

**San José State University  
School/Department  
61A, Hatha Yoga,**

**Instructor:** Laurence Caughlan  
**Office Location:** SPX 301  
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**Email:** Laurence.Caughlan@ sjsu.edu  
**Office Hours:** Mon.6:30 to 7:20,Wed. 6:30 to 7:20

**Class Days/Time:**  
**Mon. Sec.1 7:30,Sec.2 9:30**  
**Sec.3 11:30 ,Wed. Sec.4 7:30**  
**Sec.5 9:30,Sec.6 11:30**

**Class Room : Events Center  
Aerobics Room**

**Course Description**

To learn the correct movements, postures, and sequences used in traditional Hatha Yoga. To learn the extent and background of all branches of Yoga with particular emphasis on the physical conditioning of Hatha Yoga.

**Course Goals and Student Learning Objectives**

To gain maximum flexibility, strength, and body control through the practices of Hatha Yoga. To gain greater sensitivity of mind and body awareness, through the practices of Yoga, deep breathing, and meditation. The student will demonstrate knowledge of the philosophy and cultural implications related to Yoga.

**Required Texts/Readings**

**Textbook**

“Yoga: The Spirit of Union”  
By Lar Caughlan

**Classroom Protocol**

- A. Active participation in all class activities including lectures, practice, discussion, written exam, skill test, and book notes.
- B. Attending classes in a timely manner.
- C. Loose-fitting clothes. Remove shoes before class.
- D. Cooperation and mature behavior expected in class.

- E. The last class will be before Dead Day. The final exam will be on the last day of class.

## **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](http://info.sjsu.edu/static/catalog/policies.html) section at <http://info.sjsu.edu/static/catalog/policies.html>. Add/drop deadlines can be found on the [current academic calendar](http://www.sjsu.edu/academic_programs/calendars/academic_calendar/) web page located at [http://www.sjsu.edu/academic\\_programs/calendars/academic\\_calendar/](http://www.sjsu.edu/academic_programs/calendars/academic_calendar/). 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/>.

## **Assignments and Grading Policy**

- A. Required text will be used as a workbook throughout the semester, to be submitted as a photo copy during the final class. This will be 30% of your grade.
- B. General participation and performance of skills. 30%.
- C. Written Final Exam. 40%.

## **University Policies**

### **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), located 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](http://www.sa.sjsu.edu/judicial_affairs/index.html) is available at [http://www.sa.sjsu.edu/judicial\\_affairs/index.html](http://www.sa.sjsu.edu/judicial_affairs/index.html).

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 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 requires that students with disabilities requesting accommodations must

register with the [Disability Resource Center](http://www.drc.sjsu.edu/) (DRC) at <http://www.drc.sjsu.edu/> to establish a record of their disability.

## Kin 61A / Beginning Hatha Yoga, Course Schedule

**Table 1 Course Schedule**

Week	Topics, Readings, Assignments, Deadlines
1	Introduction to the foundation of Yoga/Meditation. Course requirements and objectives.
2	Lecture on historical background of Yoga and its use in modern culture. First workbook notes.
3	Beginning 14 part Yoga Asanas (posture) sequence.
4	Introduction to chapter 1, 12 position sun cycle and 14 part review.
5	Introduction to Yoga eye exercises, Yoga deep breathing method, and two new additional Asanas.
6	Supplemental “core class” worksheet: Illustrations and areas of concentration. One additional Asana.
7	Midterm review class, including final core Asana.
8	Midterm-written. Introduction to other branches of Yoga.
9	Self-taught core class. 21 parts.
10	General review and three additional Asanas.
11	Core class, yoga film, and discussion.
12	24 part review.
13	Introduction to intermediate Asanas totaling 30 part class.
14	Final review class.
15	Final class. Book notes due as photocopy.