Contact Information

<table>
<thead>
<tr>
<th>Instructor</th>
<th>Junko Linafelter</th>
</tr>
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<tbody>
<tr>
<td>Office Location</td>
<td>N/A</td>
</tr>
<tr>
<td>Telephone</td>
<td>N/A</td>
</tr>
<tr>
<td>Email</td>
<td><a href="mailto:garyjunko@netzero.net">garyjunko@netzero.net</a> <a href="mailto:Junko.Linafelter@sjsu.edu">Junko.Linafelter@sjsu.edu</a></td>
</tr>
<tr>
<td>Office Hours</td>
<td>Monday/Wednesday 1300-1330 (EC AERO by appointment).</td>
</tr>
<tr>
<td>Class Meeting Days/Time</td>
<td>Friday 730-920 (sec 7), 930-11-20 (sec 8)</td>
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</tbody>
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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, skill tests, and written exams:

- Knowledge of fundamental skills, and techniques of hatha yoga.
- Proficiency in execution of the skills covered.
- A positive change in personal fitness as it relates to components such as cardiovascular endurance, muscular strength and endurance, flexibility, body composition, balance, coordination, and agility.
- An understanding of the history, rules, strategies, current research, safety and etiquette associated with hatha yoga.
- An understanding of, and learning the concepts of how to increase flexibility, build strength and stamina, improve mental health, and harmonize body and mind.
- An understanding modifications/precautions appropriate to specific population and how to use progressions effectively.
- An understanding of “mindful movement” as it applies to exercise.
- Experiencing self-discovery through introspection with yoga practice.
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
- Demonstrate a positive change in personal fitness as it relates to components such as cardiovascular endurance, muscular strength and endurance, flexibility, body composition, balance, coordination, and agility.

Text/Readings


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. No one will be allowed in after that time. Tardy, leaving early, and leaving in the middle of the class are not a good attitude. Even though you can enter the room, you will not get 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 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) You grade will be posted by 5/27, so do not e-mail me for your grade.

Recording class: Recording class is prohibited.
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 1330-1420, 1430-1520, EC-AERO
- Tuesday/Thursday: Pilates 1030-1120, EC-AERO
- Friday: Yoga 730-920, 930-1120, SPX 218

- Written Exam cannot be made up.
- Drop requests will not be accepted after the SJSU drop deadline.

Grading Policy

1) Participation (active work out) and effort (journal and attitude): 50%.
2) Written assignments: 20%.
   - Late papers won’t be accepted.
3) Midterm exam: 10%
4) Final exam: 20%.
   - No make up for missing the final exam, except in extreme cases.

GRADING

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

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Equivalent Grade</th>
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<tbody>
<tr>
<td>97% - 100%</td>
<td>A+</td>
</tr>
<tr>
<td>93% - 96%</td>
<td>A</td>
</tr>
<tr>
<td>90% - 92%</td>
<td>A-</td>
</tr>
<tr>
<td>87% - 89%</td>
<td>B+</td>
</tr>
<tr>
<td>83% - 86%</td>
<td>B</td>
</tr>
<tr>
<td>80% - 82%</td>
<td>B-</td>
</tr>
<tr>
<td>77% - 79%</td>
<td>C+</td>
</tr>
<tr>
<td>73% - 76%</td>
<td>C</td>
</tr>
<tr>
<td>70% - 72%</td>
<td>C-</td>
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<tr>
<td>67% - 69%</td>
<td>D+</td>
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<tr>
<td>63% - 66%</td>
<td>D</td>
</tr>
<tr>
<td>60% - 62%</td>
<td>D-</td>
</tr>
<tr>
<td>below 60%</td>
<td>F</td>
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Final examination
5/9
The location of the final exam day
SPX 218 730-920(sec 7), 930-1120(sec 8)
The last day of class
5/9
University website often has wrong info regarding the final exam dates and contact info. Please be careful.

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) Midterm examination.
5) Bring your notebook every time.
6) Wear comfortable attire. No jeans or skirts.

Written assignment

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 2nd 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
5/9 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.
Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of forty-five hours over the length of the course. This would include preparing for class, participating in course activities, and completing assignments/projects. Generally this will amount to 1 hour a week outside of class.

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 in the policies section at http://info.sjsu.edu/static/catalog/policies.html. Add/drop deadlines can be found on the current academic year calendars document at 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’s Academic Integrity policy at http://www.sjsu.edu/senate/S07-2.htm, 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 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 at http://www.sjsu.edu/senate/S07-2.htm requires approval of instructors.

Note: Outings/assignments completed for another class cannot be counted for this course.

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
requires that students with disabilities requesting accommodations must register with the Accessible Education Center (AEC) at [http://www.sjsu.edu/aec/](http://www.sjsu.edu/aec/) to establish a record of their disability.

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

<table>
<thead>
<tr>
<th>Week</th>
<th>Course Content (Assignments, Exams/Quizzes, ...)</th>
</tr>
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<tbody>
<tr>
<td>1</td>
<td>Guidance Greensheet policy</td>
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<tr>
<td>2</td>
<td>DVD Yoga Unveiled History of yoga What is yoga? Branches of yoga. The stages of yoga. Pages 19 to 53 Hints and cautions of the practice for asanas. Pages 431 to 444</td>
</tr>
<tr>
<td>3</td>
<td>Integration of breath, movements, and postures. Warm up Breathing techniques, Ujjayi breathing Page 441 The basic sitting and standing postures. Mountain pose Page 61, Staff pose Page 112</td>
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<tr>
<td>5</td>
<td>Timing of breath and weight shift. Flow. The Sun Salutation Tree pose Page 63, plate 2</td>
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<tr>
<td>6</td>
<td>Triangle pose Page 64, plate 4 Revolved triangle pose Page 64, plate 7 Extended lateral angle pose (Side stretch) Page 67, plate 8.9</td>
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<tr>
<td>7</td>
<td>The Moon Salutation. 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 pose Page 75, plate 19</td>
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<tr>
<td>8</td>
<td>6 categories of postures. How to make modifications Review</td>
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<tr>
<td>9</td>
<td>Locust pose Page 100, plate 60 Crocodile pose Page 101, plate 62</td>
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<tr>
<td>Date</td>
<td>Notes</td>
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| 10/4   | Bow pose Page 102  
        | 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 |
| 11/4/11| Midterm (practical final) |
| 12/4/18| 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 |
| 13/4/25| 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 |
| 14/5/2 | 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 |
| 15/5/9 | 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,