Course and Contact Information

Instructor(s): Angel Batt
Office Location: YUH 208
Telephone: NA
Email: angel.batt@sjsu.edu
Office Hours: Tuesday/Thursday 4:20 pm - 5:00 pm and/or by appointment
Class Days/Times: Tuesday/Thursday 3:30 pm - 4:20pm
Classroom: YUH 208

Course Description

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

Course Format

- In-person activity course that requires attendance and physical participation.
- Access to a computer or smart-phone required but not needed during class time.

Web Resource

Course materials such as syllabus, handouts, notes, assignment, instructions, etc. can be found on Canvas Learning Management System course login website at http://sjsu.instructure.com. You are responsible for regularly checking with the messaging system through MySJSU on Spartan App Portal to learn of any updates. For help with using Canvas see Canvas Student Resources page (http://www.sjsu.edu/ecampus/teaching-tools/canvas/student_resources)

Course Goals

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

1. Increased balance, coordination, stability and core strength.
2. Increased proficiency in identification and execution of beginning level asanas (postures) and body alignment.
3. Increased knowledge of the history, philosophy, and benefits of Hatha yoga.
4. Increased knowledge of basic breathing techniques to help alleviate stress.

Course Learning Outcomes (CLO)

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

- Course Learning Outcome #1: Demonstrate improved balance, coordination, stability and core strength.
• Course Learning Outcome #2: Demonstrate increased knowledge of asana names, body positions, and proper body alignment for beginning level asanas (postures).

• Course Learning Outcome #3: Demonstrate increased knowledge of the history, philosophy, and benefits of Hatha yoga.

• Course Learning Outcome #4: Demonstrate increased knowledge of basic breathing techniques that help to alleviate stress.

Texts/Readings


Course Requirements and Assignments

• Class participation/attendance is required in order to meet Course Learning Outcome #1 and #2, above, and represents 40% 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 6% of the final course grade.

• Surveys will be administered at the beginning and end of the semester in order to measure Course Learning Outcome #3 and #4, above, and represents 2% of the final course grade.

• A “form” workshop will be held on the 2nd day of instruction; attendance is mandatory. The form workshop will teach students safe execution of exercises and movements to be performed throughout the semester and is related to Course Learning Outcome #2, above. The form workshop represents 3% of the final 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 an #3, above.

• One field assignment (home assignment) is assigned to supplement the learning gained from class participation/attendance, class discussions, and assigned readings and is worth 3% of the final course grade. The home 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 23% of the final course grade.

• There will be a final exam administered according to the SJSU University Final Exam Schedule, Spring 2020 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

<table>
<thead>
<tr>
<th>ITEM</th>
<th>Points</th>
<th>Percentage</th>
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<tr>
<td>ATTENDANCE: 20 days, each day worth 2 points</td>
<td>40</td>
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<tr>
<td>Beginning of Semester Survey, January 23rd</td>
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<td>Form Workshop, Jan 28th</td>
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<tr>
<td>Pre Fitness Assessment - in class, February 11th</td>
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<tr>
<td>Mid-Term (on CANVAS)</td>
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<td>Open: Monday, March 9th - Tuesday, March 10th, at 11:59 pm</td>
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<td>Home Assignment, March 12th, on CANVAS</td>
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<td>Final Exam (on CANVAS)</td>
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<td>End of Semester Survey - in class, May 5th</td>
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<tr>
<td>Post Fitness Assessment - in class, May 7th</td>
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<td>TOTAL</td>
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EXTRA CREDIT: Submission of Photo (“selfie”)                         | 2 points |

Grading Scale used to determine final course grade

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<th>Percentage</th>
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<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>
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<td>Percentage Range</td>
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<td>-------------------</td>
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<tr>
<td>83% - 86%</td>
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<td>80% - 82%</td>
<td>B-</td>
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<tr>
<td>77% - 79%</td>
<td>C+</td>
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<tr>
<td>73% - 76%</td>
<td>C</td>
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<tr>
<td>70% - 72%</td>
<td>C-</td>
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<tr>
<td>67% - 69%</td>
<td>D+</td>
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<tr>
<td>63% - 66%</td>
<td>D</td>
</tr>
<tr>
<td>60% - 62%</td>
<td>D-</td>
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<tr>
<td>below 60%</td>
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Classroom Protocol:

- **Arrive on time:** Arrive quietly 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.

