San José State University  
Kinesiology Spring 2020, KIN 61B, Beginning Hatha Yoga

Contact Information

Instructor: Suzanne Caughlan  
Office Location: SPX 102 (main office)  
Telephone: 408 924-3010 (main office)  
Email: Suzanne.Caughlan@sjsu.edu  
Office Hours: By Appointment  
Class Meetings & location YUH 208

Course Description

Further exploration of the theories and practices of Hatha Yoga encompassing the second level series of traditional intermediate Hatha Yoga postures, breathing exercises, and relaxation techniques. Prerequisite: Beginning level or its equivalent.

Course Goals, Student Learning Objectives, Basic Skills

* Knowledge of fundamental skills and techniques of hatha yoga.
* An understanding of the mental, energetic and physical health benefits from practicing meditation, pranayama and concentration techniques.
* Concepts, history, current research, and basic terminology.
* An understanding of the alignment and issues.  
( There are specific pages in your course reader related to all of the above categories )

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.  
* The ability and awareness to choose the asana variation appropriate for you and use of these beneficial skills in daily life.  
* We will start out for the first few weeks at a pace that may seem slow, so everyone can have correct technique, style and alignment. For most of the semester the asanas that are at a level that you may be expecting for this class. By the end of the semester there will be some asanas that will be optional for most people.  
* Complete a balanced routine- Beginning with focusing the awareness into 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. Many of these yoga practices can increase concentration, creativity and mental clarity.
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 Notes
* Class protocol: Students are expected to arrive on time and participate fully in all activities throughout the class period. Turn cell phone off and put away for the duration of the class. Interactions with classmates and the instructor are expected to be respectful at all times. Cooperation and mature behavior are expected in the class.
  • Intellectual property: Course materials developed by the instructor (e.g., exam/quiz items, videos, lecture notes), are the instructor’s intellectual property and cannot be shared or uploaded in any form publicly without the instructor’s approval.
  • If you have pre-existing medical or physical problems you should consult your physician before participating in this class and alert the instructor to any required limitations.
  • Report any accidents to the instructor immediately.
  • Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of 45 hours over the length of the course (normally three hours per unit per week) for instruction, preparation/studying, or course related activities.
  • Put all of your personal items in the designated area of the room
  • You can bring your own yoga mat, it is recommended but not required
  • Wear comfortable unbinding clothes that do restrict your movement or breath.

Course Requirements, Assignments, and Grading -

• Written quiz - February 28th
  • There are ten questions, some are based on the course reader pages that I have talked about during class (pages weeks 1 – 6) and some are based on foundational skills that we have been focusing on in class.
  • No make-up for missing quiz except in extreme cases.
  • C=6.25, B=7.75, A=9.25 - Whole grades out of 10.

Assignments/Projects:
Journal Notes: See full page of information in your course reader.
Finals Assignment: See full page of information in your course reader.

Grading
60 points - Participation** and knowledge of skills. (see below)
  • 10 points - Work sheets which are included in your course reader / Finals assignment / Turning thing in on time
  • 20 points - Assignment – Journal Notes
  • 10 points - Written Quiz
**Participation-
  • You can miss one class with no affect to your grade.
Please check with me about possible excused absences.
If you miss a class because you feel that you know the material already, contact me before that class and I will then assign you a paper to turn in instead, related to the topics involved for the class you have not attended. Students are expected to arrive on time and participate fully in all activities throughout the class period.

**Grading Scale used to determine final course grade.**

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Equivalent Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>97% - 100%</td>
<td>A+</td>
</tr>
<tr>
<td>93% - 96%</td>
<td>A</td>
</tr>
<tr>
<td>90% - 92%</td>
<td>A-</td>
</tr>
<tr>
<td>87% - 89%</td>
<td>B+</td>
</tr>
<tr>
<td>83% - 86%</td>
<td>B</td>
</tr>
<tr>
<td>80% - 82%</td>
<td>B-</td>
</tr>
<tr>
<td>77% - 79%</td>
<td>C+</td>
</tr>
<tr>
<td>73% - 76%</td>
<td>C</td>
</tr>
<tr>
<td>70% - 72%</td>
<td>C-</td>
</tr>
<tr>
<td>67% - 69%</td>
<td>D+</td>
</tr>
<tr>
<td>63% - 66%</td>
<td>D</td>
</tr>
<tr>
<td>60% - 62%</td>
<td>D-</td>
</tr>
<tr>
<td>below 60%</td>
<td>F</td>
</tr>
</tbody>
</table>

**University Policies**

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

http://www.sjsu.edu/gup/syllabusinfo/
KIN 61B  (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 + Background pages.
Yoga History / Theory
Warm ups
Pranayama
Daily Yoga
Savasana / Deep Relaxation / Namaste
Tadasana and directions of movement (standing poses)
Moon
Bridge / pelvic tilt
Cobra / Supine twist
Individual asanas of the Sun Postures.

Week 3 and 4
Balanced Routine and Order of Movement
Alignment and Alignment Assignment
Asana Categories
Asana Images
Table and Tadasana, alignment practices
Seated alignment / Seated rotation
Prop demos – Firm/Seated on floor/ Seated in chair
Measured breath / Three part breath
Meditation
Beginning floor, seated and standing asanas
Basic asana flows (firm, child,hare) and (seated alignment, forehead to knees, boat)
Locust / Sphinx
Bridge with leg raises
Gate

Week 5 and 6
Emphasis a complete and balanced routine.
Sun Posture Variations
Ashtanga
Affirmation
Pranayama II
Inverted poses
Pigeon
Tree
Quiz
Turn in Personal Assessment / Request page
**Week 7 and 8**
Quiz Review
Focus on the breath pattern with the standard sun postures routine.
Begin to choose your asana version / Begin to do some of the asanas on your own
Wide Stance Forward + Rotation
Leg Raise into Pigeon
Fish
Lunar Breath / Solar breath
Warrior / Chair

**Week 9 and 10**
*Advanced Asana* Advanced chakra class.
Camel
Ganesha
Pyramid
Chair
Alternate nostril breath
*Maha Mudra*
*Chakra Diagram, Chakra Charts* and *Chakra Worksheet*
Chakra class.

**Week 11 and 12**
Guided visualization.
Extra long deep relaxation.
*Headstand Prep*
Headstands.
More individual attention.
Yoga seal
More advanced seated poses

**Week 13 and 14**
Work more with pranayama and breath practice
Work more with meditation practice.
Expand upon all of the yoga practices so far introduced.
Visualizations – Calm Mind
More sun posture variations
Continue to introduce and add *Advanced Asanas* and variation to our routine.
Journal notes due.

**Week 15 and 16**
Review details of alignment to deepen experience.
Optional *Advanced Level Asanas*.
*Peacock feather*
*Full bow*
*Head Stand*
Finals Assignment

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