

San José State University

Kinesiology

Spring 2021, KIN 61A, Beg yoga

Section 1: 242778

Contact Information

Instructor	Junko Linafelter
Office Location	SPX170
Telephone	N/A
Email	Junko.Linafelter@sjsu.edu
Office Hours	Friday 10-11AM by Zoom (by appointment) https://sjsu.zoom.us/j/82777092284?pwd=c0pPUWZocjJOamFvQU85Qk1BRllUZz09 Meeting ID: 827 7709 2284 Password: 769309
Class Meeting Days/Time	Online Asynchronous No regular class meetings Shall learn how to use Canvas before the class starts.

Course Description

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

Online course

This course will be taught online, asynchronous, using audio, videos, Youtube, textbook, and handouts. Email might be used occasionally.

Course Goals and Student Learning Objectives

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

- Knowledge of fundamental yoga postures, sequences, breath skills, technique, progressions, and safety related to Hatha Yoga.
- Proficiency in the execution of the yoga skills covered.
- An understanding of ‘mindful movement’ as it applies to exercise.
- An understanding of the history, rules, strategies, current research, safety and etiquette associated with Hatha Yoga.
- An understanding of the mental and physical health benefits to be derived from Hatha 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.

Course 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

Light on Yoga B.K.S Iyenger. Schocken Books New York. ISBN 0-8052-1031-8

You can rent the textbook from the book store.
Class handouts supplied by instructor.

Course Notes/ Protocol

Free version(the pages numbers are almost the exact same, but please confirm when reading):

https://mantrayogameditation.org/wp-content/uploads/2019/12/Light-on-Yoga_-The-Bible-of-Modern-Yoga-PDFDrive.com-.pdf

Other reading:

Power point files

Other technology requirements/equipment /material :

Video recording equipment (smart phone, ipad, studio on Canvas, etc.) is necessary

Shall learn how to use Canvas before the class starts.

Assignment submission:

All the assignments shall be submitted as files on Canvas.

How to upload your video on canvas:

1. [How do I record a Canvas Studio video with a webcam in a course?](#)

2. [How do I record a Canvas Studio screen capture video in a course?](#)
3. [How do I submit Canvas Studio media as a File Upload assignment as a student?](#)

Please upload your video a week before it is due. There is no excuse for submitting the video late. Do not wait until the last minute.

Course Requirements and Assignments

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. **Each of your assignment is always open a week before the due date.**

Skill Tests:

Skill Exams will cover execution of yoga postures in the areas of:

- Core strength exercises
- Upper & lower body strength exercises
- Stretching for flexibility and improved range of motion around the major joints

1. Midterm 1 skill test 15 points : Due week 7, 3/10 submission box will be open on week 5, 2/24

Before you start, show your ID and say your name in front of the camera

You have to complete the mock exam with your partner before you take the skill test1 and 2.

Please show your face, and make sure the video is clear, not blurry otherwise you will be marked down.

Make sure that your video is uploaded **on Studio canvas**.

2. Midterm Skill test 2 15 points : Due week 12, 4/14 submission box will be open on week 10, 3/31

- Before you start, show your ID and say your name in front of the camera
- You have to complete the mock exam with your partner before you take the skill test1 and 2.
- Please show your face, and make sure the video is clear, not blurry otherwise you will be marked down.
- Make sure that you upload the video two times. One of canvas studio and another one on a different platform (ex. Youtube), since I have a hard time downloading the video it will be great to make sure you get the full score.

3. Partner's Work: 32 Points(4pts x8 submissions)

This is the good preparation for the skill tests.

- Before you start, visualize how you are going to perform.
- You have 3 seconds to go to the next movement.
- Exercise has to be safe and effective. Allow yourself to modify movements if you need to.
- Make sure that you have your ID picture, TOWER CARD, or DRIVER'S License on the journal Sheet. If you do not have your ID card, you will NOT BE GRADED ON THE PARTNER'S WORK.
- Please complete your journal entry after the test and submit it as usual.

