

**San Jose State University**  
**Department of Kinesiology**  
**KIN 061A, section 7, 8 - Beginning Hatha Yoga, Spring 2013**

**Instructor:** Junko Linafelter.

**Office Hours:** Monday/Wednesday 13:00-13:30pm (EC AERO by appointment).

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**Class time:** 7:30–9:20 (section 7) 9:30 to 11:20am (section 8)

**Location :** EC-AERO

**1. 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).

**2. LEARNING OBJECTIVES:**

After completion of the class, the student shall be able to:

- a) demonstrate the acquisition and application of motor skills appropriate in yoga.
- b) demonstrate an understanding of the applicable history, rules, strategies, current research, safety, and etiquette, appropriate to the fundamental concepts of yoga.
- c) demonstrate an understanding of the physical and mental benefits of yoga.
- d) increase flexibility, build strength and stamina, elevate mental condition, and harmonize body and mind.
- e) understand how to modify one's own level, in order to obtain the benefits of yoga.
- f) practice yoga asana independently.
- g) learn self-discovery through yoga.

**3. COURSE CONTENTS:**

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

**4. COURSE REQUIREMENTS:**

- a) Written assignments.
- b) Final Examination.
- c) Class participation.

Bring your own towels.

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

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 assignments: 20%.  
16 Late papers won't be accepted.
- c) Final exam: 20%.  
- No make up for missing the final exam, except in extreme cases.

#### **6. GRADING:**

- A .90 % and above.
- B .80 to 89%.
- C .70 to 79%.
- D .60 to 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 SJSU website at [http://sa.sjsu.edu/student\\_conduct](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.”

#### **10. 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 the SJSU website at <http://info.sjsu.edu/static/catalog/policies.html> . Add/drop deadlines can be found on the current academic calendar web page located at the SJSU website at [http://www.sjsu.edu/academic\\_programs/calendars/academic\\_calendar/](http://www.sjsu.edu/academic_programs/calendars/academic_calendar/) . The Late Drop Policy is available at the website <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 the SJSU website <http://www.sjsu.edu/advising/> .

#### **11. 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.

My class schedule is:

Pilates Monday/Wednesday 13:30-14:20pm, 14:30-15:20pm at SPX 44 B

Tuesday/Thursday:10:30-11:20am at EC-AERO,

Yoga Friday:7:30-9-20am, 9:30-11:20am at EC-AERO

## 12.OTHER:

Wednesday.....January 23.....First Day of Instruction  
Monday..... February 4.....Last Day to Drop Courses Without an Entry on Student's Permanent Record (D)  
Monday..... February 11.....Last Day to Add Courses & Register Late (A) Wednesday  
Tuesday ..... February19.....Enrollment Census Date (CD)  
Monday-Friday .....March25-29.....Spring Recess  
Monday.....April 1.....Cesar Chaves Day-Campus closed  
Monday.....May 13.....Last Day of Instruction -

- 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 miss.
- Some info will be given by notified e-mail. Check your e-mail every day.
- You must file a Credit/ No credit form with student services to choose to have C/NC on your transcripts by the last day to add courses. (If you already have 2 activity course units, I suggest that you take this course as C/NC).
- 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, place your shoes in the judo room shoe boxes. Don't put them on the mat directly.
- **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.**
- **You grade will be posted by 5/24, so do not e-mail me for your grade.**
- **The class room door will be closed 10 minutes after class starts. No one will be allowed in after that time.**

**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.**

**13. Written assignments:**

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:**

5/10 **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.**

**14. Final examination:**

5/10

**The location of the final exam day:**

**Section 7 EC-AERO 7:30-9:20 am**

**Section 8 EC-AERO 9:30-11:20am**

**15. The last day of class:**

**5/10**

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

**14. Tentative course schedule:**

<u>Week.</u>	<u>Topics, reading, due day.</u>
1. Guidance (1/25 ).	Greensheet, policies.
2. yoga sutra (2/1)	What is yoga? The stages of yoga. Pages 19 to 31. Yoga philosophy, The 8 limbs of yoga Pages 31 to 53 Hints and cautions of the practice for asanas. Pages 431 to 44
3. Complete the 8 limbs sheet	Cobra pose Pages 108, plate 72, 73

(2/8)	Upward dog pose Page 109 Downward facing dog pose Page 110 Standing forward bend pose Page 93. plate 48. Staff pose Page 112 Forward Bend Page 169 Ujjayi breathing Page 441
4. Breathing techniques. Warm up. Integration of breath, movements and postures. (2/15)	The Sun Salutation Mountain pose Page 61 Tree pose Page 63, plate 2
5. Centering and visualization. (2/22)	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 (3/1)	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 (3/8)	Gate pose Page 86, plate 39 . Expanding leg stretch Page 81 to 84
8. Review. (3/15)	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. (3/22)	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. (3/29) spring recess	
11. Core and banda. Chakras (4/5)	Page .436-440
12. 6 categories of postures. (4/12)	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. Review (4/19)	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
14. How to make your own program. Benefits of postures. (4/26)	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
15. Introspection, energy centers, the relationship between organs and emotions (5/3)	Review.
16. Final exam day. (5/10)	Paper Due

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.