

San Jose State University  
Kinesiology  
Fall 2017, KIN 61A, Beginning Hatha Yoga

Contact Information

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|-------------------------|----------------------------|
| 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 Meeting Days/Time | Fridays                    |

Course Description:

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

**Course Goals and Student Learning Objectives:**

**Upon successful completion of course requirements through activities, skill learning, assigned reading, and written exams, students will be able to:**

1. Demonstrate an understanding of the physical, mental and energetic benefits that accompany the practice of all areas of yoga. To integrate the positive benefits of yoga into your daily life.
2. Demonstrate an understanding of the basic terminology, etiquette and safety.
3. Learn and use safe, aligned movement technique.
4. Complete a balanced routine-  
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.

**Activity Program Learning Objectives**

Concepts, history and Basic terminology.

An understanding of the physical, mental and energetic benefits of yoga.

An understanding of asanas, breath practice, meditation and concentration techniques.

An understanding of the alignment and issues.

The ability and awareness to choose the asana variation appropriate for you.

Use all of these skills in daily life.

**Basic skills:**

1. You will learn correct alignment, movement into and out of, and the point of concentration for many Hatha Yoga Asanas (postures).

2. You will practice specific breath, concentration, energy and meditation techniques to increase mental clarity, expansion and concentration.

3. You will learn seated alignment skills for concentration and meditation techniques.

4. The ability to choose a combination of yoga asanas and other practices which are appropriate for you to do at home both during the semester and after the class is over.

5. Use the skills that you have learned in this class to help you with other classes that you are taking. Many of these yoga practices can increase concentration, creativity and mental clarity.

### **Methodology**

a) Group lecture b) Individual instruction c) Directed practice d) Demonstration  
e) Assigned readings f) Written assignment g) Written quiz.

### **Course Reader (Required)**

Purchase the course reader for this class at Maple Press  
On the edge of campus at 330 South 10th Street.  
They do not accept credit cards

### **Course Requirements**

a. Active participation in all class activities, including lectures, practice, quizzes, and assignments..  
*Bring your course reader to each class and read the appropriate pages ahead of time.*

b. Attending all classes for instruction. You need to sign the role sheet at the beginning of each class. During nearly every class I will be checking a specific asana and/or related movement and positioning details.

If for any reason you have to leave early, you need to write me a note on a full size piece of paper.

c. Wear comfortable unbinding clothes that do not restrict your movement or breath.

d. Cooperation and mature behavior are expected in the class.

e. At least 5 minutes warm-up period is required before any skill practice.

f. You can bring your own yoga mat, it is recommended but not required

g. Put all of your personal items in the designated area of the room.

h. Common courtesy and professional behavior dictates that you notify someone when you are recording him/her. You must obtain the instructor's permission to make audio or video recordings in this class. This permission allows the recordings to be used for your private, study purposes only. The recordings are the intellectual property of the instructor; you have not been given any rights to reproduce or distribute the material. Course material developed by the instructor is the intellectual property of the instructor and cannot be shared publicly without his/her approval. You may not publicly share or upload instructor-generated material for this course such as exam questions, lecture notes, or homework solutions without instructor consent.

i. Any student missing 3 or more classes because of participating in a sports team or other student activity, will need to write a paper.

. Emphasis will be on learning fundamental yoga asana skills and yoga practices. It is assumed that students enrolled in the class have little or no experience in basic yoga asana skills or knowledge.

## Grading Policy

50% Participation and knowledge of skills and turning in papers on time.

10% Work sheets

20% Assignment – Journal Notes and Final Compilation

20% Written Quiz

### Participation details:

During nearly every class I will be checking a specific asana and/or related movement and positioning details. You need to be in class to receive credit for knowledge of the asana and related alignment issues.

Also I will be checking knowledge of pranayama, meditation and asana sequencing.

If you miss a class because you feel that you know the material already, contact me in a timely manner and I will then assign you a paper to turn in related to the topics involved for the class(es) you have not attended.

Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of forty-five hours over the length of the course. This would include preparing for class, participating in course activities, and completing assignments/projects. Generally this will amount to 1 hour a week outside of class.

### **Over all Class Grading:**

A =90%--100%

B =80%-- 89%

C =70%-- 79%

D =60%-- 69%

F = 59% or lower

### **Written quiz - October 6th.**

There are ten questions, some are based on the course reader pages that I have talked about during class and some are based on skills that you have learned during the 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.