Assignment : Written assignment 20 points:

- **The assignment instruction will given around the 12th week.**

The students will learn the basic philosophy of yoga, and explore introspection. Through this assignment, students will lean the real meaning, value, and goal of yoga, which will apply to your current and future lives, and foster your holistic view.

4. Skill assignment sheet (Journal entry) 18 points:

This assignment will cover:

- History, current research, principles, and exercises related to yoga.
- Yoga skills (including technique & safety).
- Injury prevention and stress management.
- Health benefits of physical activity.
- **Active workout, effort, attitude, exercise participation and**

submit journal entries every week

- **Every Journal Sheet will be due on Friday by 6PM**
- I do recommend turning it in early, due to technology problems
- Exercise information, time, type, do a 60 minute activity as one journal entry

Each skill assignment sheet will be worth 2 points each

- You have to submit your journal entry through canvas on assignments submission box.
- <https://community.canvaslms.com/t5/Student-Guide/How-do-I-upload-a-file-as-an-assignment-submission-in-Canvas/ta-p/274>
- Each journal sheet is worth 1.2 points.
- Please upload your journal entry either on **Word or PDF, and use the template that I have given you**

Final examination: 5/17 – 5/20, 6PM

The written assignment is your final assignment.

Determination of Grades

- Grading method is a point total.
- Extra credit options are available.
- Penalty for late work
- If you turn in your partner's work and journal sheet in late, you will get a ZERO on your assignment.
- Academic Integrity issues will lead you to get an F on your final grade
- If you do not follow the direction on the Skill test and Journal Entry, I will not grade your assignment
- If you miss turning in your Intermediate Program Skill Test or Written Assignment late by 1 day, you will have to show proof of documents, and I will only accept people who were in an emergency situation.
 - This will lead you to a 10 points deduction
 - After 2 days late, you will get a 0
- **Final Exam cannot be made up, except in an emergency situation. You need to submit the document which proves your situation in this case ASAP.**

Grading information

15points Skill Test 1

15points Skill Test 2

20points Final Paper

18points Skill assignment (journal entry)

32 points Partner's work (8) + video

Grading Scale used to determine letter grade for each component above.

Grading Scale used to determine final course grade.

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

Class Protocol:

Interactions with classmates and the instructor are expected to be respectful at all times.

- 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.
- **Attach a color copy of your Tower Card for your journal sheet by the second week of the course.**

(If you have not received your tower card, make a copy of an Tower ID or have your driver's license)

- **If you do not have your Photo ID uploaded you can not take the Skill Test/final/journal entry/Partner's Work**
- Recognizable and acceptable effort in class participation is a requirement.
- Wear comfortable attire - no jeans or skirts. Bare feet are ideal. You can wear socks.
- **Course grades will be posted by 5/28, so do not e-mail me. .**
- **Exam cannot be made up, except in an emergency situation. You need to submit the document which proves your situation in this case ASAP.**
- Drop requests will not be accepted after the SJSU drop deadline.
- Outings/assignments completed for another class cannot be counted for this course.
- Important info might be announced by email. So, make sure you check email every day.
- Please check the greensheet (syllabus) before you email me and ask questions. Answers are often written in the greensheet.
- If your action leads to being irresponsible to your classmates, I will deduct, 50% of your Partner's Work Sheet Assignment.

- Students are responsible for completing assigned readings from textbook and lecture notes and downloading, reading, and understanding this syllabus and CANVAS course contents.
- Intellectual Property: Recording class is prohibited. Course materials developed by the instructor (e.g., exam/quiz items, videos, lecture notes), are the instructor's intellectual property and cannot be photographed, shared, or uploaded in any form publicly without the instructor's approval.
- Students with a history of physical problems or who have been inactive for a long period of time are urged to have a comprehensive physical examination or receive medical clearance before beginning a vigorous exercise program. Body Sculpting is an **ACTIVITY** class that requires vigorous physical effort. Individuals who choose not to have a medical examination should be aware of the risks and understand that participation in this class is at their own risk.
- If you require course adaptations or accommodations due to special needs, or you have medical information the instructor should know, please notify the instructor as soon as possible by e-mail.
- Report any accidents to the instructor immediately.
- Please alert the instructor of any medical problems, medications, or accidents that might affect your involvement in class.
- If a serious illness or an accident occurs that requires an extended absence, the student should obtain a medical statement and withdraw from the class.
- It is the ultimate responsibility of the student to formally drop a class. You should not rely on the instructor to drop you from a class for non-attendance. Drop requests will not be accepted after the SJSU drop deadline.

