

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

RECR 186 A01 – Yoga:Introduction  
[1] Credits, SUMMER 2020  
M/W-10:00-11:15 am-Synchronous  
T/R — Asynchronous

**Faculty**

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Office Location: Zoom by appointment  
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**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 10:30. 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 online (76% or more) using a synchronous format via Blackboard Learning Management system (LMS) housed in the MyMason portal. 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 at 10:30 am beginning Monday, June 1, 2020.

**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](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](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 will need a headset microphone for use with the Blackboard Collaborate web conferencing tool. [Delete this sentence if not applicable.]
- 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: [Add or delete options, as desire.]
  - 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/](http://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. We will meet M/W "live" at 10:30 using

Zooma0. On T/R, students are expected to complete their home practice as outlined in our course schedule.

- 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 4 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.

- 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.

- 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 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 N/A**

### **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**

Student will complete journals reflecting on home practice videos. When journals are assigned, they are due by the next “live” class meeting. Journals are submitted through Blackboard, and should be reflective in nature (i.e. something new you learned, questions, comments, etc.). Students will receive 2.5 points for each home practice journal for a total of 20 points toward their grade.

- **Integration Practice 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 Practice 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**

- Students will receive 6 points for every “live” class attended. Students who arrive after the first ten minutes of class will receive only 5 points for that day. Students must attend the entire class period and participate in the daily activities to receive full credit for the class.

- You are expected to attend all class sessions, actively participate in class discussions, complete in-class exercises and fulfill all assignments. All assignments are to be submitted via BLACKBOARD, and are posted under “Assignments”.

- **ABSENCE** – Only a Doctor’s note will excuse an absence or participation. Email or phone call does not excuse an absence. Email regarding absences are appropriate as a courtesy so the instructor can plan the days activities and set aside hand outs and quizzes as needed. Doctor notes must be submitted immediately upon returning to class or scanned and emailed to the instructor immediately.

- **There are no make ups for this class even if the class is excused by a Doctor’s note.** If a class is excused with a Dr. note the work out log can not be made up. Credit is given for work outs participated in while physically in class. Work out logs must be submitted when the class is dismissed for the day. Only the participation points are excused.
- If a student is late, absent or they add the class after the first day they are responsible for all announcements, notes and lecture material. Students who are absent must submit assignments before the class on the day they return to class. Students enroll to class after the first day must speak with the instructor before first day of class to make up work or lecture material on their own. All assignments are submitted to Blackboard.

### ◦ **Course Performance Evaluation Weighting**

Integration Exam 1 (10 points)

Integration Exam 2 (10 points)

Class Participation (60 points)

Homework writing assignments (20 points) Total: 100 points

### • **Grading**

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

## Professional Dispositions

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

## Class Schedule

Day	Topic	Reading/Assignments
Mon 6/1	Introduction to Yoga and props Course content, expectations and Warm-ups	
Tues 6/2	Warm-up home practice	Video via Blackboard
Wed 6/3	- Discuss and practice “complete breath” - Dirgha  - Learn elements of “Sun Salutation A” - Surya Namaskar	<b>Journal Due</b>
Thu 6/4	Surya Namaskar home practice	Video via Blackboard
Mon 6/8	- Review Surya Namaskar A - modifications/contraindications  - Five movements of Prana - Universal Life Force Energy.  - Review Savasana	<b>Journal Due</b>
Tues 6/9	Surya Namaskar Review + Prana home practice	Video via Blackboard
Wed 6/10	- Discussion & alignment of foundation standing asanas:  Tadasana (mountain pose)  Virabhadrasana 1 (Warrior 1)  - Savasana	<b>Journal Due</b>

	- Discuss Ujjayi pranayama technique	
Thu 6/11	Home practice - Ujjayi / Tadasana / Vira 1 / Savasana	Video via Blackboard
Mon 6/15	- Continue standing asanas Virabhadrasana 2 (Warrior 2). Parsvakonasana (Side Angle Pose)  - Savasana	<b>Journal Due</b>
Tues 6/16	Home practice - Vira 2 / Parsvakonasana / Savasana	Video via Blackboard
Wed 6/17	- Continue Standing Asanas Prasarita Padottanasana(Standing Wide-legged Forward Fold with Variations)  Utthita Trikonasana (Triangle)  - Savasana	<b>Journal Due</b>
Thu 6/18	Home practice - Prasarita / Trikonasana / Savasana + <b>INTEGRATION 1</b>	Video(s) via Blackboard
Mon 6/22	- Discuss/begin foundation backbending (heart opening) asanas Setu Bandha Sarvangasana (Bridge Pose) Anjaneyasana (Crescent Moon) Salambasana (Locust)  - Savasana	<b>INTEGRATION Journal Due</b>
Tues 6/23	Home practice - heart openers	Video via Blackboard

Wed 6/24	- Discuss/begin foundation balance asanas Vrksasana (Tree pose) Natarajasana (Dancer's pose) Ardha Chandrasana (Half moon pose)  -Savasana	<b>Journal Due</b>
Thurs 6/25	Home practice - balance asanas	Video via Blackboard
Mon 6/29	- "Cooling down" practice Practice foundation seated asanas: Paschimottanasana (seated forward fold) Baddha konasana (bound angle pose) Parivrtta Upavistha Konasana (Wide- legged Seated Forward Fold)  - Savasana.	<b>Journal Due</b>
Tues 6/30	Home practice - seated asanas	Video via Blackboard
Wed 7/1	- Review full practice + Closing	<b>Journal Due</b>
Thurs 7/2	Home practice - Integration 2	Video via Blackboard - <b>INTEGRATION Journal Due by Mon 7/6</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**

#### 1. GMU Policies and Resources for students

##### *Policies*

- a. Students must adhere to the guidelines of the Mason Honor Code (see <https://catalog.gmu.edu/policies/honor-code-system/>).
- b. Students must follow the university policy for Responsible Use of Computing (see <https://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).



- c. 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.
- d. 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 <https://ds.gmu.edu>).
- e. Students must silence all sound emitting devices during class unless otherwise authorized by the instructor.

*Campus Resources*

1. 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 <https://its.gmu.edu/knowledge-base/blackboard-instructional-technology-support-for-students/>.
2. Notice of mandatory reporting of sexual assault, interpersonal violence, and stalking: As a faculty member, I am designated as a “Responsible Employee,” and must report all disclosures of sexual assault, interpersonal violence, and stalking to Mason’s Title IX Coordinator per University Policy 1202. If you wish to speak with someone confidentially, please contact one of Mason’s confidential resources, such as Student Support and Advocacy Center (SSAC) at [703-380-1434](tel:703-380-1434) or Counseling and Psychological Services (CAPS) at [703-993-2380](tel:703-993-2380). You may also seek assistance from Mason’s Title IX Coordinator by calling [703-993-8730](tel:703-993-8730), or emailing [titleix@gmu.edu](mailto:titleix@gmu.edu).
3. For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>
4. For additional information on the College of Education and Human Development, please visit our website <http://cehd.gmu.edu/>.

**For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/students/>.**