## **University Policies**

Dropping and Adding --- Students are responsible for understanding the policies and procedures about add/drop, grade forgiveness, etc. Refer to the current semester's Catalog in the policies section at <http://info.sjsu.edu/static/catalog/policies.html>

# YOGA JOURNAL NOTES : Personal Yoga Experience

## A practice in introspection

### Letting your inner self emerge onto the written page

As you write your journal notes you should refer to what you have learned or experienced in this class. You can specifically refer to what has been helpful to you or beneficial as you move through other areas of your life. What new perspectives do you have?

Explore your inner self.

A few general ideas are –

Skills and practices that you learn in this yoga class which increase your abilities in other classes that you are taking here at college.

Skills such as the way you interact with other people.

Or maybe physical health issues. You may notice that it is easier for you to be creative or that it is easier for you to concentrate.

You can use the handouts such as comparing the yoga benefits page with your copy of the survey page.

\*On the cover include your name, the course number, section number and semester.

\*Staple or fasten all your pages together.

\*Do not use paper with ragged edges.

\*Turn in a copy if you want to keep the original for yourself.

There is a minimum length for each grade designation.

2,700 words minimum for A level

2,100 words minimum for B level

1,500 words minimum for C level

You may either type or hand write them but make sure that everything is legible.

I am not specific in regards to what you *should* write about, because it will be different for each person in the class.

Write from an introspective creative personal point of view, do not repeat technically what we do in class. *Content is important.*

It can be one long narrative or many short topics.

Grammar and punctuation are not important, the creative flow is.

Write periodically throughout the semester.

You can write once a week if you would like to or every couple of weeks- which ever pacing works best for you.

Just don't leave it all until the end of the semester.

You can turn them in early.

**Due December 1st or sooner**

Emailed papers are not accepted.

Include Total Word Count on Title Page

## **Beginning Yoga- Course Calendar**

*The bold italic phrases refer to 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* pages.

*Warm ups / Diaphragmatic Breathing*

Savasana / Deep Relaxation / Namaste / pauses

Table and Tadasana, alignment practices

*Alignment* page

Individual asanas of the *Sun Postures*.

Introduce *Asana Images* pages.

Bridge / Pelvic tilt

Cobra

Supine twist - basic

Moon

### **Week 3 and 4**

Continue with course reader pages from week 1 and 2

*Yoga History / Theory*

*Balanced Routine* and *Order of Movement* pages.

*Meditation* page.

*Sun Postures and Asana Pages*

*Alignment Assignment* page.

Focus on the breath pattern with the standard sun postures routine.

*Pranayama* page.

Three part diaphragmatic breathing

Seated alignment demo

Beginning floor, seated and standing asanas

Basic asana flows (firm, child,hare) and ( seated alignment, forehead to knees, boat)

Cobra, arms behind and Locust

Bridge with arms under

Gate

### **Week 5 and 6**

Emphasis a complete and balanced routine.

*Affirmation* pages.

*Asana Central Instruction*

Measured breath

Sphinx

Foot stretches

New variations of the moon pose

Sun posture variations

Bridge / Tree

Supine twist – Cross legged and variations

## **Week 7 and 8**

Review for the quiz.

Quiz

Turn in *Personal Assessment / Request* page.

New variation of seated twist

Dolphin

Locust

Lunar / Solar Breath

Hong/Sau

Refinement of alignment points

## **Week 9 and 10**

*Chakra chart*

*Chakra Diagrams*

Chakra Class

*Ashtanga* pages.

*Yamas / Niyamas*

*Pranayama* II page

Begin to choose your asana version

Begin to do some of the asanas on your own

Sun posture variations

Bridge pose at wall

Fish

## **Week 11 and 12**

Extra long deep relaxation.

Energy / thoughts / magnetism Pigeon

Butterfly

Guided visualization.

Warrior

Half bow

Tree variations

## **Week 13 and 14 and 15**

Journal notes due.

Work more with pranayama, breath and meditation practices including hong/sau.

Expand upon all of the yoga practices so far introduced.

Review details of alignment to deepen experience.

Visualizations

More sun posture variations

Optional *Advanced Level Asanas*

Inverted L at wall.

Shoulder stand at wall

In depth review of asanas, one category at a time.

**Each week we will expand upon the asana pages. Look them over through out the semester.**