San José State University
Kinesiology
Fall 2016, KIN 61A Section 6, Beginning Hatha Yoga

Contact Information

Instructor: Sandy Olliges
Office Location: SPX 170
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Email: solliges.yoga@comcast.net
Office Hours: MW 10:45 - 11:45 a.m., Tues. by appointment
Class Meetings & location Tuesday 1:30 - 3:20 p.m. Event Center Aerobics Room

Course Description

In this course the student will learn the correct movements, postures and sequence used in traditional Hatha Yoga.

Web Resource

Course materials may be found at https://sites.google.com/a/sjsu.edu/olliges-sjsu/ and may be sent to you via MySJSU email. Please keep your MySJSU email address updated. This syllabus is also posted on the Kinesiology website: http://www.sjsu.edu/kinesiology/GreenSheet/.

Following activities and assigned reading, students will be able to demonstrate through class activities/assignments, skills tests, and written exams,

- The correct movements, postures, and sequences used in Hatha yoga, as taught in the Kali Ray TriYoga system. Emphasis will be on learning fundamental Yoga asana skills and related techniques and principles;
- Proficiency in execution of the skills covered;
- An understanding of ‘mindful movement’ as it applies to exercise;
- An understanding of meditation as it applies to exercise;
- An understanding of the history, rules, strategies, current research, safety, and etiquette associated with Yoga;
- An understanding of the mental and physical health benefits to be derived from 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;
• An understanding of how to reduce mental and emotional stress levels through breath work, concentration, meditation, physical training, and an increased understanding of the body/mind relationship;
• An understanding of the various paths of Yoga, the goal of which is Self-realization.

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.

Text/Readings
Required Text (available from SJSU Bookstore):


Read the following chapters: 1-4 and 7-10.

Course Notes
The training room will be treated as a traditional ashram (a place of spiritual practice). The following serves as introductory etiquette:

• Students are expected to be punctual and remain to the end of the class.
• Students should wear comfortable clothes that will allow unimpeded movement.
• Jewelry must be removed and pockets emptied. Shoes and socks must be removed. Keep hands and feet clean.
• No eating or chewing gum.
• An attitude of respect is to be maintained for all participants at all times.
• Practice is relaxed and internally focused.
• All injuries will be immediately reported to the instructor.
• Students will participate in breath work (*pranayama*), chanting, visualization, and meditation.
• Cell phones and other electronic devices will not be used during class.

IMPORTANT COURSE INFORMATION AND REQUIREMENTS:
• Active class participation is essential to fulfill the course requirements. Participation can be made up as described below; all make-up work must be completed by December 6, 2016.
• Class time lost due to injury or illness: Timely communication between the student and the instructor regarding an ongoing illness or injury is a must. Special arrangements regarding such issues need to be handled at the onset of the condition.
• There are no make-ups for the skills test.
• Five points will be deducted for each class day that an assignment is turned in late.

Course Requirements, Assignments, and Grading

Tests and Other Assignments:

ASSIGNMENT SCHEDULE:
• 10% Take-Home Test 9-20–16
  o Based on readings in required text (see above)
  o Turn in hard copy in class on or before 9-20-16
• 10% Midterm Paper 10-25–16
• 20% Skills Testing 11-22 and 11-29
• 10% Final Paper 12-6-16
• 50% Skill Development through class participation 8-30 through 12-6
  • Includes Yoga Flow at Home paragraph, due 10-11-16

PAPERS
• Papers may be submitted by hard copy in class or by email to solliges.yoga@comcast.net Papers must be in 12-point font, double-spaced.
• I will deduct up to 10% of the paper’s grade for mistakes in grammar and/or punctuation. The papers are expected to be written at a college level of proficiency.
• If submitted by email, papers must either be Word or Pages or be copied into the body of the email. I will send you a reply within 24 hours of receiving your paper. If you have not received a reply by the due date, your assignment will be considered late. Alternately, you can hand in a hard copy in class, on or before the due date.
• Points will be deducted for late assignments (5 points per class day).

Yoga Flow at Home Assignment
Due October 11, 2016

Perform the cat-to-mountain flow for 10 minutes per day, for at least 5 days from Oct 3 to Oct 9. Write 1 paragraph describing your experience with this daily practice. This assignment will be counted as part of your class participation grade.

