

Department of Kinesiology, SJSU
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Spring 2013

KIN 61A Beginning Hatha Yoga

Description 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.

Objectives and Learning Outcomes:

Upon successful completion of course requirements 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.

Contents

Knowledge:

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 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.
- c. Wear comfortable unbinding clothes that do 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.

Grading

- a. Participation.....60%

You need to come to class on time, fully participate in the class and not leave early.

1 absence is A level. 2 absences is B level. 3 absences is C level.

If for any reason you have to leave early, you need to write me a note on a full size piece of paper.

If you are not there at the end of class you will be counted as absent.

Do not assume that you have any excused absences. If you have any questions contact me in person.

- b. Written quiz20%

Based on the course reader and lectures.

No make-up for missing quiz except in extreme cases.

C=6.25, B=7.75, A=9.25 - Whole grades out of 10.

- c. Class Assignment of Journal Notes20%

See separate sheet for complete information.

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

Course Reader (Required)

Purchase the course reader for this class at Maple Press

One block off campus at 481 E San Carlos Street.

University policies

1. Academic integrity statement (from Office of Judicial Affairs):

The University's Academic Integrity policy, 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 is available at <http://www.sjsu.edu/studentconduct/>.

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

3. Policies and deadlines Kinesiology Department Information can be found on line. Students are

responsible for understanding the policies and procedures about add/drop, Refer to the current semester's Catalog Policies section at <http://info.sjsu.edu/static/catalog/policies.html>. Add/drop deadlines can be found on the current academic calendar web page at http://www.sjsu.edu/provost/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.

KIN 61A - The bold italic phrases refer to 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.

Yoga History / Theory

Warm ups

Diaphragmatic Breathing

Savasana / Deep Relaxation / Namaste / pauses

Table and Tadasana, alignment practices

Alignment page

Individual asanas of the ***Sun Postures***.

Introduce ***Asana Images*** pages.

Bridge / Pelvic tilt

Cobra

Supine twist

Week 3 and 4

Continue with course reader pages from week 1 and 2

Balanced Routine and ***Order of Movement*** pages.

Alignment Assignment page.

Focus on the breath pattern with the standard sun postures routine.

Pranayama page.

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

locust

Bridge with arms under

Gate

Week 5 and 6

Emphasis a complete and balanced routine.

Affirmation pages.

Meditation page.

Measured breath

Double breath

Hong Sau

Sphinx

New variations of the moon pose

Sun posture variations

Bridge

Warrior

Week 7 and 8

Review first half of the semester.

Quiz

Turn in *Personal Assessment / Request* page.

New variation of seated twist

New variations of the boat pose

Tree

Triangle

Week 9 and 10

Review quiz

Ashtanga pages.

Yamas / Niyamas

Pranayama II page

Energy / thoughts / magnetism

Begin to choose your asana version

Begin to do some of the asanas on your own

Sun posture variations

Inverted poses

Fish

Week 11 and 12

Extra long deep relaxation.

Chakra chart

Chakra Diagrams

Chakra Class

Guided visualization.

Traditional locust

Chair pose

Camel stretch

Week 13 and 14 and 15

Work more with pranayama, breath and meditation practices including hong/sau.

Expand upon all of the yoga practices so far introduced.

Visualizations

More sun posture variations

Dolphin pose

Optional *Advanced Level Asanas*

Inverted L at wall.

Shoulder stand at wall

Half bow

In depth review of asanas, one category at a time.

Journal notes due.

Course evaluations

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