

# San Jose State University / Department of Kinesiology

## KIN 061A, Beginning Hatha Yoga, Section 5, Fall 2013

### Contact Information

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<b>Office Hours:</b>	Monday/Wednesday 8:00-8:30am (SPX 218 by appointment).
<b>Class Days/Time:</b>	Friday 9:30 to 11:20am (section 5)
<b>Classroom:</b>	AERO

### Course Description

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

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

### Course Goals and Learning Objectives

- 1) Following activities and assigned reading, students will be able to demonstrate proficiency through a skill test, and written exam.
- 2) Understand the philosophy of the method explored.
- 3) Understand and learn the concepts of how to increase flexibility, build strength and stamina, improve mental health, and harmonize body and mind.
- 4) Understand modifications/precautions appropriate to specific population and how to use progressions effectively.
- 5) Understand “mindful movement” as it applies to exercise
- 6) Experience self-discovery through introspection with yoga practice.
- 7) A positive change in personal fitness as it relates to components such as cardiovascular endurance, muscular strength, endurance, flexibility, and body composition

## Activity Course Learning Outcomes

Upon successful completion of this program, students will be able to:

- 1) demonstrate the acquisition and application of motor skills appropriate in yoga.
- 2) demonstrate an understanding of the applicable history, rules, strategies, current research, safety, and etiquette, appropriate to the fundamental concepts of yoga.
- 3) demonstrate an understanding of the physical and mental benefits of yoga.
- 4) increase flexibility, build strength and stamina, elevate mental condition, and harmonize body and mind.
- 5) understand how to modify one's own level, in order to obtain the benefits of yoga.
- 6) Demonstrate a positive change in personal fitness as it relates to components such as, cardiovascular endurance, muscle strength and endurance, flexibility, and body composition.

## Required Texts/Readings

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

## Course Requirements and Assignments

- 1 ) Class participation and submit journal.

Write briefly your learning and awareness experiences in each class, in terms of cognitive, physical, emotional, social, and spiritual aspects.

- 2) Written final examination.
- 3) Written Assignment.
- 4) Bring your notebook every time.
- 5) Wear comfortable attire. No jeans or skirts.

Through this assignment, students will learn the basic philosophy of yoga, and explore introspection. Students will understand the real meaning, value, and goal of yoga, which will apply to their current and future lives, and foster their holistic view.

1. Read the 8 limbs (the 2<sup>nd</sup> and 3<sup>rd</sup> week reading assignments), complete the 8 limbs sheet, and attach it to your final paper.

2. 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 the process of the transformation.

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

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

**Due date**

12/6 at the beginning of the class.

**Late papers won't be accepted. Have your paper ready when you arrive.**

**Submit via e-mail won't be accepted.**

(submitting earlier will be accepted).

**Final examination**

12/6

**The location of the final exam day**

SPX 218 9:30-11:20am

**The last day of class**

12/6

**University website often has wrong info regarding the final exam dates and contact info. Please be careful.**

**Grading Policy**

- 1) Participation (active work out) and effort(journal and attitude): 60%.
- 2) Written assignments: 20%.
  - Late papers won't be accepted.
- 3) Final exam: 20%.
  - No make up for missing the final exam, except in extreme cases.

**GRADING**

A+ = 100-97%	A = 96-93%	A- = 92-90%
B+ = 89-87%	B = 86-83%	B- = 82-80%
C+ = 79-77%	C = 76-73%	C- = 72-70%
D+ = 69-67%	D = 66-63%	D- = 62-60%
F = 59-0% Unsatisfactory		

**MAKE UP CLASS POLICY**

You are allowed to make up 2 classes.

Prepare your own journal sheet. Write your name, original class, make up class date, name of the class you attended, complete the journal and submit it at the end of class.

Make sure to inform me that you are here when you come to make up class(es) at the beginning of the class. Otherwise, the make up journal won't be accepted.

My class schedule is:

Monday/Wednesday

Pilates 8:30-8:30am SPX 218

9:30-10:20am, 10:30-11:20am, and 12:30-1:30 pm EC-AERO

Yoga Friday 9:30-11:20am EC-AERO

## **Classroom Protocol**

- 1) All students enrolled in Kinesiology Department classes are required to show their valid SJSU Tower card to enter the recreation facilities. If you do not bring your Tower card, then you will be denied access to the recreation facilities for your class.
- 2) Bring a color copy of your tower card for your journal sheet on the first day of the course.
- 3) Show up to class on time. The class room door will be closed 10 minutes after class starts. Tardy, leaving early, and leaving in the middle of the class are not a good attitude. No one will be allowed in after that time. Even though you can enter the room, you will not get the credit for that day.
- 4) Turn off and put your cell phone in your bag before entering the classroom. Never put it on the floor during the class.
- 5) If you have pre-existing medical or physical problems, you should consult your physician before participating in the class.
- 6) It is your responsibility for all information given in class. If you miss the class, make sure to get all information you miss.
- 7) Some info will be given by notified e-mail. Check your e-mail every day.
- 8) Bring a pen to every class to write in your journal.
- 9) Put yoga mat back neatly after the class, so that the next person can use it easily.
- 10) Your grade will be posted by 12/20, so do not e-mail me for your grade.

