San José State University
Kinesiology
KIN 61A, Beginning Hatha Yoga, Section 7, Fall 2014

Course and Contact Information

Instructor: Sandy Olliges
Office Location: SSC 400
Telephone: (408) (924-3058)
Email: Solliges.yoga@comcast.net
Office Hours: Mondays 11 a.m. – 1 p.m., Tuesdays by appointment
Class Days/Time: Tuesdays 2:30 – 4:20 p.m.
Classroom: YUH 208

Email Information
Class information will be sent to you via MySJSU email. Please keep your MySJSU email address updated. This syllabus is posted on the Kinesiology website: http://www.sjsu.edu/kinesiology/GreenSheet/.

Course Description

In this course the student will learn the correct movements, postures and sequence used in traditional Hatha Yoga. The students will learn the Kali Ray TriYoga system.

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 skills, technique, terminology, and philosophy related to Yoga;
- Proficiency in execution of the skills covered;
- A positive change in personal fitness as it relates to components such as cardiovascular endurance, flexibility, balance, strength, coordination, and agility;
- 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 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, whose goal 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
  1. Demonstrate a positive change in personal fitness as it relates to components such as cardiovascular endurance, muscular strength and endurance, flexibility, body composition, balance, coordination, and agility.

Required Texts/Readings

Textbook

Required Text (available from SJSU Bookstore):


Read the following chapters: 1-5, 7-10, and 13.

Course Requirements and Assignments

Tests and Other Assignments:

ASSIGNMENT SCHEDULE:

- 10% Take-Home Test 9-16-14
  - Based on readings in required text (see above)
- 10% Midterm Paper 10-14-14
- 20% Skills Testing 11-18 and 11-25
- 10% Final Paper 12-9-14
- 50% Skills demonstrated during class participation 8-26 through 12-9

PAPERS

- Papers may be submitted by email to solliges.yoga@comcast.net. They must either be Microsoft Word or PDF attachments 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 (3 points per class day).

- Remember – you must complete at least one of the written assignments at a satisfactory level in order to receive a passing grade in the class.

Midterm Paper Assignment

Due October 14, 2014
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 9, 2014**

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 oneself?

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**  
**Beginning 11-18-14**

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.

**Grading Policy**

**Grading Plan**

**EVALUATION:**

- Demonstrates Appropriate Skills During Class Participation 50%
  
  Instructor will observe students’ performance of Yoga skills during their class participation.

- Take-Home Test (Based on readings from required text) 10%

- Written Midterm Paper 10%

- Skills Testing 20%

- Final Paper 10%
Grading Scale used to determine letter grade for each component above.

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<thead>
<tr>
<th>Percentage</th>
<th>Equivalent Grade</th>
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<tbody>
<tr>
<td>97% - 100%</td>
<td>A+</td>
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<tr>
<td>93% - 96%</td>
<td>A</td>
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<tr>
<td>90% - 92%</td>
<td>A-</td>
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<td>87% - 89%</td>
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<tr>
<td>83% - 86%</td>
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<td>D+</td>
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<td>60% - 62%</td>
<td>D-</td>
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<td>below 60%</td>
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Class Make-Ups

The instructor continually assesses the students’ performance of skills during class participation. Missing more than two classes will result in a lowering of the participation grade.

Students can make up participation points by attending classes in the other section and/or by completing additional written assignments. See instructor for information on written assignments.

There are no make-ups for the skills test.

Penalty for Late Take-Home Tests and Papers

There will be a 3-point penalty for each class day that the take-home test or midterm paper is turned in late. Final papers must be turned in on the last day of class, December 9.

Classroom Protocol

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 joyful.
- All injuries will be immediately reported to the instructor.
- Students will participate in breath work (pranayama), chanting, visualization, and meditation.

**IMPORTANT COURSE INFORMATION AND REQUIREMENTS:**

- Active class participation is essential to fulfill the course requirements. You will be allowed to miss two classes without any deduction of participation points. Missing 12 or more classes will result in inadequate demonstration of Appropriate Yoga Skills During Class Participation. Absences can be made up by arranging with the instructor for an alternate assignment, which must be completed by December 9, 2014.
- 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.**
- To obtain a passing grade in the class, at least one written assignment must be completed at a satisfactory level. Three points will be deducted for each class day that an assignment is turned in late.

**University Policies**

**Dropping and Adding**

Students are responsible for understanding the policies and procedures about add/drop, grade forgiveness, and so forth. 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 year calendars document on the [Academic Calendars webpage](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/).

**Consent for Recording of Class and Public Sharing of Instructor Material**

[University Policy S12-7](http://www.sjsu.edu/senate/docs/S12-7.pdf), http://www.sjsu.edu/senate/docs/S12-7.pdf, requires students to obtain instructor’s permission to record the course.

- “Common courtesy and professional behavior dictate 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. Such 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.”
  - Because active participation of other students may be on the recording, permission of those students or must be obtained as well.
“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.”

