets every Tuesday and Thursday.

Under no circumstances, may candidates/students participate in online class sessions (either by phone or Internet) while operating motor vehicles. Further, as expected in a face-to-face class meeting, such online participation requires undivided attention to course content and communication.

Technical Requirements:
To participate in this course, students will need to satisfy the following technical requirements:

- High-speed Internet access with standard up-to-date browsers. To get a list of Blackboard's supported Browsers see: https://help.blackboard.com/Learn/Student/Getting_Started/Browser_Support#supported-browsers. To get a list of supported operation systems on different devices see: https://help.blackboard.com/Learn/Student/Getting_Started/Browser_Support#tested-devices-and-operating-systems.
- Students must maintain consistent and reliable access to their GMU email and Blackboard, as these are the official methods of communication for this course.
- Students may need a headset microphone for use with the Blackboard Collaborate web conferencing tool.
- Students may be asked to create logins and passwords on supplemental websites and/or to download trial software to their computer or tablet as part of course requirements.
- The following software plug-ins for PCs and Macs, respectively, are available for free download:
  - Adobe Acrobat Reader: https://get.adobe.com/reader/
  - Windows Media Player: https://support.microsoft.com/en-us/help/14209/get-windows-media-player
  - Apple Quick Time Player: www.apple.com/quicktime/download

Expectations:

- Course Week:
  Our course week will begin on the day that our synchronous meetings take place as indicated on the Schedule of Classes.
- Log-in Frequency:
  Students must actively check the course Blackboard site and their GMU email for communications from the instructor, class discussions, and/or access to course materials at least 2 times per week. In addition, students must log-in for all scheduled online synchronous meetings.
- Participation:
  Students are expected to actively engage in all course activities throughout the semester, which includes viewing all course materials, completing course activities and assignments, and participating in course discussions and group interactions. Work is not accepted late.
- Technical Competence:
  Students are expected to demonstrate competence in the use of all course technology. Students who are struggling with technical components of the course are expected to seek assistance from the instructor and/or College or University technical services.
- Technical Issues:
  Students should anticipate some technical difficulties during the semester and should, therefore, budget their time accordingly. Late work will not be accepted based on individual technical issues.
- Workload:
  Please be aware that this course is not self-paced. Students are expected to meet specific deadlines and due dates listed in the Class Schedule section of this syllabus. It is the student's responsibility to keep track of the weekly course schedule of topics, readings, activities and assignments due.Work is not accepted late.
- Instructor Support:
  Students may schedule a one-on-one meeting to discuss course requirements, content or other course-related issues. Those unable to come to a Mason campus can meet with the instructor via telephone or web conference. Students should email the instructor to schedule a one-on-one session, including their preferred meeting method and suggested dates/times.
- Netiquette:
  The course environment is a collaborative space. Experience shows that even an innocent remark typed in the online environment can be misconstrued. Students must always re-read their responses carefully before posting them, so as others do not consider them as personal offenses. Be positive in your

approach with others and diplomatic in selecting your words. Remember that you are not competing with classmates, but sharing information and learning from others. All faculty are similarly expected to be respectful in all communications.

- Accommodations:
  Online learners who require effective accommodations to insure accessibility must **be registered with George Mason University Disability Services.**

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. (1st 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**

		Points
Exam		
#1 Midterm (Paper)		15
#2 Final (Quiz)		15
Participation		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 10/13 10/15		Review of yoga etiquette, Pranayama practices, (Abdominal, Complete, Ujjayi), Sun Salutation (Series A), and Basic Asanas to include ABC'S*	Class notes and discussion
2 10/20 10/22		Introduction to intermediate standing asanas, (to include ABC'S), introduction to Kapalabhati Pranayama, and integration of YAMA AND NIYAMAinto practice and beyond. Benefits and practice of Shavasana	Class notes and discussion Pages 84-118 Swanson
3 10/27 10/29		Introduction to Sun Salutation (Series B), Intermediate seated asanas, (to include ABC'S) review of Kabalabhati, Continued integration of ASANAand PRANAYAMA.	Class notes and discussion Pages 44-80 Swanson
4 11/03 11/05		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
5 11/10 11/12		Intermediate Balance Practice. "Limbs" 7-8. Introduction to mantra (OM), and mudra.	Class notes and discussion
6 11/17 11/19		Introduction to the Bandhas (mula, uddiyana, jalandhara) , Introduction to Arm Balances and Inversions. Intorduction to Chakras.	Class notes and discussion Pages 122-140 Swanson **REQUIRED PAPER DUE 11/19**
7 11/24 11/26		Wrap-up of class discussions/philosophy/ breathing practices and review for quiz. Final Quiz	**FINAL QUIZ** **EXTRA CREDIT PAPER DUE by last day of class.**

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://coursessupport.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/ .