

San José State University
College Of Health And Human Services/ Department Of Kinesiology
Kin 61A, Beginning Hatha Yoga, Section 04, Spring, 2021

Course and Contact Information

Instructor(s):	Angel Batt
Telephone:	NA
Email:	angel.batt@sjsu.edu
Office Hours:	Monday/Wednesdays after class and by appointment.
Class Days/Time:	MoWe 5:00PM - 5:50PM
Classroom:	Online Zoom MEETING ID: 845 8224 3884, PASSCODE: yogaMW5

First Time Registration Required:
<https://sjsu.zoom.us/meeting/register/tZAof-uqqjgiEtDaTQl3soZXzT0vb0uESrh2>

Course Description

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

Course Format

This course is taught fully online. Live classes (NOT pre-recorded) will be held on Zoom on Mondays and Wednesdays at 5:00pm - 5:50pm. Students must attend and participate in class, on Mondays and Wednesdays 5:00 - 5:50pm, and have their cameras on, in order to receive participation points. Students will need a computer with a camera and Zoom software loaded and/or the Zoom app on a smartphone.

Faculty Web Page and MYSJSU Messaging

Course materials such as syllabus, handouts, notes, assignment instructions, etc. can be found on on [Canvas Learning Management System course login website](http://sjsu.instructure.com) at <http://sjsu.instructure.com>. You are responsible for regularly checking with the messaging system through CANVAS and/or [MySJSU](http://www.sjsu.edu). For help with using Canvas see [Canvas Student Resources page](http://www.sjsu.edu/ecampus/teaching-tools/canvas/student_resources) (http://www.sjsu.edu/ecampus/teaching-tools/canvas/student_resources)

Course Learning Outcomes (CLO)

Upon successful completion of this course, students will be able to:

- Course Learning Outcome #1: Demonstrate improved CORE STRENGTH. This will be accomplished by a twice weekly yoga practice incorporating poses that work the core and target under utilized muscle groups and will be measured by pre and post data on the Plank Hold Test.
- Course Learning Outcome #2: Demonstrate improved BALANCE. This will be accomplished by a twice weekly yoga practice incorporating balancing poses. and will be measured by pre and post data on the One-legged Stance Test.
- Course Learning Outcome #3: Demonstrate improved FLEXIBILITY. This will be accomplished by participating in a twice weekly yoga class and measured by pre and post data on the Sit and Reach Test.
- Course Learning Outcome #4: Demonstrate increased knowledge of the history, philosophy, and benefits of Hatha yoga. This will be accomplished by weekly reading assignments and class discussion and will be measured by pre and post scores on the Course Knowledge Survey.
- Course Learning Outcome #5: Demonstrate increased knowledge of asana names, body positions, and proper body alignment for beginning level poses. This will be accomplished by weekly reading assignments and class discussion and will be measured by pre and post scores on the Course Knowledge Survey.

Required Texts/Readings

Martin, Kirk and Brook Boon. (2004). *Hatha Yoga Illustrated*. Champaign, IL. Human Kinetics. ISBN 9780736051224

Course Requirements and Assignments

- Class participation/attendance is required in order to meet Course Learning Outcome #1 and #2, above, and represents 56% of the final course grade.
- Physical Assessments are required at the beginning and end of the semester in order to measure Course Learning Outcome #1 and 2, above, and represents 4% of the final course grade.
- Surveys will be administered at the beginning and end of the semester in order to measure Course Learning Outcome #2 and #3, above, and represents 4% of the final course grade.
- Weekly reading and/or videos are assigned to aid students in achieving a deeper understanding of asanas (postures), history, philosophy, and benefits of Hatha yoga. These assignments aid in achieving Course Learning Outcome #2 and #3, above.

- One Field Assignment (Week 8) is assigned to supplement the learning gained from class participation/attendance, class discussions, and assigned readings. The Field Assignment aids in achieving Course Learning Outcomes #2 and #3, above.
- There will be a mid-term administered in week eight (8) and is worth 11% of the final course grade.
- There will be a final exam administered according to the [SJSU University Final Exam Schedule, Spring 2021](#) and is worth 23% of the final course grade.

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, including but not limited to internships, labs, and clinical practica. Other course structures will have equivalent workload expectations as described in the syllabus.

Final Examination or Evaluation

There will be a written final exam covering all readings, assignments, and class discussion from the semester. The Final Exam is worth 23% of the total course grade.

Grading Information

GRADING INFORMATION	
Pretest: Balance, Coordination, Core Stability Assessment (In Class)	2
Beginning of Semester Survey (on CANVAS)	2
Participation Days, 28 days	56
Mid-Term (Week 8)	11
Field Assignment	2
End of Semester Survey (on CANVAS)	2
Posttest: Balance, Coordination, Core Stability Assessment (In Class)	2
Final Exam (on CANVAS)	23
TOTAL	100

MAKE-UPS

Students can make-up to three missed classes per semester. See [FAQ's](#) for more details.