## **University Policies**

### **Dropping and Adding**

Students are responsible for understanding the policies and procedures about add/drop, grade forgiveness, etc. Refer to the current semester's [Catalog Policies](#) section at

<http://info.sjsu.edu/static/catalog/policies.html>. Add/drop deadlines can be found on the current academic year calendars document on the [Academic Calendars webpage](#) at [http://www.sjsu.edu/provost/services/academic\\_calendars/](http://www.sjsu.edu/provost/services/academic_calendars/). The [Late Drop Policy](#) is available at <http://www.sjsu.edu/aars/policies/latedrops/policy/>. Students should be aware of the current deadlines and penalties for dropping classes.

Information about the latest changes and news is available at the [Advising Hub](#) at <http://www.sjsu.edu/advising/>.

**Academic integrity**

Your commitment as a student to learning is evidenced by your enrollment at San Jose State University. The University Academic Integrity Policy S07-2 at <http://www.sjsu.edu/senate/docs/S07-2.pdf> requires you to be honest in all your academic course work. Faculty members are required to report all infractions to the office of Student Conduct and Ethical Development. The [Student Conduct and Ethical Development website](#) is available at <http://www.sjsu.edu/studentconduct/>.

Instances of academic dishonesty will not be tolerated. Cheating on exams or plagiarism (presenting the work of another as your own, or the use of another person’s ideas without giving proper credit) will result in a failing grade and sanctions by the University. For this class, all assignments are to be completed by the individual student unless otherwise specified. If you would like to include your assignment or any material you have submitted, or plan to submit for another class, please note that SJSU’s Academic Integrity Policy S07-2 requires approval of instructors.

**Campus Policy in Compliance with the American Disabilities Act**

If you need course adaptations or accommodations because of a disability, or if you need to make 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](#) at [http://www.sjsu.edu/president/docs/directives/PD\\_1997-03.pdf](http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf) requires that students with disabilities requesting accommodations must register with the [Disability Resource Center](#) (DRC) at <http://www.drc.sjsu.edu/> to establish a record of their disability.

**17.Tentative course schedule:**

<u>Week.</u>	<u>Topics, reading, due day.</u>
1. Guidance (8/23 )	Greensheet policy
2. DVD Yoga Unveiled (8/ 30)	History of yoga What is yoga? The stages of yoga. Pages 19 to 53 Hints and cautions of the practice for asanas. Pages 431 to 44
3. Warm up (9/6) Breathing techniques.	Ujjayi breathing Page 441 Mountain pose Page 61

How to make modifications.	Staff pose Page 112 Cobra pose Pages 108, plate 72, 73 Upward dog pose Page 109 Downward facing dog pose Page 110 Standing forward bend pose Page 93. plate 48. Forward Bend Page 169
4. Integration of breath, movements, and postures. (9/13)	The Sun Salutation Tree pose Page 63, plate 2
5. Centering and visualization. (9/20)	Triangle pose Page 64, plate 4 Revolved triangle pose Page 64, plate 7 Extended lateral angle pose (Side stretch) Page 67, plate 8.9
6. Timing of breath and weight shift (9/27)	Review the Sun Salutation Warrior 1 Page 71 Warrior 2 Page 72 (Warrior 3 Page 74) Intense side stretch Page 79, plate 26 Half moon Page 75, plate 19
7. How to make modifications (10/4)	Gate pose Page 86, plate 39 . Expanding leg stretch Page 81 to 84
8. Review. (10/11)	Kneeling wheel pose Page 88 Powerful sitting pose Page 89 Monkey pose Page 90, plate 43 Opened legs forward bend pose Page 165, plate 151 One nostril breathing. Page 443
9. Alignment and body placement. (10/18)	Vertical split pose Page 94 Plane pose Page 100 The Moon Salutation. Locust pose Page 100, plate 60 Crocodile pose Page 101, plate 62 Bow pose Page 102
10. Chakras Introspection, energy centers, the relationship between organs and emotions.  (10/25)	Page .436-440
11. Core and banda (11/1)	Shoulder stand pose Page 234 Plow pose Page 221 Bridge pose Page 229 Spinal twist pose Page 262 Couch pose Page 248

	Snail pose Page 217 Fish pose Page 139
12. 6 categories of postures. (11/8)	Boat pose Page 113, plate 78 Cow face pose Page 115 Hero pose. Page 121, plate 87 The sun of god pose Page 160, plate 144 Frog pose Page 126, plate 100 Butterfly pose Page 128 to 129 .
13. (11/15) How to make your own program. Benefits of postures.	Head to knee pose Page 149, plate 127 Revolved head to knee pose Page 152, plate 132 Pigeon pose Page 389 Heron pose Page 158 Boat pose Page 174
14. 11/22	revisi
15. Holiday	
15. 12/ 5 Final exam day.	Paper Due

More postures and breathing exercises which are not in the textbook are introduced and practiced, and some postures are practiced repeatedly every week.

Other postures which are not in the text book,

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. 17. The moon salutation, and more.