

San José State University
Kinesiology
Fall 2018, KIN 61A, Beg yoga

Contact Information

Instructor	Junko Linafelter
Office Location	SPX170
Telephone	N/A
Email	Junko.Linafelter@sjsu.edu
Office Hours	M/W 1120-1150 (EC AERO by appointment)
Class Meeting Days/Time	M 0930-1120 (section 2) W 0930-1120(section 4) at EC-Aero

Course Description

In this course the student will learn the correct movements, postures, and sequence used in traditional Hatha Yoga.

Course Goals and Student Learning Objectives

Following activities and assigned reading, students will be able to demonstrate through class activities/assignments, skills tests, and written exams,

- Knowledge of fundamental yoga postures, sequences, breath skills, technique, progressions, and safety related to Hatha Yoga.
- Proficiency in the execution of the yoga skills covered.
- An understanding of 'mindful movement' as it applies to exercise.
- An understanding of the history, rules, strategies, current research, safety and etiquette associated with Hatha Yoga.
- An understanding of the mental and physical health benefits to be derived from Hatha Yoga.
- An appropriate level of proficiency in personal fitness as it relates to core strength, upper body strength, lower body strength, balance, coordination, flexibility, and body alignment.

Activity Program Learning Outcomes

After completion of the physical activity graduation requirement, students shall be able to:

- Demonstrate proficiency in the execution of the motor/sport skills appropriate to the specific activities completed.
- Identify and/or explain the applicable history, rules, strategies, current research, safety, and etiquette related to the specific activities completed.
- Identify and/or explain the benefits of physical activity as related to physical and mental health.

Text/Readings

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

You can rent the textbook from the book store.

Electronic textbook is not allowed.

Class handouts supplied by instructor.

Course Notes/ Protocol

- **Class Protocol:**

Students are expected to arrive on time and participate fully in all activities throughout the class period. Turn cell phone off, and put it away for the duration of the class. Don't put it on the floor. If I see it, I will deduct 2 points each time. Interactions with classmates and the instructor are expected to be respectful at all times.

- **Recording class:**

Recording class is prohibited.

- **Intellectual property:**

Course materials developed by the instructor (e.g., exam/quiz items, videos, lecture notes), are the instructor's intellectual property and cannot be shared or uploaded in any form publicly without the instructor's approval.

- If you have pre-existing medical or physical problems you should consult your physician before participating in this class and alert the instructor to any required limitations.

- Report any accidents to the instructor immediately.

- Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of 45 hours over the length of the course (normally three hours per unit per week) for instruction, preparation/studying, or course related activities.

- **The classroom door will be closed 10 minutes after class starts. You won't earn any credit that day even though you could enter the room. Integrity, time management, and discipline are the most important things in this course.**

- Students are required to show their valid student ID card when entering the Event Center. No Exceptions!

- **Bring a color copy of your tower card for your journal sheet by the second day of the course.**

- Recognizable and acceptable effort in class participation is a requirement.

- Wear comfortable attire - no jeans or skirts. Bare feet are ideal. You can wear yoga socks. Put yoga mat back neatly after the class, so that the next person can use it easily.

- Bring a pen to every class, to write in your journal.

- Absences for documented serious and compelling reasons (e.g., injury, illness) are acceptable.

- **Course grades will be posted by 12/21, so do not e-mail me.**

- **Students may 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 teaching schedule :**

Yoga

M/W 0930-1120(section 2 and 4)
at EC-Aero

Pilates M/W 0730-0820 (section 1) 0830-0920(section3), 1230-1320
(section 4) F 0730-0920 (section 5), 0930-1120(section 2)

- **Exam cannot be made up, except in an emergency situation. You need to submit the document which proves your situation in this**

case ASAP.

- Drop requests will not be accepted after the SJSU drop deadline.
- Outings/assignments completed for another class cannot be counted for this course.

Course Requirements, Assignments, and Grading

Tests:

Midterm 1 15% skills

Midterm 2 15% skills

Skill Exams will cover execution of yoga postures in the areas of:

- Core strength exercises
- Upper & lower body strength exercises
- Stretching for flexibility and improved range of motion around the major joints

Written final exam 20%:

Written exam will cover:

- History, current research, principles, and exercises related to yoga.
- Yoga skills (including technique & safety).
- Injury prevention and stress management.
- Health benefits of physical activity.

Assignment : Written assignment 20%

• **The assignment instruction will given around the 12th week.** The students will learn the basic philosophy of yoga, and explore introspection. Through this assignment, students will lean the real meaning, value, and goal of yoga, which will apply to your current and future lives, and foster your holistic view.