- **Remove your shoes.** Yoga is practiced with bare feet; shoes are to be kept in the cubbies.

- **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).

- **Mind your personal hygiene:** bathe, brush your teeth, wash your hair, and use a clean mat and a clean towel. Do not use heavy perfumes, oils, and colognes.

- **No devices; power your phone 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.

- **Be aware of your space.** Make space for your neighbors’ and latecomers, if it’s available.

- **Be mindful where you walk:** It’s considered impolite to walk on a fellow yogi’s mat.
• **Minimize conversation:** Yoga class is a space for reflection, self-study, and focus. Maintaining a quiet/silent atmosphere supports this frame of mind. Keep the classroom quiet and meditative; refrain from chitchat. It’s not only polite, but it’s beneficial to your own state of mind.

• **Do not leave early. Stay for savasana, the final resting pose:** Savasana is a rare chance for you to do nothing for a few minutes. Close your eyes, focus on your breath, and allow yourself a moment of rest; feel the weight of your body against the floor. If you absolutely, positively have to leave class early, inform your teacher before class, position yourself close to the door, and be sure to pack up quietly and leave before savasana begins.

• **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 CANVAS, 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.

• **Clean up.** Leave your space as clean as, or cleaner than you found it.

• **No Exam Make-Ups:** Mid-Term and Final Exam cannot be made up.

• **Extra Credit:** Two extra credit points can be earned by pasting/taping a photo of oneself onto your participation/attendance card by mid-semester (see Course Calendar, below, for the last day to turn in photo)

• **Make-Up:** There will be an opportunity to make-up up to three classes at the end of the semester (see Course Calendar below for “optional class” dates). 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.

**University Policies**
Per [University Policy S16-9](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](http://www.sjsu.edu/gup/syllabusinfo), which is hosted by the Office of Undergraduate Education. Make sure to visit this page to review and be aware of these university policies and resources.

**Additional Information**

See [Frequently Asked Questions](#) for additional information.

**Kin 61A-04 / Beginning Hatha Yoga, Spring 2020, Course Schedule:** subject to change with fair notice by an announcement in class and/or email

**WEEK 1: Thursday, January 23rd**

1. Review Syllabus, Frequently Asked Questions
2. **Beginning of Semester Survey (1pt)**
3. Fill Out Attendance Cards
4. Read:
   - https://www.gaiam.com/blogs/discover/yoga-etiquette-10-tips-for-the-studio
   - https://chopra.com/articles/yoga-class-101-what-to-expect-from-your-first-yoga-class
   - **Frequently Asked Questions** (refer to this throughout the semester as it will be updated as questions arise)

**WEEK 2: Tuesday, January 28th - Thursday, January 30th**

**January 28th**
1) **FORM CLINIC:** mandatory attendance (3pt)
2) New Asanas:
   a. Tadasana (Mountain)
   b. Bitilasana/Marjaryasana (Cat/Cow)
   c. Balasana (Child’s Pose)
   d. Setu Bandha Sarvangasana (Bridge)
   e. Supta Matsyendrasana (Gentle Spinal Twist)
   f. Apanasana (Knees to Chest)
   g. Savasana (Corpse)

Read
   - Tadasana (Mountain, p. 28)
   - Bitilasana/Marjaryasana (Cat/Cow, p. 116)
   - Balasana (Child’s Pose, p. 194)
   - Setu Bandha Sarvangasana (Bridge, p. 106)
   - Supta Matsyendrasana (Gentle Spinal Twist, p. 122)
   - Savasana (Corpse, p. 196)