University Policies

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

<http://www.sjsu.edu/gup/syllabusinfo/>

Others

- **Extra credit points available that you need to start on the first day of your class:**
 1. On your Journal Sheet, there is a section called “weight”, and please complete that every week. Once you have complete all 15 week, please create a graph of your weigh recording
 2. Extra Credit Skill Assignment Sheet:
 - As an additional weekly skill assignment/journal sheet, if you do 50-60 minutes of exercise (yoga, pilates, Qi Gong), and write it on your journal sheet you will receive 0.5 points. You can get up to max 5 additional points.
- **I often send notifications/email respond early in the morning, so please have your notification on silent if you wake up by the sound**

Course Calendar (subject to change with fair notice by announcement in class and/or email

Kinesiology, Spring 2021, *KIN 61A*, Beg yoga, Online Asynchronous

Section 1: 242778

Week/Lesson/Module week	Topics, Readings, Assignments, Deadlines <i>(If appropriate, add extra column(s) to meet your needs.)</i>	Ideal schedule of textbook reading and Due date
1	Orientation Read the greensheet(syllabus)	Journal Sheet 1/29, 6PM Release of Liability form, please submit it if you are taking this course
	Introduction of yoga Read and follow the week 1 powerpoint files	Hints and cautions of the practice for asanas. Pages 431 to 444
2	Introduction of yoga The science of yoga	Journal Sheet 2/5, 6PM Release of Liability form, please submit it if you are taking this course Studio video trial 2/11, 11:59PM Breathing techniques, Ujjayi breathing. Page 441

<p>3</p>	<p>The basic practice of yoga Read and follow the week 2 Power point files What yoga is. History of yoga.</p>	<p>Journal Sheet 2/12, 6PM Partner's Work 1, 2/12, 6PM</p> <p>What is yoga? Pages 19-31 The basic sitting and standing postures. Mountain pose. Page 61, Staff pose Page 112, Gate pose p.86 Half moon pose. Page 75, plate 19 Cobra pose Pages108, plate72,73 Upward dog pose Page 109 Downward facing dog pose Page 110 Standing forward bend pose Page 93. plate 48. (Child pose, Crescent pose, Thread the needle pose.)</p>
	<p>The Sun Salutation Order of the postures, Body alignment and positioning Stability Flow Read and follow the week 3 power point file</p>	<p>Crossed leg spinal twist, Corpse pose, Leg lock pose</p>

4	<p>The Sun Salutation/ Modifications Warm up movements Cool down- relaxation</p>	<p>Journal Sheet, 2/19, 6PM The 8 limbs of yoga. Pages 31-52 Powerful sitting pose. Page 89 Eagle pose page98 plate 56 Monkey pose Page 90, plate 43 Forward Bend pose Page 169 (Hands to feet pose) Tree pose Page 63, plate 2</p>
	<p>The skill test modules Read and follow the week 4 power point file</p>	
5	<p>Visualization and cueing for the sequence</p>	<p>Journal Sheet, 2/26, 6PM Partner's Work 2, 2/26, 6PM Locust pose Page 100, plate 60 (Half Locust pose) Crocodile pose Page 101, plate 62 Bow pose Page 102 (Half Bow) Spinal Twist pose p.255 (Half Tortoise pose)</p>

