

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

RECR 187 003 – Yoga: Intermediate
1 Credit, Fall 2022
M/W 3:00 pm - 4:15 pm RAC 2201
10/11-11/28

Faculty

Name: Dena Jensen, M.Ed., E-RYT 200
Office Hours: By Appointment
Office Location: Before and after class
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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 are required to have a yoga mat.
- Students should arrive a few minutes early to set up their space.
- Students must fill out the Covid Health Screening and present it to the desk or the instructor before entering the class area
- 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).
- Comfortable stretch clothing is required. No street clothes may be worn.
- Students with injuries or pre-existing conditions that may affect their participation must inform the instructor.

Course Delivery Method

This course is activity-based course.

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

Required 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.

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.

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

** Students can make up missed classes by doing a recorded class on Blackboard and submitting a make-up journal (one or two sentences) about the experience.

*** 1 point will be deducted for every 5 minutes late arrival

Journal Writings (20 points; 5 entries worth 4 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 100

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

Class Schedule

Date	Topic	Assignment
Tues 10/11	Overview of Course Content, Warm ups	
Wed 10/12	Timeline & 8 Limbs of Yoga Six Directions of the Spine, Sun & Moon Flow	Read <i>The Historical Background of Yoga</i> Journal due today by 3 p.m.
Mon 10/17	Review Forward Bends: Downward Dog, Forward Bend, Mini Sun Salute	
Wed 10/19	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> Journal due today by 3 p.m.
Mon 10/24	Intermediate Backbends: Updog	
Wed 10/26	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> Journal due today by 3 p.m.
Mon 10/31	Sun Salutation A variations & Standing Poses	
Wed 11/2	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> Journal due today by 3 p.m.
Mon 11/7	Intermediate Flows & Poses: 3 legged dog, dolphin pose, forearm plank, boat pose, pyramid	
Wed 11/9	Review	Read Essays on Blackboard: <i>Secrets of Sequencing</i> AND <i>Developing Your Own Yoga Practice</i> Journal due today by 3 p.m.
Mon 11/14	Intermediate Twists: Twisted lunge	

Wed 11/16	Intermediate Balance: Half moon	
Mon 11/21	Intermediate Inversions	
Mon 11/28	Home Practice Review & Restore	Home Practice due by 5 p.m.

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/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

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