**January 30th**
1) Breath: Natural, Chest, Belly, Diaphragmatic, Ujjayi
2) New Asanas
   a. Uttanasana (Standing Forward Fold)
   b. Ardha Uttanasana (Half Forward Fold)
   c. Adho Mukha Svanasana (Downward-Facing Dog)
   d. Anjaneyasana (Low Lunge / Crescent Lunge)
   e. Bhujangasana (Cobra, p. 100)
3) Read
   - Yogic Breathing, Natural Breath, Diaphragmatic Breathing pgs. 12-14
   - Adho Mukha Svanasana (Downward Facing Dog, p. 30)
WEEK 3: Tuesday, February 4th – Thursday, February 6th

1. OM/AUM
2. New Asanas This Week:
   - Virabhadrasana I (Warrior I)
   - Virabhadrasana III (Warrior III)
   - Plank (Utthita Chaturanga) see link
   - Chaturanga Dandasana (Four-Limbed Staff Pose)
   - Surya Namaskar I (Sun Salutation I)
   - Prasarita Padottanasana (Standing Intense Spread Leg Pose)

3. Read:
   - Surya Namaskar (Sun Salutation) I (p. 210)
   - OM/AUM (see link)
   - https://plankpose.com/core-muscles/

4. Read/Review Poses:
   - Virabhadrasana I (Warrior 1 p. 40)
   - Virabhadrasana III (Warrior 3 p. 70)
   - Plank (Utthita Chaturanga)
   - 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)

5. Home Practice: Diaphragmatic Breathing

WEEK 4: Tuesday, February 11th** – Thursday, February 13th

**Tuesday, February 11th - PRE Physical Assessment (3pt.)

1. Read/Review
   - Using Drishtis, p. 12
   - Vinyasa Yoga I (p. 205)

2. Practice at Home: pranayama (breathing) exercises

WEEK 5: Tuesday, February 18th – Thursday, February 20th

New
   - Garudasana (Eagle)
- Natarjasana (Dancer)
- Urdhva Mukha Svanasana (Upward-Facing Dog)

**Read/Review**
- Balancing Postures, p. 57)
- Garudasana (Eagle, pgs. 58-59)
- Natarajasana (Dancer, p. 72)
- Urdhva Mukha Svanasana (Upward-Facing Dog, p. 102)

**Practice at Home**

**WEEK 6: Tuesday, February 25th – Thursday, February 27th**

**New**
- Virabhadrasana II (Warrior II)
- Trikonasana (Triangle)
- Parsvakonasana (Extended Side Angle)
- Vrksasana (Tree)
- Parsvottanasana (Intense Side Stretch)

**Read**
- The Eight Limbs of Classical Yoga, p. 7
- Learning to Meditate (pgs 21-24)
- 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)

**Practice “pillow pranayama” and meditation at home**

**WEEK 7: Tuesday, March 3rd – Thursday, March 5th**

- Last Week to Turn in “Selfie” for Extra Credit (2 points)
- Review for Mid-Term on Thursday, March 5th

**New**
- Vinyasa II, p. 206
- Utkatasana (Chair, p. 46)
- Vrksasana (Tree) p. 60
- Parsvottanasana (Intense Side Stretch)
○ Ardha Kapotasana / Eka Pada Rajakapotasana (Pigeon, p. 118)

Read/Review
○ Vinyasa II (pgs. 206-207)
○ Utkatasana (Chair, p. 46)
○ Parsvottanasana (Intense Side Stretch, p. 54)
○ Ardha Kapotasana (Half Pigeon) / Eka Pada Rajakapotasana (One-Legged King Pigeon) p. 118

Home Practice: “pillow pranayama” and meditation at home

WEEK 8: Tuesday, March 10th – Thursday, March 12th

Tuesday, March 10th – MID-TERM (23pt)
● No class; take mid-term on CANVAS.
● Mid-term will be posted no later than the end of the day on Monday, March 9th and will close at 11:59 pm on Tuesday, March 11th.

