

**San José State University
Department of Kinesiology
Fall 2015, KIN 61A, Beg yoga**

Contact Information

Instructor	Junko Linafelter
Office Location	N/A
Telephone	N/A
Email	Junko.Linafelter@sjsu.edu
Office Hours	Monday/Wednesday 1100-1130 (EC AERO by appointment).
Class Meeting Days/Time	Friday 730-920 (sec 5) 930-1120@ EC-Aero

Course Description

In this course, the student will learn the correct movements, postures, and sequence(s) used in traditional Hatha yoga. Emphasis will be on learning fundamental yoga asana skills and knowledge.

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 yoga postures, sequences, breath skills, technique, progressions, and safety related to Hatha yoga.
- Proficiency in the execution of the skills covered.
- An understanding of 'mindful movement' as it applies to exercise.
- An understanding of the history and current research 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 (APLO)

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, philosophy, rules, strategies, current research, safety, body and mind connection, breath control, mindfulness, meditation and the method of introspection and etiquette related to the specific activities completed.
- Identify and/or explain the benefits of physical activity as related to physical and mental health.

Course Content (activities & skills)

- Fundamental yoga postures and sequences.
- The basic yoga breath technique.
- Skills designed to Improve flexibility, balance, coordination, and body alignment.
- Mindful exercise and meditation.
- Integration of breath and movement.

Course content (concept/knowledge)

- Yoga history, philosophy, exercise (including technique and safety)
- Health benefits of yoga practice
- Body and mind connection
- Breath control
- The method of introspection
- Mindfulness
- Meditation

Required Text/Readings

Light on Yoga B.K.S Iyenger. Schocken Books New York. ISBN 0-8052-1031-8
Class handouts supplied by instructor.

Course Notes

- 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.
- 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.
Class protocol: Students are expected to arrive on time and participate fully in all activities throughout the class period. Therefore, 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. Turn cell phone off, and put it away for the duration of the class. Interactions with classmates and the instructor are expected to be respectful at all times.
 - Bring a pen to every class, to write in your journal.
- Written Exam cannot be made up.
 - Absences for documented serious and compelling reasons (e.g., injury, illness) are acceptable. Students may make up three classes.
 - Drop requests will not be accepted after the SJSU drop deadline.
 - Course grades will be posted by 5/26, so do not e-mail me for your grade.
 - Recordings during class are 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.

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 1130-1220, 1230-1320, 1330-1420 EC-AERO

Friday Yoga 730-920, 930-1120 EC-AERO

Midterm:

Midterm 1 : 3/13

Midterm 2 : 4/10

Paper due:

5/8

Final examination:

5/8

The location of the final exam day:

EC-AERO Same as class meeting time

The last day of class:

5/8

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

Course Requirements and Grading Policy

30% Skills Exam (APLO 1) Midterm 1, 15%, Midterm 2, 15%

30% Participation - assessed through observation of skills and engagement in class activities (APLO 1)

30% Written Final Exam (APLO 2 & 3)

10% Journal (APLO 2)

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

Percentage	Equivalent Grade
97% - 100%	A+
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

Tests:

Written exam will cover:

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

Skills Exam 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

Assignment: Journal

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

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 preparation for exams.

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](http://info.sjsu.edu/static/catalog/policies.html) at <http://info.sjsu.edu/static/catalog/policies.html>. Add/drop deadlines can be found on the current [academic year calendars](http://www.sjsu.edu/provost/services/academic_calendars/) document at http://www.sjsu.edu/provost/services/academic_calendars/. The [late drop policy](http://www.sjsu.edu/aars/policies/latedrops/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](http://www.sjsu.edu/advising/) 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](http://www.sjsu.edu/senate/S07-2.htm) 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](http://www.sjsu.edu/studentconduct/) 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](http://www.sjsu.edu/senate/S07-2.htm) at <http://www.sjsu.edu/senate/S07-2.htm> requires approval of instructors.

Note: 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](http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf) 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](http://www.sjsu.edu/aec/) (AEC) at <http://www.sjsu.edu/aec/> to establish a record of their disability.

Accommodation to Students' Religious Holidays

San José State University shall provide accommodation on any graded class work or activities for students wishing to observe religious holidays when such observances require students to be absent from class. It is the responsibility of the student to inform the instructor, in writing, about such holidays **before the add deadline** at the start of each semester. If such holidays occur before the add deadline, the student must notify the instructor, in writing, at least three days before the date that he/she will be absent. It is the responsibility of the instructor to make every reasonable effort to honor the student request without penalty, and of the student to make up the work missed. See University Policy S14-7 at <http://www.sjsu.edu/senate/docs/S14-7.pdf>.

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

Week	Course Content (Assignments, Exams/Quizzes, ...)
1	Introduction

Week	Course Content (Assignments, Exams/Quizzes, ...)
2	<p>History of yoga What is yoga? Branches of yoga. The energy centers in the body. The body constitutions. The stages of yoga. Pages 19 to 53 Hints and cautions of the practice for asanas. Pages 431 to 444</p>
3	<p>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, Gate pose p.86 Half moon pose. Page 75, plate 19 (Child pose, Crescent pose, Thread the needle pose. Crossed leg spinal twist, Corpse pose, Leg lock pose)</p>
4	<p>How to make modifications. Powerful sitting pose. Page 89 (Awkward pose) Eagle pose page98 plate 56 Monkey pose Page 90, plate 43 Cobra pose Pages108, plate72,73 Upward dog pose Page 109 Downward facing dog pose Page 110 Standing forward bend pose Page 93. plate 48. Forward Bend pose Page 169 (Hands to feet pose) Tree pose Page 63, plate 2</p>
5	<p>Timing of breath and weight shift. Flow. The Sun Salutation</p>
6	<p>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)</p>

Week	Course Content (Assignments, Exams/Quizzes, ...)
7	Midterm 1
8	<p>The Moon Salutation. Warrior 1 Page 71 Warrior 2 Page 72 (Warrior 3 Page 74) (Reverse warrior pose) Intense side stretch Page 66, plate 9 6 categories of postures. How to make modifications Review</p>
9	<p>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)</p>
10	<p>Kneeling wheel pose Page 88 (Camel pose) (Rabbit pose) Opened legs forward bend pose Page 165, plate 151 One nostril breathing. Page 443</p>
11	Midterm 2
12	<p>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</p>
13	Core and banda

Week	Course Content (Assignments, Exams/Quizzes, ...)
	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 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
14	Boat pose Page 113, plate 78 Cow face pose Page 115 The sun of god pose Page 160, plate 144 Frog pose Page 126, plate 100 Butterfly pose Page 128 to 129
15	review
16	Written Final Exam

