

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

RECR 186 (DL9) - Yoga: Introduction
1 Credit, Spring 2021
T/TR 3:00-4:14pm January 25, 2021 to March 13, 2021
Distance Learning

Faculty

Name: Stephanie McKulsky
Office hours: By Appointment
Office location: Zoom
Email address:

Prerequisites/Corequisites

None

University Catalog Course Description

Introduces students to the practice of Hatha yoga. Class emphasis will be on learning yoga asanas (postures) and pranayama (breathing exercises) to enhance physical fitness and mental concentration.

Course Overview

Readings, lectures, 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 performance must inform the instructor.
- Students with specific medication conditions, limited flexibility or injuries will learn appropriate modifications of poses for their own practices.
- All communication will be through GMU e-mail – the Patriot Web Site.

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- Students are requested to bring their own yoga mat to class.
- Comfortable stretch clothing are required. No street clothes may be worn.
- Please login to Blackboard 5-10 minutes **before** class start time to register your attendance and to Zoom 5-10 minutes **before** class to set up your cameras and practice space. We will begin practice promptly at 3:00pm.

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 on Monday, Jan. 25, 2021.

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.

- 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 everyday. 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.
- Students should be ready to move! Each class will include movement and other activities where students will need space to move around. Depending on where the student is, this might mean separating from one's "learning" space. Students are urged to choose somewhere where they can set up their laptop/tablet camera so the whole body is visible when standing and lying down.

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:

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- 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 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 Vinyasa or steady flow of 12 classic postures linked with breath work in a continuous movement.
3. Name the benefits of asanas.
4. State the need for and importance of warm-up practices and poses.
5. Develop proficiency in the practice of pranayama.

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6. Demonstrate techniques of basic relaxation.

Recommended Texts

N/A

Course Performance Evaluation

Students are expected to submit all assignments on time in Blackboard.

- **Assignments and/or Examinations**

- **Homework Writing Assignments Through Blackboard**

Student will complete two essay journals reflecting on home practice videos. Journals are submitted through Blackboard, and should be reflective in nature (i.e. something new you learned, questions, comments, etc.).

- **Integration Exam 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 Exam 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**

- Class participation-

- Students are expected to come prepared for class in appropriate attire and with the appropriate attitude to practice yoga. Absences are excused only with a doctor's note or pre-approved by the instructor. Emails, phone calls,

and texts do not excuse absences. Doctor's note must be presented immediately upon return to class or scanned and emailed to the instructor.

- Other Blackboard assignments, attendance, participation

- **Grading**

- Class Participation (*50 points*)
- Essay Journal 1 (*10 points*)
- Essay Journal 2 (*10 points*)
- Integration Exam 1 (*15 points*)
- Integration Exam 2 (*15 points*)
- **Total: 100 points**

- **Grading Policies**

A+	= 97 - 100	B+	= 88 - 89	C+	= 78 - 79	D	= 60 - 69
A	= 94 - 96	B	= 84 - 87	C	= 74 - 77	F	= 0 - 59
A-	= 90 - 93	B-	= 80 - 83	C-	= 70 - 73		

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

Class Schedule

Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.

Week	Topic	Reading/Assignments
One	<ul style="list-style-type: none">• Introduction to Yoga, aids, clothing & mats.• Course Content.• Discuss and practice "complete breath" - Dirgha• Learn/Practice Elements of Surya Namaskar A (Sun Salutation A)• Discuss and practice Savasana (Relaxation)	
Two	<ul style="list-style-type: none">• Review Surya Namaskar• Linking movement with breath• Five movements of Prana - Universal Life Force Energy• Review Savasana	<ul style="list-style-type: none">• Essay 1 due on 2/16

<p>Three</p>	<ul style="list-style-type: none"> • Discussion & alignment of foundation standing asanas • Discuss, modifications (props)/contraindications • Tadasana (mountain pose) • Virabhadrasana 1 (Warrior 1) • Virabhadrasana 2 (Warrior 2) • Parsvakonasana (Side Angle Pose) • Savasana • Integration 1 (Thursday) 	<ul style="list-style-type: none"> • Essay 1 due on 2/16 (Tuesday) • Integration 1 on 2/18 (Thursday) - Journal Due 2/23
<p>Four</p>	<ul style="list-style-type: none"> • Integrating standing asanas into practice • Ujjayi Pranayama (breathing technique) • Prasarita Padottanasana (Standing Wide-legged Forward Fold with Variations) • Utthita Trikonasana _ Triangle • Savasana 	

<p>Five</p>	<ul style="list-style-type: none"> • Introduction to Backbends (heart openers) • Setu Bandha Sarvangasana (Bridge Pose) • Anjaneyasana (Crescent Moon) • Salambasana (Locust) • Savasana 	<ul style="list-style-type: none"> • Essay 2 due 3/9 (Tuesday)
<p>Six</p>	<ul style="list-style-type: none"> • Review backbending with modifications/contraindications. • Introduction to Foundation Balance Asanas • Vrksasana (Tree Pose) • Natarajasana (Dancer's Pose) • Ardha Chandrasana (Half Moon Pose) • Savasana 	<ul style="list-style-type: none"> • Essay 2 due 3/9 (Tuesday)
<p>Seven</p>	<ul style="list-style-type: none"> • Foundation Seated postures • Paschimottanasana (seated forward fold) • Baddha konasana (bound angle pose) • Parivrtta Upavistha Konasana (Wide-legged Seated Forward Fold) • Savasana. 	<ul style="list-style-type: none"> • Integration 2 on 3/11 (Thursday) - Journal Due 3/13

	<ul style="list-style-type: none"> • Integration 2 (Thursday) 	
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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

- 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 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.
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 <https://cehd.gmu.edu/students/>