

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

**RECR 186-DL1 Yoga: Introduction**  
**RECR 186-DL2 Yoga: Introduction**  
**1 Credit, Spring 2021**

**T/TR 9:00-10:15 Online**  
**T/TR 10:30-11:45 Online**  
**(January 25, 2021- March 13, 2021)**

**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.
6. Students are required to have a working camera on their computer. The camera must be on during class.

**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](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 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](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.
- 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 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. (1<sup>st</sup> ed.). DK Publishing.
- Miscellaneous Handouts and video recordings

### **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 submit to Blackboard - 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**

#1	Midterm (Paper)	15
#2	Final (Quiz)	15
<b>Participation/Attendance</b>		70
<b>TOTAL</b>		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
<b>1</b> 01/26 01/28		Opening Discussion: Introduction and class expectations. About yoga, props and etiquette. <b>Definition, Goal</b> and the Yoga Sutras on beginning to practice. <b>Formal Practice: Intro to Diaphragmatic and Three Part breath (pranayama), Exploring the pieces of the Sun Salutation (Series A) and final relaxation.</b>	Notes and class discussion
<b>2</b> 02/02 02/04		Opening Discussion: Short <b>history</b> of Yoga. General Benefits and consistency. Introduction to <b>standing postures, (asanas) (ABC’S) Formal Practice: Standing Postures (Guide for alignment provided) Review of breathing techniques.</b>	Notes and class discussion Pages 84-118 (Swanson)
<b>3</b> 02/09 02/11		Opening Discussion: More than physical exercise, The first two “limbs” of the Eight Fold Path: ( <b>YAMA and NIYAMA</b> ) and how they relate to the Goal of Yoga. <b>Formal Practice: Intro to Sun Salutation (Series B), hip openers (ABC’S), and Introduction to Ujjayi pranayama.</b>	Notes and class discussion Pages 44-80 (Swanson)
<b>4</b> 02/16 02/18		Opening Discussion: “Limbs” 3 and 4 of Eight Fold Path ( <b>ASANA and PRANAYAMA</b> ). A “yogic” view of the body. <b>Formal Practice: Introduction to twists and forward bends (ABC’S) More detail on Ujjayi Pranayama.</b>	Notes and class discussion Pages 144-170 (Swanson)
<b>5</b> 02/23 02/25		<b>Opening Discussion: Benefits of Pranayama, Preparation and Components. Formal Practice: Introduction balance practice. Box Breathing and Alternate Nostril Breathing. Beginning to experience deeper Savasana.</b>	Notes and class discussion

WEEK		TOPICS	READINGS/ASSIGNMENT DUE
6 03/02 03/04		Opening Discussion: The Power of Relaxation and Alignment particulars, Progressing to Yoga Nidra and associated Benefits. <b>Formal Practice: Limited Intro to Arm Balances and Inversions. Introduction to Bhramari breathing (pranayama). Review of all breathing practices and Yoga Nidra.</b>	<b>REQUIRED PAPER DUE 03/04</b> Pages 122-140 (Swanson)
7 03/09 03/11		Closing discussions. Final exam and Restorative Practice	<b>FINAL QUIZ and Extra Credit DUE by 3/11</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 <https://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 <https://ds.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 <https://its.gmu.edu/knowledge-base/blackboard-instructional-technology-support-for-students/>.
- 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 or Counseling and Psychological Services (CAPS) at 703-993-2380. You may also seek assistance from Mason's Title IX Coordinator by calling 703-993-8730, or emailing [titleix@gmu.edu](mailto:titleix@gmu.edu).
- For information on student support resources on campus, see <https://cfe.gmu.edu/teaching/student-support-resources-on-campus>
- For additional information on the College of Education and Human Development, please visit our website <http://cehd.gmu.edu/>.

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