Thursday, March 12th - HOME ASSIGNMENT (3pt)
● No class; home assignment (on CANVAS) in lieu of class.
● The home assignment is a video you’ll watch/do and corresponding questions that you’ll answer.
● The home assignment will be posted on CANVAS under QUIZZES by end of the day on Wednesday, March 11th. It is worth 5 points (5% of your final grade) and is due by the end of the day on Thursday, March 12th.

WEEK 9: Tuesday, March 17th – Thursday, March 19th

New
1. Simple Sitting Twist, p. 126
2. Parivrtta Trikonasana (Revolved Triangle)
3. Parivrtta Parsvakonasana (Revolved Extended Side Angle)

Read/Review
1. Twisting Postures, p, 121
2. Simple Sitting Twist, p. 126
3. Parivrtta Trikonasana (Revolved Triangle, p. 44)
4. Parivrtta Parsvakonasana (Revolved Extended Side Angle, p. 42)

Home Practice: Pillow Pranayama, Meditation

WEEK 10: Tuesday, March 24th – Thursday, March 26th

New
○ Paschimottanasana (Seated Forward Bend)
○ Janu Sirsasana (Head to Knee Forward Bend)
○ Parivrtta Janu Sirsasana (Revolved Head to Knee Forward Bend)
○ Upavistha Konasana (Open-Angle)

Read/Review
○ Mudras, p. 25-26
○ Chakras, p 9-10
○ Bandhas, p 10-11
○ 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)

Home Practice: Asana, Pillow Pranayama, Meditation

WEEK 11: Tuesday, March 31st – Thursday, April 2nd

SPRING RECESS - CAMPUS CLOSED

WEEK 12: Tuesday, April 7th – Thursday, April 9th

New
○ Urdhva Mukha Svanasana (Upward-Facing Dog)
○ Ustrasana (Camel)
○ Dhanurasana (Bow)
○ Purvottanasana (Reverse Plank) Inclined Plane
○ Vasisthasana (Side Plank) Lateral Inclined Plane

Read/Review
○ Backward Bending Postures, p. 99
○ Ustrasana (Camel, pgs. 104-105)
○ Dhanurasana (Bow, pgs. 108 – 109)
○ Purvottanasana (Reverse Plank) Inclined Plane, pgs. 78-79
○ Vasisthasana (Side Plank) Lateral Inclined Plane pgs. 80-81

Home Practice: Asana, Pillow Pranayama, Meditation

WEEK 13: Tuesday, April 14th – Thursday, April 16th

New
- Purvottanasana (Reverse Plank) Inclined Plane
- Vasisthasana (Side Plank) Lateral Inclined Plane

**Read/Review**
- Arm-Balancing Postures, p. 77
- Purvottanasana (Reverse Plank) Inclined Plane, pgs. 78-79
- Vasisthasana (Side Plank) Lateral Inclined Plane pgs. 80-81

**Home Practice:** Asana, Pillow Pranayama, Meditation

**WEEK 14: Tuesday, April 21st – Thursday, April 23rd**

**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

**Home Practice:** Asana, Pillow Pranayama, Meditation

**WEEK 15: Tuesday, April 28th – Thursday, April 30th**

**MAKE-UP WEEK**

**Tuesday, April 28th** – “Optional Class” - come to class if you need to make-up any missed classes

**Thursday, April 30th** – “Optional Class” - come to class if you need to make-up any missed classes

**WEEK 16: Tuesday, March 5th - Thursday, March 7th**

**Tuesday, March 5th** - End of Semester Survey (3pt) and review for final

**Thursday, March 7th** - POST Physical Assessment (3pt)

**FINAL EXAM:**
- OPENS: Sunday, May 10th / CLOSES: Monday, May 18th, 5:00 pm