	<p>The preparation for the skill test 1.</p> <p>Read and follow the week 5 power point file</p>	
6	<p>Mock exam for Skill test 1</p> <p>Self score practice</p> <p>Partner's scoring practice</p>	
	<p>Read and follow the week 6 power point file</p>	<p>Journal Sheet, 3/5, 6PM</p> <p>Mock Exam: Sun Salutation – 3/5 (Partner's Work 3)</p> <p>6PM</p> <p>Warrior 1 Page 71</p> <p>Warrior 2 Page 72</p> <p>(Warrior 3 Page 74)</p> <p>(Reverse warrior pose)</p> <p>Intense side stretch Page 66, plate 9</p> <p>Triangle pose Page 64, plate 4</p> <p>Revolved triangle pose Page 64, plate 7</p> <p>Extended lateral angle pose (Side stretch)Page 67, plate 8.9</p> <p>(Standing head to knee pose)</p>
7	<p>Week 7: Skill test 1.</p> <p>Reflection</p>	<p>Journal Sheet, 3/12, 6PM</p>

	<p>Introspection/ written assignments preparation</p> <p>The moon Salutation</p> <p>Read and follow the week 7 power point file</p>	<p>Head to knee pose Page 149, plate 127</p> <p>Revolved head to knee pose Page 152, plate 132</p> <p>Pigeon pose Page 389</p> <p>Heron pose Page 158</p> <p>Boat pose Page 174</p>
8	<p>The Moon Salutation</p> <p>3 planes</p> <p>Order of the postures,</p> <p>Body alignment and positioning</p> <p>Stability</p> <p>Flow</p>	<p>Journal Sheet, 3/19, 6PM</p> <p>Partner's Work 4, 3/12, 6PM</p>
	<p>Read and follow the week 8 power point file</p>	<p>Kneeling wheel pose Page 88</p> <p>(Camel pose)</p> <p>(Rabbit pose)</p> <p>Opened legs forward bend pose Page 165, plate 151</p>
9	<p>Postures in 6 categories/</p> <p>Breathing exercise</p> <p>Chakras energy centers</p>	<p>Journal Sheet, 3/26, 6PM</p> <p>Partner's Work 5, 3/26, 6PM</p>

	<p>Moving meditation. Practice by just listening and following to your body. Read and follow the week 9 power point file</p>	<p>One nostril breathing. Page 443</p>
10	Spring Break	
11	A self 60 minutes program	<p>Journal Sheet, 4/9, 6PM Mock Exam: Moon Salutation 4/9 6PM Partner's Work 6 Face forward to the camera</p>
	<p>Read and follow the week 10 power point file The Moon Salutation practice by just cueing</p>	<p>Bandas, nadis, and chakras page 436-440 Review postures Core and banda</p>
12	<p>Skill Test 2 Self score practice Partner's scoring practice Face forward to the camera</p>	Journal Sheet, 4/16, 6PM

	Read and follow the week 11 power point file	Shoulder stand pose Page 234 Plow pose Page 221 (Bridge pose Page 229)
13		Journal Sheet, 4/23, 6PM Partner's Work 7, 4/23, 6PM
	Read and follow the week 12 power point file	Spinal twist pose Page 262 Couch pose Page 248 Snail pose Page 217 Fish pose Page 139
14	review	Journal Sheet, 4/30, 6PM
	Read and follow the week 13 power point file	Boat pose Page 113, plate 78 Cow face pose Page 115 Hero pose. Page 121, plate 87
15	Self practice	Journal Sheet, 5/7, 6PM Partner's Work 8, 4/23, 6PM
	Review and the preparation for the final exam Read and follow week 14,15 power point files	The sun of god pose Page 160, plate 144 Frog pose Page 126, plate 100 Butterfly pose Page 128 to 129

16	A self 60 minutes program	Journal Sheet, 5/14, 6PM
	<p>Read and follow the week 10 power point file The Moon Salutation practice by just cueing</p> <p>Written Assignment due (final assignment) 5/17 – 5/20, 6 PM</p>	<p>Bandas, nadis, and chakras page 436-440 Review postures Core and banda</p> <p>Final 5/17 -5/20, by 6PM</p>