

Department of Kinesiology
San Jose State University
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Office Hours: M/W 11:30AM-12:30 PM ,YUH 206 (by appointment)
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KIN 061A- Beginning Hatha Yoga

1.COURSE DESCRIPTION

Yoga means union. The benefits of yoga are: spiritual awakening, pursuing the real way of life for human beings, and eventually building up a peaceful coexistence with each other and nature.

This course teaches fundamental Hatha Yoga methods, which include asana(posture), Pranayama(breathing exercise) and Dhyana(meditation.)

2.COURSE OBJECTIVES

- a) To understand the fundamental concepts of yoga.
- b) To increase flexibility, build strength and stamina, elevate mental condition and harmonize body and mind.
- c) To be able to understand how to modify one's own level in order to obtain the benefits of yoga.
- d) To be able to practice yoga asana independently.
- e) Self-discovery through yoga.

3.COURSE CONTENTS

- a) Asanas(pose or posture)
- b) Pranayama(breathing exercise)
- c) Dhyana(meditation)

4.COURSE REQUIREMENT

- a) Written assignment
- b) Final Examination
- c) Class participation

Bring your own towel.

Participate in bare feet and wear loose comfortable attire. **No jeans** or skirts.

I will ask you to leave the class room when you are not wearing appropriate attire.

Be quiet when you come in the room.

Put yoga mats back neatly after the class, so that the next person can use it easily.

5.METHOD OF EVALUATION

- a) Participation (active work out) and effort(journal and attitude)60%
- b) Written assignment 20%
- c) Final exam 20%

6. GRADING

- A 90 % and above
- B 80-89%
- C 70-79%
- D 60-69%
- F 59% and below

7. REQUIRED TEXTBOOK

Light on Yoga B.K.S Iyenger. Schocken Books New York. ISBN 0-8052-1031-8

8. ACADEMIC INTEGRITY STATEMENT (FROM THE OFFICE OF STUDENT CONDUCT AND ETHICAL DEVELOPMENT):

Your own commitment to learning, as evidenced by your enrollment at San Jose State University, and the University's academic Integrity Policy requires you to be honest in all your academic course work. Faculty members are required to report all your academic course work. Faculty members are required to report all infractions to the office of Student Conduct and Ethical Development. The policy on academic integrity can be found at http://sa.sjsu.edu/student_conduct.

9. CAMPUS POLICY IN COMPLIANCE WITH THE AMERICANS WITH DISABILITIES, ACT:

If you need course adaptations or accommodations because of a disability, or, if you need special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible, or see me during office hours.

Presidential Directive 97-03 requires that students with disabilities register with DRC to establish a record of their disability.

OTHERS

- If you have pre-existing medical or physical problems, you should consult your physician before participating in the class.
- It is your responsibility for all information given in class. If you miss the class, make sure to get all information you missed.
- You must file a Credit/ No credit form with student services to choose to have C/NC on your transcripts.
- If you decide to take an incomplete in this class, let me know as soon as possible.
- Shoes are not allowed in the judo room. Take off your shoes before entering the room. I recommend that you bring a plastic bag to put your shoes in and bring them into the room with you. Otherwise, leave your shoes outside of the judo room.
- Your journal should be submitted at the end of every class. If you forget to submit it, you won't receive participation points for that day.

- Respond clearly, make eye contact with me and raise a hand when I take roll. Informing “present” at the end of class won’t be acceptable.
- Informing me of missing class is not necessary. You are allowed to make up classes 3 times.
My teaching schedule is as follows:
M/W Pilates 10:30 -11:20am, 12:30-13:20pm Event Center Aerobic Room
F yoga 9:30-11:20am Judo room
- If you are an athlete and need to miss class or classes, submit an official letter from your coach and make sure to make up all classes you miss.
- Put a passport size picture on the upper right-hand corner of your journal sheet. Write your name and class on the back side of the picture, just in case.

Last day to drop courses 9/3

Last day to add courses 9/11

Labor Day 9/7

Veteran’s Day 11/11

Thanksgiving Holiday 11/26-27

Last Day of the Class / Final Exam Day 12/4

(Don’t need to dress in exercise attire)

The classroom door will be closed 10 minutes after class starts. No one will be allowed in after that time. Even though you could get in the class, you won’t receive the participation points for that day.

