San Jose State University  
Kinesiology  
Fall 2019, KIN 61A, Beginning Hatha Yoga

Contact Information

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<td>Class Meeting Days/Time</td>
<td>Fridays</td>
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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:

Upon successful completion of course requirements through activities, skill learning, assigned reading, and written exams, students will be able to:

1. Demonstrate an understanding of the physical, mental and energetic benefits that accompany the practice of all areas of yoga. To integrate the positive benefits of yoga into your daily life.
2. Demonstrate an understanding of the basic terminology, etiquette and safety.
3. Learn and use safe, aligned movement technique.
4. Complete a balanced routine-Breath practice; Warm ups which energize and open the body; Strength, balance and flexibility through a varied selection of yoga asanas; and then Come to a place of completion at the end of each class with deep relaxation, concentration and meditation techniques.

Activity Program Learning Objectives

Concepts, history and Basic terminology.
An understanding of the physical, mental and energetic benefits of yoga.
An understanding of asanas, breath practice, meditation and concentration techniques.
An understanding of the alignment and issues.
The ability and awareness to choose the asana variation appropriate for you.
Use all of these skills in daily life.

Basic skills:

1. You will learn correct alignment, movement into and out of, and the point of concentration for many Hatha Yoga Asanas (postures).
2. You will practice specific breath, concentration, energy and meditation techniques to increase mental clarity, expansion and concentration.
3. You will learn seated alignment skills for concentration and meditation techniques.

4. The ability to choose a combination of yoga asanas and other practices which are appropriate for you to do at home both during the semester and after the class is over.

5. Use the skills that you have learned in this class to help you with other classes that you are taking. Many of these yoga practices can increase concentration, creativity and mental clarity.

Methodology
a) Group lecture  b) Individual instruction  c) Directed practice  d) Demonstration  
e) Assigned readings  f) Written assignment  g) Written quiz.

Course Reader (Required)
Purchase the course reader for this class at Maple Press  
On the edge of campus at 330 South 10th Street.  
They only accept cash

Course Requirements
a. Active participation in all class activities, including lectures, practice, quizzes, and assignments.  
Bring your course reader to each class and read the appropriate pages ahead of time.
b. Attending all classes for instruction. You need to sign the role sheet at the beginning of each class. 
During nearly every class I will be checking a specific asana and/or related movement and positioning details.  
If for any reason you have to leave early, you need to write me a note on a full size piece of paper.
c. Wear comfortable unbinding clothes that do not restrict your movement or breath.  
d. Cooperation and mature behavior are expected in the class.  
e. At least 5 minutes warm-up period is required before any skill practice.  
f. You can bring your own yoga mat, it is recommended but not required  
g. Put all of your personal items in the designated area of the room.  
h. Common courtesy and professional behavior dictates that you notify someone when you are recording him/her. You must obtain the instructor’s permission to make audio or video recordings in this class. This permission allows the recordings to be used for your private, study purposes only. 
The recordings are the intellectual property of the instructor; you have not been given any rights to reproduce or distribute the material. Course material developed by the instructor is the intellectual property of the instructor and cannot be shared publicly without his/her approval. You may not publicly share or upload instructor-generated material for this course such as exam questions, lecture notes, or homework solutions without instructor consent.

Emphasis will be on learning fundamental yoga asana skills and yoga practices. It is assumed that students enrolled in the class have little or no experience in basic yoga asana skills or knowledge.
Grading Policy

50% Participation and knowledge of skills and turning in papers on time.
10% Work sheets / Finals assignment / Turning thing in on time
20% Assignment – Journal Notes
20% Written Quiz

Participation details:
During nearly every class I will be checking a specific asana and/or related movement and positioning details. You need to be in class to receive credit for knowledge of the asana and related alignment issues.
Also I will be checking knowledge of pranayama, meditation and asana sequencing.

If you miss a class because you feel that you know the material already, contact me in a timely manner and I will then assign you a paper to turn in related to the topics involved for the class(es) you have not attended. You need to let me know before hand.

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.

Over all Class Grading:
A =90%--100%
B =80%-- 89%
C =70%-- 79%
D =60%-- 69%
F = 59% or lower

Written quiz - September 27th.
There are ten questions, some are based on the course reader pages that I have talked about during class and some are based on skills that you have learned during the class.
No make-up for missing quiz except in extreme cases.

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
Beginning Yoga - (The bold italic phrases refer to course reader pages.)
General order of when we focus on specific course reader pages.

**Week - 1 and 2**
Welcome to class and what you should expect for the semester.
Introduce alignment, breath, relaxation and beginning asanas.

*Course Outline* and *Journal Notes*
*Kinesiology Department Policies* pages.
*General Guidelines* and *Yoga Benefits* pages.
Turn in *What Are You Expecting, Personal Level of Participation* pages.

*Warm ups / Diaphragmatic Breathing*
Savasana / Deep Relaxation / Namaste / pauses
Table and Tadasana, alignment practices

*Alignment* page

*Pranayama* page.
Individual asanas of the *Sun Postures*.
Introduce *Asana Images* pages.
Bridge / Pelvic tilt
Cobra
Supine twist - basic
Moon - basic

**Week 3 and 4**
Continue with course reader pages from week 1 and 2

*Yoga History / Theory*
*Balanced Routine* and *Order of Movement* pages.

*Meditation* page.

*Sun Postures and Asana Pages*

*Alignment Assignment* page.
Focus on the breath pattern with the standard sun postures routine.
Three part diaphragmatic breathing
Seated alignment demo
Beginning floor, seated and standing asanas
Basic asana flows (firm, child, hare) and (seated alignment, forehead to knees, boat)
Cobra- arms behind
Supine rotation – Cross legged and variations
Cobra –arms behind / locust
Gate

**Week 5 and 6**
Emphasis a complete and balanced routine.

*Asana Central Instruction*

*Pranayama 1*
Measured breath
Sphinx
New variations of the moon pose
Sun posture variations
Bridge
Visualization – Healing Energy
Week 7 and 8
Quiz
Turn in Personal Assessment / Request page.
Pranayama II - page Lunar / Solar Breath
New variation of seated rotation
Half bow
Dolphin
Bridge – arms under, leg raises
Locust / Tree
Pigeon / Butterfly
Lunar / Solar Breath
Hong/Sau

Week 9 and 10
Chakra chart
Chakra Diagrams
Chakra Class
Affirmation pages.
Ashtanga pages.
Yamas / Niyamas
Pranayama II page
Begin to choose your individual asana version and do more of the asanas on your own
Sun posture variations
Fish
Visualization-universal travel

Week 11 and 12
Hong/Sau meditation
Extra long deep relaxation – Energy Flush
Energy / thoughts / magnetism Pigeon
Butterfly
Guided visualization –calm mind
Warrior
Tree variations
Bridge pose at wall
Review details of alignment to deepen experience.

Week 13 and 14 and 15
Journal notes due.
Work more with pranayama, breath and meditation practices including hong/sau.
Expand upon all of the yoga practices so far introduced.
Review details of alignment to deepen experience.
More Visualizations
More sun posture variations
Inverted L at wall.
Shoulder stand at wall
Review of asanas, one category at a time.
Finals Assignment

Each week we will expand upon the asana pages. Look them over through out the semester.