Academic Integrity

Your commitment, as a student, to learning is evidenced by your enrollment at San Jose State University. The University Academic Integrity Policy S07-2 at http://www.sjsu.edu/senate/docs/S07-2.pdf 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/.

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 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 (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.

Student Technology Resources

Computer labs for student use are available in the Academic Success Center at http://www.sjsu.edu/at/asc/ located on the 1st floor of Clark Hall and in the Associated Students Lab on the 2nd floor of the Student Union. Additional computer labs may be available in your department/college. Computers are also available in the Martin Luther King Library. A wide variety of audio-visual equipment is available for student checkout from Media Services located in IRC 112. These items include DV and HD digital camcorders; digital still cameras; video, slide and overhead projectors; DVD, CD, and audiotape players; sound systems, wireless microphones, projection screens and monitors.

SJSU Peer Connections

Peer Connections, a campus-wide resource for mentoring and tutoring, strives to inspire students to develop their potential as independent learners while they learn to successfully navigate through their university experience. You are encouraged to take advantage of their services which include course-content based tutoring, enhanced study and time management skills, more effective critical thinking strategies, decision making and problem-solving abilities, and campus resource referrals.

In addition to offering small group, individual, and drop-in tutoring for a number of undergraduate courses, consultation with mentors is available on a drop-in or by appointment basis. Workshops are offered on a wide
variety of topics including preparing for the Writing Skills Test (WST), improving your learning and memory, alleviating procrastination, surviving your first semester at SJSU, and other related topics. A computer lab and study space are also available for student use in Room 600 of Student Services Center (SSC).

Peer Connections is located in three locations: SSC, Room 600 (10th Street Garage on the corner of 10th and San Fernando Street), at the 1st floor entrance of Clark Hall, and in the Living Learning Center (LLC) in Campus Village Housing Building B. Visit Peer Connections website at http://peerconnections.sjsu.edu for more information.

SJSU Writing Center

The SJSU Writing Center is located in Clark Hall, Suite 126. All Writing Specialists have gone through a rigorous hiring process, and they are well trained to assist all students at all levels within all disciplines to become better writers. In addition to one-on-one tutoring services, the Writing Center also offers workshops every semester on a variety of writing topics. To make an appointment or to refer to the numerous online resources offered through the Writing Center, visit the Writing Center website at http://www.sjsu.edu/writingcenter. For additional resources and updated information, follow the Writing Center on Twitter and become a fan of the SJSU Writing Center on Facebook. (Note: You need to have a QR Reader to scan this code.)

SJSU Counseling Services

The SJSU Counseling Services is located on the corner of 7th Street and San Fernando Street, in Room 201, Administration Building. Professional psychologists, social workers, and counselors are available to provide consultations on issues of student mental health, campus climate or psychological and academic issues on an individual, couple, or group basis. To schedule an appointment or learn more information, visit Counseling Services website at http://www.sjsu.edu/counseling.
**Kin 61A / Beginning Yoga Section 7, Fall 2014, Course Schedule**

The schedule is subject to change with fair notice, which may include verbal announcements in class and/or written email to students.

**Course Schedule**

<table>
<thead>
<tr>
<th>Week</th>
<th>Course Content (Assignments/Activities)</th>
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| 1 Aug 26 | Begin reading the following sections in *The Path of Yoga* and begin working on the Take-Home Test:  
   - Read the following chapters: 1-5, 7-10, and 13.  
   - Introduction to TriYoga |
| 2 | Level 1 Series 2-1 asana, pranayama, concentration, meditation |
| 3 | Level 1 Series 2-1 asana, pranayama, concentration, meditation |
| 4 Sept 16 | Level 1 Series 2-1 asana, pranayama, concentration, meditation  
   - **Take-Home Test Due – Bring Hard Copy to Class** |
| 5 | Level 1 Series 2-1 asana, pranayama, concentration, meditation |
| 6 | Level 1 Series 2-2 asana, pranayama, concentration, meditation |
| 7 | Level 1 Series 2-2 asana, pranayama, concentration, meditation |
| 8 Oct 14 | Level 1 Series 2-2 asana, pranayama, concentration, meditation  
   - **Midterm Paper Due** |
<p>| 9 | Level 1 Series 2-3 asana, pranayama, concentration, meditation |
| 10 | Level 1 Series 2-3 asana, pranayama, concentration, meditation |
| 11 | Level 1 Series 2-3 asana, pranayama, concentration, meditation |
| 12 Nov 11 | <strong>Veterans’ Day – No Class</strong> |
| 13 Nov 18 | Skills Test |
| 14 Nov 25 | Skills Test |
| 15 | Level 1 Series 2 asana, pranayama, concentration, meditation |</p>
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<thead>
<tr>
<th>Week</th>
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<tbody>
<tr>
<td>16</td>
<td>Level 1 Series 2 asana, pranayama, concentration, meditation</td>
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<tr>
<td>Dec 9</td>
<td>Final Paper Due</td>
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