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

Classroom Protocol

- **Arrive on time:** Sign onto class a few minutes early, turn on the camera and assume a resting pose (corpse, crocodile, child's pose, or whatever is comfortable to you) and focus on your breath until the class starts.
- **No shoes.** Yoga is practiced with bare feet.
- **Set aside this time to be present:** Treat this time as special or sacred; it's likely the only real "down-time" you'll have all day.
- **Respect Yourself:** Be gentle and respectful in your communication to yourself (your "internal dialogue"). Avoid competing with yourself or judging yourself. We are all together; every one of us has our own entry point and own journey. Honor a yogic principle, *ahimsa* (non-violence/non-harm); be kind to those around you (including yourself).
- **Power other devices (i.e. your smartphone) off and avoid bringing it "onto the mat".** Yoga class is a chance to escape the digital addictions and distractions we face in everyday life, offering a rare chance to take a break and to be fully present.
- **Talk to Instructor After Class:** Unless it is pertinent, use time after class and during office hours - which are held directly after class - to discuss individuals

needs/concerns. Email communication, via CA NVAS, is also available for communicating directly with the professor. This not only allows the instructor quiet time and space to “arrive and be present” but it also supports a quiet, meditative, calm classroom.

- **Make-Up:** There will be an opportunity to make-up three missed classes at the end of the semester. Also, see the [Frequently Asked Questions](#) for more details on making up a missed class.
- **Assigned Reading:** Students are responsible for assigned readings that are listed in the Course Calendar, below.
- **Pre-Existing Medical Conditions:** If you have pre-existing medical or physical conditions you should consult your physician before participating in this class and alert the instructor to any required limitations.

University Policies

Per [University Policy S16-9](http://www.sjsu.edu/senate/docs/S16-9.pdf) (<http://www.sjsu.edu/senate/docs/S16-9.pdf>), relevant university policy concerning all courses, such as student responsibilities, academic integrity, accommodations, dropping and adding, consent for recording of class, etc. and available student services (e.g. learning assistance, counseling, and other resources) are listed on [Syllabus Information web page](https://www.sjsu.edu/curriculum/courses/syllabus-info.php) (<https://www.sjsu.edu/curriculum/courses/syllabus-info.php>). Make sure to visit this page to review and be aware of these university policies and resources.

COURSE SCHEDULE
Kin 61A, Beginning Hatha Yoga, Section 04, Spring, 2021

WEEK 1 / MODULE 1: Wednesday, January 27th.

1. Review Syllabus
2. [Beginning of Semester Survey \(2 pt\)](#)
3. Read: [Frequently Asked Questions](#) (refer to this throughout the semester as it will be updated as questions arise)
4. Sign [Release of Liability](#)

WEEK 2 / MODULE 2: Monday, February 1st - Wednesday, February 3rd.

Monday, February 1st.

1. Pretest: Balance, Coordination, Core Stability Assessment (In Class)
 - o Enter your scores into CANVAS for 2pt.
2. New Asanas (Reading):
 - o Balasana (Child's Pose, p. 194)
 - o Tadasana (Mountain, p. 28)
 - o Bitilasana/Marjaryasana (Cat/Cow, p. 116)
 - o Setu Bandha Sarvangasana (Bridge, p. 106)
 - o Supta Matsyendrasana (Gentle Spinal Twist, p. 122)
 - o [Apanasana \(Knees to Chest\)](#)
 - o Savasana (Corpse, p. 196)
3. Additional Reading
 - Ujjayi Breath, p16
 - <https://chopra.com/articles/learn-the-ujjayi-breath-an-ancient-yogic-breathing-technique>

Wednesday, February 3rd.

1. New Asanas (Reading)
 - o Uttanasana (Standing Forward Fold, p. 138)
 - o Ardha Uttanasana (Half Forward Fold) - [see link](#)
 - o Adho Mukha Svanasana (Downward Facing Dog, p. 30)
 - options
 - o Anjaneyasana (Low Lunge) / Crescent Lunge p. 38

- Bhujangasana (Cobra, p. 100)
2. Additional Reading
 - Yogic Breathing, Natural Breath, Diaphragmatic Breathing pgs. 12-14

WEEK 3 / MODULE 3: Monday, February 8th – Wednesday, February 10th

1. OM/AUM (see link)
2. New Asanas (Reading):
 - Virabhadrasana I (Warrior 1 p. 40)
 - Virabhadrasana III (Warrior 3 p. 70)
 - Plank (Utthita Chaturanga) see link
 - Chaturanga Dandasana (Four-Limbed Staff Pose p. 86)
 - Surya Namaskar I (Sun Salutation) I (p. 210)
 - Prasarita Padottanasana (Standing Intense Spread Leg Pose, p. 48)
3. Home Practice: Diaphragmatic Breathing

WEEK 4 / MODULE 4: Monday, February 15th – Wednesday, February 17th

1. Read/Review
 - Using Drishtis, p. 12
 - Vinyasa Yoga I (p. 205)
2. Practice at Home: “pillow pranayama” (breathing) exercises