Participation 30%:

- Journal/ active workout

Students describe briefly learning and awareness experiences in each class, in terms of cognitive, physical, emotional, social, and spiritual aspects in the journal sheet every time and submit it at the end of the class.

Grading

- Grading method is percentage weight or point totals.
- Extra credit options are not available.

- Penalty for late work (Take home final exam):
 10 points deduction for 1 day late
 20 points deduction for 2 days late
 0 points for missed work

Grading Plan

- 15% Skills Test 1
- 15% Skill Test 2
- 20% Written Final Exam
- 20% Written Assignment
- 30% Journal and Participation(active work out)

Midterm 1 for Monday class:

Group 1 10 /1 Group 2 10 /8

Midterm 1 for Wednesday class:

Group 1 10/3 Group 2 10/10

Midterm 2 for Monday class:

Group 1 11/5 Group 2 11/12

Midterm 1 for Wednesday class:

Group 1 11/7 Group 2 12/14

The last day of regular session:

Monday class 12/10

Wednesday class 12/5

Final exam date:

Monday class 12/17

Wednesday class 12/12

at aerobic room in EC

Grading Scale used to determine letter grade for each component above.

Grading Scale used to determine final course grade.

Percentage	Equivalent Grade
97% - 100%	A+

Percentage	Equivalent Grade
93% - 96%	A
90% - 92%	A-
87% - 89%	B+
83% - 86%	B
80% - 82%	B-
77% - 79%	C+
73% - 76%	C
70% - 72%	C-
67% - 69%	D+
63% - 66%	D
60% - 62%	D-
below 60%	F

University Policies

Information pertaining to university programs and policies designed to facilitate student success can be found here:

<http://www.sjsu.edu/gup/syllabusinfo/>

Tentative Course Calendar (subject to change with fair notice by announcement in class and/or email)

Week	Course Content (Assignments, Exams/Quizzes, ...)
1	Introduction
2	Hints and cautions of the practice for asanas. Pages 431 to 444 Warm up movements.

Week	Course Content (Assignments, Exams/Quizzes, ...)
	Breathing techniques, Ujjayi breathing. Page 441 Integration of breath, movements, and postures. Stability, alignment, body positioning and flow.
3	What is yoga? Pages 19-31 The basic sitting and standing postures. Mountain pose. Page 61, Staff pose Page 112, Gate pose p.86 Half moon pose. Page 75, plate 19 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. (Child pose, Crescent pose, Thread the needle pose. Crossed leg spinal twist, Corpse pose, Leg lock pose)
4	The 8 limbs of yoga. Pages 31-52 Timing of breath and weight shift. Flow. The Sun Salutation Powerful sitting pose. Page 89 Eagle pose page 98 plate 56 Monkey pose Page 90, plate 43 Forward Bend pose Page 169 (Hands to feet pose) Tree pose Page 63, plate 2
5	Locust pose Page 100, plate 60 (Half Locust pose) Crocodile pose Page 101, plate 62 Bow pose Page 102 (Half Bow) Spinal Twist pose p.255 (Half Tortoise pose)
6	Warrior 1 Page 71 Warrior 2 Page 72 (Warrior 3 Page 74) (Reverse warrior pose) Intense side stretch Page 66, plate 9

Week	Course Content (Assignments, Exams/Quizzes, ...)
	6 categories of postures. How to make modifications. Triangle pose Page 64, plate 4 Revolved triangle pose Page 64, plate 7 Extended lateral angle pose (Side stretch)Page 67, plate 8.9 (Standing head to knee pose)
7	Midterm 1 Group 1 (Group 2 complete the 8 limbs sheet at home)
8	Midterm 1 Group 2 (Group 1 complete the 8 limbs sheet at home)
9	The Moon Salutation. 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
10	Kneeling wheel pose Page 88 (Camel pose) (Rabbit pose) Opened legs forward bend pose Page 165, plate 151 One nostril breathing. Page 443
11	Bandas, nadis, and chakras page 436-440 Review postures Core and banda 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	Midterm 2 group 1
13	Midterm 2 group 2
14	Boat pose Page 113, plate 78

Week	Course Content (Assignments, Exams/Quizzes, ...)
	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 The sun of god pose Page 160, plate 144
15	DVD History of yoga What is yoga? Branches of yoga. The stages of yoga. Pages 19 to 53 The energy centers in the body. The body constitutions. Review.
16	Paper due