Midterm Paper Assignment
Due October 25, 2016
Refer to Chapter 4 in the textbook, *The Path of Yoga*, which describes the five moral precepts and the five practices of self-restraint that are given by Patanjali in the *Yoga-Sutra*. Choose one of the moral precepts or one of the practices of self-restraint.

Write a one- to three-page essay describing your understanding of and experience with this precept or practice and how it is related to Yoga.

**Final Paper**  
**Due December 6, 2016**

Pick **one** of the following question sets. Write a one- to three-page paper that answers the question set that you have chosen.

1. Do you identify yourself with your body or with your mind and feelings, or with the seer who sees through the mind? How would you recognize these different ways of seeing yourself?

2. Do you feel there is a reason or a purpose for your existence? How is this purpose served by your incarnation in this body at this time and place?

3. How do your mental posture and emotional state affect your physical posture? And vice versa?

4. Can you identify in yourself two natures—lower and higher, or carnal and spiritual? What are the tendencies and habits of these two natures?

5. What do you think is the relationship between the existence of something and its perception by someone?

**SKILLS TEST**  
November 22 and November 29

Students will demonstrate sequences of postures that have been taught during the semester. Evaluation will be based on correct alignment, rhythmic movement, economy of motion, and mudra. Everyone will participate in these flows while I observe selected students’ skills.

**Grading**

**EVALUATION:**

Develops Skills Through Class Participation  
Instructor will observe students’ performance of Yoga skills during their class participation, evaluating focus, alignment improvement, and rhythmic movement. Student performs Yoga Flow at Home assignment and submits written paragraph.
Take-Home Test (Based on readings from required text) 10%
Written Midterm Paper 10%
Skills Testing 20%
Final Paper 10%

Class Make-Ups

The instructor continually assesses the students’ development of skills during class participation, which accounts for 50% of the grade.

Students can make up for missed participation by completing additional written assignments.

To make up one class via written assignment, Refer to Chapter 4 in the textbook, *The Path of Yoga*, which describes the five moral precepts and the five practices of self-restraint that are given by Patanjali in the *Yoga-Sutra*. Choose one of the moral precepts and one of the practices of self-restraint that you did not write about in your midterm paper.
Write one page about the moral precept and one page about the practice of self-restraint, describing your understanding of and experience with this precept and practice and how they are related to Yoga.

There are no make-ups for the skills test.

Penalty for Late Take-Home Tests and Papers

There will be a 5-point penalty for each class day that the take-home test or midterm paper is turned in late. No assignments or make-up work will be accepted after the last day of class, December 6, 2016.

University Policies

Information pertaining to university programs and policies designed to facilitate student success can be found here:

http://www.sjsu.edu/gup/syllabusinfo/
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, Activities)</th>
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| 1    | Aug 30  
Introduction to TriYoga  
Begin reading the following chapters in *The Path of Yoga* and begin working on the Take-Home Test:  
Chapters 1-4 and 7-10. |
| 2    | Sept 6  
Level 1 Series 1 asana, pranayama, concentration, meditation |
| 3    | Sept 13 
Level 1 Series 1 asana, pranayama, concentration, meditation |
| 4    | Sept 20 
Level 1 Series 1 asana, pranayama, concentration, meditation  
**Take-Home Test Due – Bring Hard Copy to Class** |
| 5    | Oct 4   
**No Class - Yoga Flow at Home assignment** |
| 6    | Oct 11  
**Paragraph describing Yoga Flow at Home due**  
Level 1 Series 2 asana, pranayama, concentration, meditation |
| 7    | Oct 18  
Level 1 Series 2 asana, pranayama, concentration, meditation |
| 8    | Oct 25  
**Midterm Paper Due**  
Level 1 Series 2 asana, pranayama, concentration, meditation |
| 9    | Nov 1   
Level 1 Series 3 asana, pranayama, concentration, meditation |
| 10   | Nov 8   
Level 1 Series 3 asana, pranayama, concentration, meditation |
| 11   | Nov 15  
Level 1 Series 3 asana, pranayama, concentration, meditation |
| 12   | Nov 22  
**Skills Test** |
| 13   | Nov 29  
**Skills Test** |
| 14   | Dec 6   
Level 1 Series 3 asana, pranayama, concentration, meditation  
**Final Paper Due, Last Day to turn in late assignments and make-up work.** |