61A

Written assignment.

Read the 8 limbs (the 2nd and 3rd week reading assignments) and complete the 8limbs sheet (Write English translation and definition of each word).

Compare and contrast your feeling about each of the 8 limbs at the beginning and the end of the semester. Do you feel the same way, or not, at the beginning of the semester and the end of the semester? Why? Describe your class experience of the 8 limbs. Write about the process of the transformation.

Make sure you describe how each limb applies to you with examples of your experience through the class or own practice.

- a) You can skip Brahmacharya (preserving vital fluids).
- b) Regarding posture, just review the postures that we have done in the class or your own practice.
- c) **Skip the summary of the 8 limbs, since you complete the 8 limbs sheet**

Staple the 8 limbs sheet to your paper.

Length: No more than 3 pages. Do not include a title page.

Due date:

12/4

Papers should be submitted at the beginning of class on the last day.

Late papers won't be accepted.

Final examination (The last day of class):

12/ 4

The grades will be posted by 12/21. Therefore, don't e-mail me for your grade.

61 A Reading Assignment.

The 1st week. Hints and cautions of the practice for asanas. P.431-440

The 2nd week. What is yoga? The stages of yoga .P19-31

The 3rd week . The 8limbs of yoga. P.31-53

The 4th week. 1. Mountain pose P.61
2.Tree pose P.63 -plate 2
3.Triangle pose P.64-plate 4

The 5th week. 4. Revolved triangle pose P.64-plate 7
5. Extended lateral angle pose (Side stretch) P.67-plate 8.9
6. Warrior 1 P.71

The 6th week. 7. Warrior 2 P.72
8. Warrior 3 P.74
9. Half moon P.75-plate 19

The 7th week. 10.Intense side stretch P.79-plate 26
11.Expanding leg stretch P.81-84
12.Gate pose P.86-plate.39

The 8th week. 13.Kneeling wheel pose P.88
14.Powerful sitting pose P.89
15.Monkey pose.P.90-plate 43

The 9th week. 16.Standing forward bend pose P.93-plate48
17.Vertical split pose P.94
18. Plane pose P.100

The 10th week. 19.Crocodile pose.P.101-plate 62
20. Bow pose P.102
21.Cobra pose P.108-plate72.73

The 11th week.22.Upward dog pose P.109
23.Downward facing dog pose P.110
24.Staff pose P.112

The 12th week.25.Boat pose P/113-plate 78
26.Cow face pose.p.115
27. Hero pose. P.121-plate 87

The 13th week. 28.Frog pose P. 126-plate100
29.Butterfly pose P.128.129
30Head to knee pose P.149-plate 127

The 14th week. 31.Revolved head to knee pose.P.152-plate 132
32.Fish pose P.139
33.Heron pose P.158

The 15th week. 34.The son of god pose P.160-plate 144
35.Opened legs forward bend pose P.165-plate 151
36.Forward Bend P.169.
37.Boat pose P.174

The 16th week. 38.Snail pose P.217
39.Shoulder stand pose P. 234
40.Plow pose P. 221
41.Bridge poseP.229
42.Spinal twist pose P-262
43.Couch pose P.248

Others.

1.Corpse pose. 2.Leg lock pose. 3.Spider pose. 4.Rabbit pose. 5.Half moon pose.
6.Wheel pose. 7.Child(Turtle) pose. 8.Extended child pose. 9.Cat pose. 10.Pyramid
pose . 11.Locust pose. 12.Psychic union pose. 13.Back exercise. 14.Kidney stretch.
15.Scapula stretch. 16. The Sun Salutation.

Standing poses give vitality effects. Sitting pose give calming effects. Twisting poses
give cleansing effects. Inverted pose give mental strength effects. Balancing poses bring a
feeling of lightness. Backbend gives exhilaration.

4.Pranayama.

- 1.Ujjayi breathing. P.441
- 2.One nostril breathing.P.443.

Others.

- 1.Tanden breathing. 2.Kapalabhati. (3.Bhastrika.) (4.Sheetali(Cooling breath)).
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