

San José State University
Kinesiology Department
KIN 61A Beginning Hatha Yoga Spring 2021

Instructor(s): Chris May
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Office Hours: By appointment via Zoom
Class Days/Time: Online
Classroom: N/A

January 19-May 17, 2021
Section 5
Section 7

Course Description:

In this course the student will learn the correct movements, postures, and sequence used in traditional Hatha Yoga via Zoom recordings, and assessments through Canvas. The instruction incorporates a layering concept where course information is continually built on prior class sessions causing the sessions to progressively increase in duration.

Course Format

Online Asynchronous instruction incorporating Zoom recordings and Canvas assignments.

- *Definition of Service Learning: Visit [University Policy S02-3](http://www.sjsu.edu/senate/docs/S02-3.pdf) (<http://www.sjsu.edu/senate/docs/S02-3.pdf>) for definition or more information on service learning.*
- *[University Policy S16-14](http://www.sjsu.edu/senate/docs/S16-14.pdf) on Internships, Service Learning, and Off-Campus Learning Experiences: <http://www.sjsu.edu/senate/docs/S16-14.pdf>*

Faculty Web Page and MYSJSU Messaging

[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 [MySJSU](http://one.sjsu.edu) on [Spartan App Portal](http://one.sjsu.edu) <http://one.sjsu.edu> (or other communication system as indicated by the instructor) to learn of any updates.

Course Goals

1. *Improved flexibility and core strength.*
2. *Enhanced mind and body awareness.*
3. *Understanding of historical relevance.*

Course Learning Outcomes

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

1. *Perform salute to the sun and wide range of yoga asanas or postures.*
2. *Gain understanding of historical relevance.*
3. *Apply to one's mental and physical well being.*

Activity Program Learning Outcomes

After completion of the physical activity graduation requirement, students shall be able to:

- 1 Demonstrate proficiency in the execution of the motor/sport skills appropriate to the specific activities completed.
- 2 Identify and/or explain the applicable history, rules, strategies, current research, safety, and etiquette related to the specific activities completed.
- 3 Identify and/or explain the benefits of physical activity as related to physical and mental health.

Course Requirements	Percentage of Grade	SLO	AP
Reflections 8 @ 7.5%	60%	3	3
Quizzes 7@ 5%	35%	1,2	1,2
Final Exam	5%	1,2,3	1, 2

Readings

All relevant course information will be posted to Canvas.

Equipment: yoga mat or similar highly recommend

Course Requirements and Assignments

Through active participation of Zoom recordings student will introduced to Beginning Hatha Yoga.

By participating students will be able to successfully complete bi-monthly quizzes and Final Exam on Canvas. Additionally, students will submit to Canvas bi-monthly reflections of perceived changes, observations, and reflections of participation in yoga.

“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 practical. Other course structures will have equivalent workload expectations as described in the syllabus.”

Final Examination or Evaluation

Beginning Hatha

Final Exam posted to Canvas in multiple choice format.

“Faculty members are required to have a culminating activity for their courses, which can include a final examination, a final research paper or project, a final creative work or performance, a final portfolio of work, or other appropriate assignment.”

Grading Information

Specify your grading policy here. Provide rubrics and explain how grades are assessed and assigned. Allow multiple opportunities to give feedback on student learning. Use rubrics or examples to explain and show students how they can assess themselves or check their own learning. More guidelines on grading information and class attendance can be found from the following university policies:

- [University Syllabus Policy S16-9](http://www.sjsu.edu/senate/docs/S16-9.pdf) (<http://www.sjsu.edu/senate/docs/S16-9.pdf>)
- [University Attendance and Participation Policy F15-12](http://www.sjsu.edu/senate/docs/F15-12.pdf) (<http://www.sjsu.edu/senate/docs/F15-12.pdf>)
- [University Grading System Policy F18-5](http://www.sjsu.edu/senate/docs/F18-5.pdf) (<http://www.sjsu.edu/senate/docs/F18-5.pdf>)

Determination of Grades

Yoga reflections	60%
Quizzes	35%
Final	5%
	100%

Yoga Reflections: is a three to four sentence paragraph describing perceived, feelings, enlightenment, and changes in awareness, and **assimilation of information and skills presented in current yoga session** to be submitted to Canvas every two weeks.

Quizzes: multiple choice format on Canvas and information presented on Zoom recordings and will include pose description questions, and may include information from prior class sessions. Typically, quizzes are one question at a time, answers locked, a 20 minute time limit, and browser closed.

- **Open and due date are the same so despite what Canvas may say as long as quiz/journal is submitted prior to close date they will be accepted as on time.**

Final Exam: multiple choice format on Canvas and is similar to the quizzes, and may have cumulative questions.

- Each student will be allowed to submit **two** assignments without late penalty.
- After you have used this option subsequent late quiz and reflection journal submissions will be 1/2 credit up to 7 calendar days past due date.

Grading Scale used to determine final course grade.

Percentage	Equivalent Grade
97% - 100%	A+
93% - 96.9%	A
90% - 92.9%	A-
87% - 89.9%	B+
83% - 86.9%	B
80% - 82.9%	B-
77% - 79.9%	C+
73% - 76.9%	C
70% - 72.9%	C-
67% - 69.9%	D+
63% - 66.9%	D
60% - 62.9%	D-
below 60%	F

University Policies

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

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

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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 **of these university policies and resources.**

If applicable, include links to your department and college-level rules, requirements and services.

Movement Area 2 Fitness

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List the agenda for the semester including when and where the final exam will be held. Indicate the schedule is subject to change with fair notice and how the notice will be made available.

Course Schedule

Week	Date	Topics, and asanas or poses	Assignments
1	1/25	Introduction to course policies and procedures, and breathing and meditation, history, body position and relation to points on a compass	
		Salute to the Sun and spinal massage	
2	2/1	modified child's and seal	Quiz 1 & Reflection 1
3	2/8	½ cobra and diamond	
4	2/15	Triangle and ½ locust	Quiz 2 & Reflection 2
5	2/22	½ wheel	

