

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

RECR 187.DL5 – Yoga: Intermediate
1 Credit, Spring 2021
M/W 3:00 pm - 4:15 pm Online
3/15-4/28

Faculty

Name: Dena Jensen, M.Ed., E-RYT 200
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Office Location: Zoom
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Prerequisites/Corequisites

RECR 186 or Permission from 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.

- Students with injuries or pre-existing conditions that may affect their participation 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 have a yoga mat and an appropriate space in which to practice along with the Zoom digital class.
- Comfortable stretch clothing is required. No street clothes may be worn.
- Class will meet from 3:00-4:15 on Zoom and students are expected to be present online for class.

- **Course Delivery Method**

This course will be delivered online (76% or more) using synchronous via Zoom and 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.

- **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 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.

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.
- 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

At the conclusion of this course, students should be able to:

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 contraindications 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 Texts

None

Readings will be made available online via Blackboard from various sources listed below:

Bir, Singh Khalsa Sat, et al. *The Principles and Practice of Yoga in Health Care*. Pencaitland, East Lothian, UK: Handspring Publishing Limited. 2016. Print.

Ferretti, Andrea. "A Beginner's Guide to the Chakras." *Yoga Journal*, 30 July 2014, www.yogajournal.com/practice/beginners-guide-chakras.

Roa, Ram. "The Fifth Branch of Yoga: Pratyahara." *Yoga For Healthy Aging*, 29 Oct. 2014. www.yogaforhealthyaging.blogspot.com/2014/10/the-fifth-branch-of-yoga-pratyahara.html. 15 Oct. 2017

Roa, Ram. "The First Branch of Yoga: The Yamas." *Yoga For Healthy Aging*, 3 July. 2014. <http://yogaforhealthyaging.blogspot.com/2014/07/the-first-branch-of-yoga-yamas.html>. 15 Oct. 2017

Roa, Ram. "The Fourth Branch of Yoga: Pranayama." *Yoga For Healthy Aging*, 15 Sept. 2014. www.yogaforhealthyaging.blogspot.com/2014/09/the-fourth-branch-of-yoga-pranayama.html. 15 October. 2017

Roa, Ram. "Samyama: The Trinity of Dharana, Dhyana, and Samadhi." *Yoga For Healthy Aging*, 15 Dec. 2014. www.yogaforhealthyaging.blogspot.com/2014/12/samyama-trinity-of-dharana-dhyana-and.html. 15 October. 2017

Roa, Ram. "The Second Branch of Yoga: The Niyamas." *Yoga For Healthy Aging*, 15 July. 2014. <http://yogaforhealthyaging.blogspot.com/2014/07/the-second-branch-of-yoga-niyamas-your.html?q=sixth+branch>. 15 Oct. 2017

Roa, Ram. "The Third Branch of Yoga: Asana." *Yoga For Healthy Aging*, 13 August 2014. www.yogaforhealthyaging.blogspot.com/2014/08/the-third-branch-of-yoga-asana-being-in.html. 15 Oct. 2017

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/or Examinations**

Class Participation (70 points) Daily attendance and participation required. 5 points will be given each day. Attendance/Participation score will be the number of points a student gains each day. Absences are excused with a doctor's note or preapproved by the instructor. Phone calls, emails, and texts do not excuse an absence. Doctor notes must be scanned and emailed

immediately.

Attendance will be taken during Zoom meetings. It is required to participate during the regularly scheduled class time of 3:00-4:15. If there are extenuating circumstances, the student must contact the teacher immediately. Each class will be uploaded onto Blackboard and, with the teacher's permission, a student may make up the class and submit a journal entry about the class to earn the 5 attendance points. Class must be made up on the same day of the missed class unless absence was due to illness.

****One letter-grade will be deducted for two unexcused absences**

Journal Writings (25 points; 5 entries worth 5 points each) Students will complete journal entries of 100 words or more reflecting on topics read in required reading via Blackboard. Journals are assigned on the first class meeting of the week and due before the next class meeting (by 3 p.m.). Journal entries are submitted through Blackboard and should be reflective in nature. Points will be deducted for late assignments.

Final Home Practice Essay or Video (10 points) Students will create a home practice with beginning, middle, and end. It can be submitted either as an essay form or as a video via Blackboard.

Total Points 105

• **Letter Grade Ranges** based on percentage of 105 points

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/>

Class Schedule

Date	Topic	Assignment
Mon 3/15	Overview of Course Content and Zoom platform	
Wed 3/7	Timeline & 8 Limbs of Yoga Six Directions of the Spine, Sun & Moon Flow	Read <i>The Historical Background of Yoga</i>

Mon 3/22	Intermediate Forward Bends	Journal due today by 3 p.m.
Wed 3/24	1st & 2nd Limbs of Yoga Sun Salutation A	Read YFHA Blog posts: <i>The First Branch of Yoga: The Yamas</i> AND <i>The Second Branch of Yoga: Niyamas</i>
Mon 3/29	Intermediate Backbends	Journal due today by 3 p.m.
Wed 3/31	3rd & 4th Limbs of Yoga Chatturunga	Read YFHA Blog posts: <i>The Third Branch of Yoga: Asana</i> AND <i>The Fourth Branch of Yoga: Pranayama</i>
Mon 4/5	Review Sun & Moon Salute and Sun Salutation A variations	Journal due today by 3 p.m.
Wed 4/7	5th-8th Limbs of Yoga Sun Salutation B	Read YFHA Blog posts: <i>The Fifth Branch of Yoga: Pratyahara</i> AND <i>Samyama: The Trinity of Dharana, Dhyana, Samadhi</i>
Mon 4/12	Intermediate Standing Poses	Journal due today by 3 p.m.
Wed 4/14	Intermediate Twists	Read Essays on Blackboard: <i>Secrets of Sequencing</i> and <i>Developing Your Own Yoga</i>
Mon 4/19	Intermediate Flows	Journal due today by 3 p.m.
Wed 4/21	Intermediate Balance	
Mon 4/26	Home Practice Review	
Wed 4/28	Restorative Yoga	
Mon 12/2	Make up day	Home Practice Essay or Video due today

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 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.
- 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 <http://cehd.gmu.edu/>