WEEK 5 / MODULE 5: Monday, February 22nd – Wednesday, February 24th

1. New Asanas (Reading):
 - a. Balancing Postures, p. 57)
 - b. Garudasana (Eagle, pgs. 58-59)
 - c. Natarajasana (Dancer, p. 72)
 - d. Urdhva Mukha Svanasana (Upward-Facing Dog, p. 102)
2. Practice at Home: “pillow pranayama” (breathing) exercises

WEEK 6 / MODULE 6: Monday, March 1st – Wednesday, March 3rd

1. New Asanas (Reading):
 - Virabhadrasana II (Warrior II, p. 36)
 - Trikonasana (Triangle, p. 34)
 - Parsvakonasana (Extended Side Angle) see link
 - Vrksasana (Tree, p. 60)
 - Parsvottanasana (Intense Side Stretch, p. 54)
2. Additional Reading
 - The Eight Limbs of Classical Yoga, p. 7
3. Practice at Home: “pillow pranayama” (breathing) exercises

WEEK 7 / MODULE 7: Monday, March 8th – Wednesday, March 10th

1. New Asanas (Reading):
 - Vinyasa II (pgs. 206-207)
 - Utkatasana (Chair, p. 46)
 - Vrksasana (Tree) p. 60
 - Parsvottanasana (Intense Side Stretch, p. 54)
 - Ardha Kapotasana (Half Pigeon) / Eka Pada Rajakapotasana (One-Legged King Pigeon) p. 118
2. Practice at Home: “pillow pranayama” (breathing) exercises

WEEK 8 / MODULE 8: Monday, March 15th – Wednesday, March 17th

1. Monday, March 15th MID-TERM

- No class; take mid-term on CANVAS.

2. Wednesday, March 18th - FIELD ASSIGNMENT

- No class; Field Assignment(on CANVAS) in lieu of class.
- The Field Assignment is a video you’ll watch/do and corresponding questions that you’ll answer.
- The Field Assignment Will be posted on CANVAS in Module 8.

WEEK 9 / MODULE 9: Monday, March 22nd – Wednesday, March 24th

1. New Asanas (Reading):
 - Twisting Postures, p, 121
 - Simple Sitting Twist, p. 126
 - Parivrtta Trikonasana (Revolved Triangle, p. 44)
 - Parivrtta Parsvakonasana (Revolved Extended Side Angle, p. 42)
2. Practice at Home: “pillow pranayama” (breathing) exercises

WEEK 10 / MODULE 10: Monday, March 29th – Wednesday, March 31st

SPRING RECESS - CAMPUS CLOSED

WEEK 11 / MODULE 11: Monday, April 5th – Wednesday, April 7th

1. New Asanas (Reading):
 - Paschimottanasana (Seated Forward Bend, pgs. 136-137)
 - Janu Sirsasana (Head to Knee Forward Bend, pgs. 140-141)
 - Parivrtta Janu Sirsasana (Revolved Head to Knee Forward Bend, pgs. 142-143)
 - Upavistha Konasana (Open-Angle, pgs. 144-145)
2. Additional Reading
 - Mudras, p. 25-26
 - Chakras, p 9-10
 - Bandhas, p 10-11
3. Home Practice: Asana, Pillow Pranayama

WEEK 12 / MODULE 12: Monday, April 12th – Wednesday, April 14th

1. New Asanas (Reading):
 - Backward Bending Postures, p. 99
 - Urdhva Mukha Svanasana (Upward-Facing Dog)
 - Ustrasana (Camel, pgs. 104-105)
 - Dhanurasana (Bow, pgs. 108 – 109)
2. Home Practice: Asana, Pillow Pranayama

WEEK 13 / MODULE 13: Monday, April 19th – Wednesday, April 21st

1. New Asanas (Reading):
 - Purvottanasana (Reverse Plank) Inclined Plane, pgs. 78-79
 - Vasisthasana (Side Plank) Lateral Inclined Plane pgs. 80-81
2. Additional Reading
 - Arm-Balancing Postures, p. 77
3. Home Practice: Asana, Pillow Pranayama Meditation

WEEK 14 / MODULE 14: Monday, April 26th – Wednesday, April 28th

1. Read (Re-Read)
 - Chapter 1, pgs. 1 – 9 (re-read this chapter)
 - The Eight Limbs of Classical Yoga, p. 7
 - Review All Poses Learned to Date
2. Home Practice: Asana, Pillow Pranayama

WEEK 15 / MODULE 15: Monday, May 3rd - Wednesday, May 5th

1. Review All Asanas and Concepts
2. Home Practice: Asana, Pillow Pranayama

WEEK 16 / MODULE 16: Monday, May 10th - Wednesday, May 12th

1. Review All Asanas and Concepts
2. Review for Final Exam
3. Home Practice: Asana, Pillow Pranayama

WEEK 17 / MODULE 16: Monday, May 17th

- Last day of Instruction
- End of Semester Survey (2pt.)
- Posttest: Balance, Coordination, Core Stability Assessment (In Class). Enter your scores into CANVAS for 2pt.

FINAL EXAM:

OPENS: Monday, May 17, 6pm / CLOSES: Wednesday, May 20, 2:45 - 5:00PM